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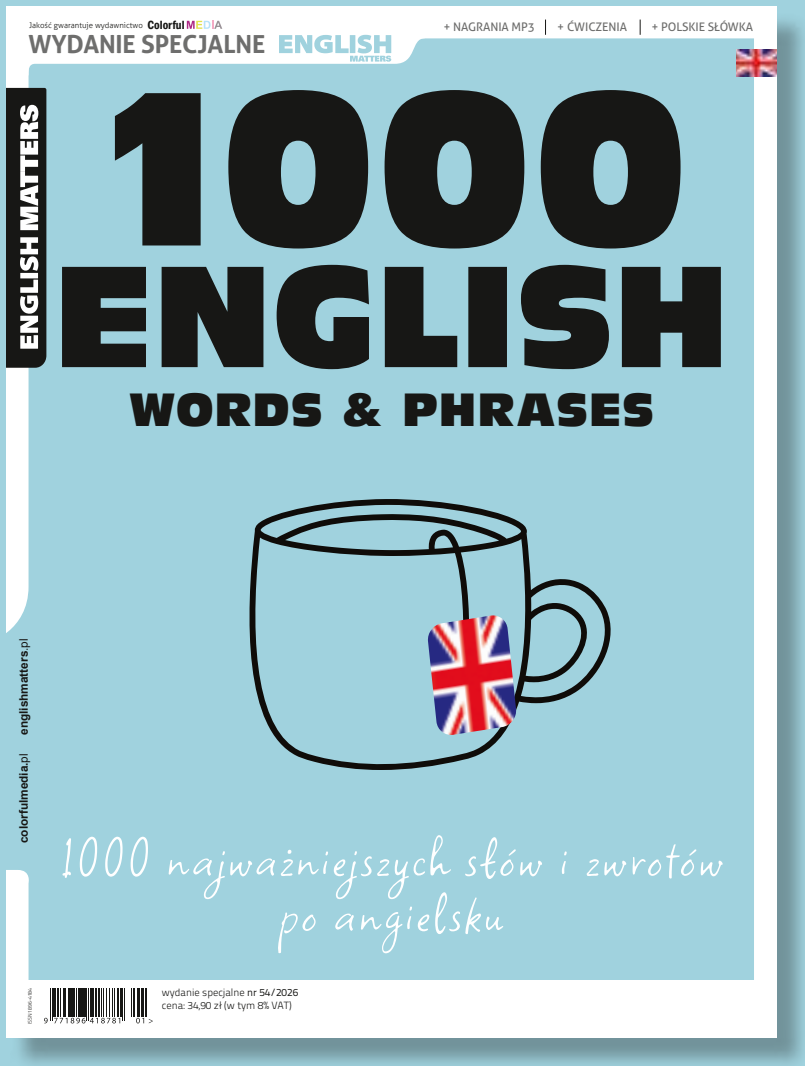

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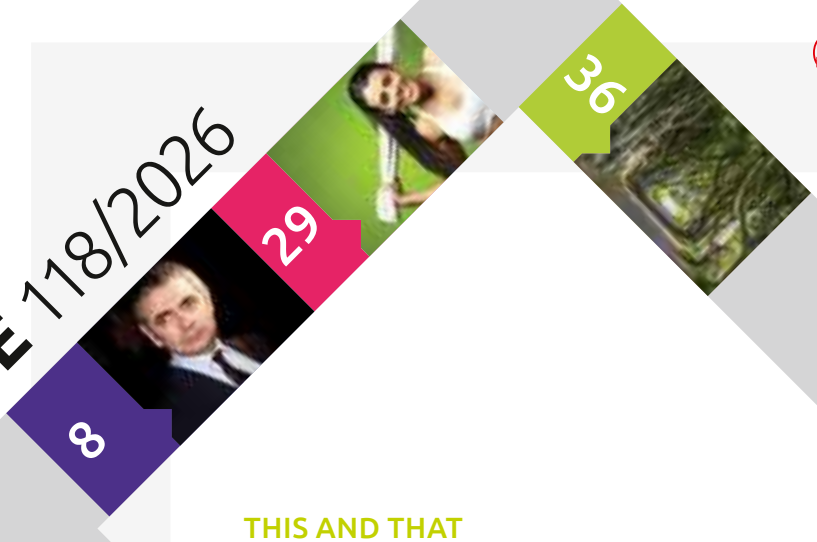

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PEOPLE AND LIFESTYLE

Around the world, Rowan Atkinson is instantly recognisable as Mr Bean: the mute and bumbling eccentric who finds himself constantly undone by daily life. But the performer behind him is governed by calculation, not chaos. *English Matters* finds out how, with Rowan Atkinson, comedy is always precision engineered.

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by Hanna Danielczak-Ziadi



FURTHER APART FROM EACH OTHER?

Humanity never ceases in its efforts to produce a humanoid that could replace the presence of another living human being. The Chinese startup DroidUp Robotics has manufactured a robot named Moya – strikingly human-like, covered in soft, eco-friendly silicone, and generating a temperature of 32-36°C, intended to give the user the feeling of interacting with a living person. What else can Moya do? It establishes eye contact, smiles and blinks – it is capable of so-called micro-expressions. Does it look natural? Compared to other robots currently on the market – yes; compared to living humans – not yet. The robot stands 1.65 meters tall and weighs – according to different sources – 31-32 kilograms. Its operating system is based on a Large Language Model (LLM), enabling fluid conversation, the recognition of the interlocutor's emotions, and the ability to remember the context of meetings.

The cost of Moya? It is expected to cost approximately 1.2-1.5 million yuan, which translates to about 630,000-800,000 PLN. Interested? If yes, get ready – it is planned to be launched on the market at the end of 2026.

Further apart from each other? | Coraz dalej od siebie?
never cease in one's efforts to | nie ustawać w dążeniach do
strikingly | łudząco
human-like | przypominający człowieka
to establish eye contact | nawiązywać kontakt wzrokowy
to blink | mrugać
so-called | tak zwany
according to sth | według czegoś
to enable sth | umożliwiać coś
recognition | rozpoznawanie
approximately | około
to be launched on the market | trafić do sprzedaży



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TINDER – YUCK!

The dating app, created by Joe Munoz, Sean Rad, Whitney Wolfe, Chris Gulczynski and Jonathan Badeen, which was launched in 2012 and was likely intended – besides strictly business goals – to bring people together, is currently garnering many negative reviews. These come mainly from users seeking meaningful, deep connections, or even simple friendships based on a "let's go for a walk and talk" basis. It's no wonder – the combination of anonymity (since, despite identity verification options, users can function relatively anonymously), the laziness inherent in human nature (scrolling through more photos instead of focusing on one photo and then one chat), and the abundance of available profiles results in a lack of focus on one specific person (or even a group of people) and a sense of endless choices and time that never runs out. The result? Many relationships end before they even truly begin. The question remains, however: is it Tinder that is revolting, or is it rather its users who have turned it into a tool that acts as an antagonist to healthy human relationships? Yep.

Yuck! | Fuj!
besides | oprócz
to bring people together | łączyć ludzi
to garner sth | otrzymywać, zbierać coś
to seek sth | szukać czegoś
it's no wonder | nic dziwnego
despite sth | pomimo czegoś
inherent in sth | wpisany w coś
instead of sth | zamiast czegoś
abundance | nadmiar
to result in sth | skutkować czymś
lack of sth | brak czegoś
to run out | kończyć się
revolting | *tu:* obrzydlistwo
antagonist to sth | przeciwnik czegoś

GOOD DECISIONS

What can you do to make your life better? According to American-French-Israeli neuroscientist Moran Cerf, if we make wise choices at the right moment, we eliminate the need to make hundreds of other, smaller decisions. Consequently, the scientist advises choosing your friends carefully, as we tend to become like them; tracking your own happiness – everything that went well during the day, rather than what went wrong; avoiding information overload – do not constantly track news, parameters or numbers, and helping others – which provides a sense of satisfaction that positively impacts our health.

to advise sth | doradzać coś
to track sth | śledzić coś
to avoid sth | unikać czegoś
information overload | przeładowanie informacyjne
to impact sth | wpływać na coś



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by Kamil Drożdżyk

THE /S/ SOUND

In this issue, we're inspecting the very sound responsible for the alliteration in the title of this section – the /s/ phoneme. The consonant occurs in many spoken languages, including Polish. It shouldn't be difficult to understand its role in English. Let's see what the sound's official name, voiceless alveolar sibilant, tells us. First of all, it's voiceless, meaning you don't engage your vocal cords to make the sound. The term *alveolar* refers to the position of the tongue when making the sound – it should be raised behind our upper teeth (this part of the jawbone is called the alveolar process). Finally, the name reveals the phoneme is a sibilant, which means it's a high-frequency sound that can be likened to hissing. Think of the sound a snake makes – *sss*.

The /s/ sound is most commonly spelled with the letter *s* or *ss* (snake /sneɪk/, glass /glɑːs/). In this form, it can be heard just about anywhere in a word. Words can begin with the /s/ sound (small /smɔːl/, standard /ˈstændəd/), have the phoneme in the middle (past /pɑːst/, ghost /gəʊst/), or at the very end (pass /pɑːs/, gas /gæs/). However, the phoneme can also be represented with the letter *c*, but only when it's followed by *e*, *i*, or *y* (space /speɪs/, city /ˈsɪti/). When spelled with *c*, the phoneme /s/ can also occur at the beginning (cyst /sɪst/), in the middle (recent /ˈriːsnt/), or at the end of a word (once /wʌns/).

Now, making the sound should come instinctively, but let's proceed with the formalities. To enunciate /s/, begin with bringing your teeth close together and opening your mouth slightly. Your tongue should be raised towards your upper teeth. Then, release a short, voiceless stream of air. Your tongue directs the airflow toward the alveolar ridge, and the stream finds its way out through the opening between your lips with a noticeable hiss. That's /s/.





alliteration | aliteracja, figura stylistyczna polegająca na celowym powtarzaniu tych samych układów głosek (najczęściej spółgłosek) na początku sąsiadujących wyrazów lub wersów
to occur | występować
including sth | włącznie z czymś
voiceless alveolar sibilant | bezdźwięczna spółgłoska szczelinowa dziąsłowa
to engage sth | angażować coś
vocal cords | struny głosowe
raised | podniesiony, wzniesiony
jawbone | żuchwa
to reveal sth | ujawniać coś
hissing | syczenie
in the middle | w środku
however | jednak/że
to enunciate sth | wypowiadać coś wyraźnie, artykułować
slightly | nieznacznie, lekko
raised towards sth | uniesiony w stronę czegoś
to release sth | uwalniać, wypuszczać coś
voiceless | bezdźwięczny
to direct sth toward sth | kierować coś w stronę czegoś
airflow | przepływ powietrza
alveolar ridge | wałek dziąsłowy
noticeable | wyraźny
hiss | syk, syczenie

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The Seychelles /seɪˈʃɛlz/ may be expensive /ɪkˈspɛnsɪv/, but the cost /kɒst/ is justified /ˈʤʌstɪfaɪd/. Nowhere in the world will you see /siː/ such /sʌʧ/ stunning /ˈstʌnɪŋ/ sunsets /ˈsʌnsɛts/.

justified | uzasadniony
sunset | zachód słońca

Sally /ˈsæli/ sells /sɛlz/ seashells /ˈsiːˌʃɛlz/ by the seashore /ˈsiːʃɔː/, while Sam /sæm/ surfs /sɜːfs/ the sea /siː/ waves /weɪvz/.

seashell | muszla

consonant	/ˈkɒnsənənt/ spółgłoska
guess	/gɛs/ zgadywać; przypuszczenie, domysł
sound	/saʊnd/ dźwięk
speech	/spiːʧ/ mowa, przemówienie
spleen	/spliːn/ śledziona; zły humor, chandra
strong	/strɒŋ/ silny
trust	/trʌst/ zaufanie; ufać



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Rowan Atkinson: Comedy, Precision Engineered

by Paul Martin from www.go-native.pl

Around the world, Rowan Atkinson is instantly recognisable as Mr Bean: the mute and bumbling eccentric who finds himself constantly undone by daily life. But the performer behind him is governed by calculation, not chaos. Paul Martin finds out how, with Rowan Atkinson, comedy is always precision engineered.

instantly | natychmiast, błyskawicznie
recognisable | rozpoznawalny
mute | niemy
bumbling | niezdarny, nieudolny
undone | *tu:* pokonywany
performer | wykonawca, artysta
governed by sth | rządzony przez coś, kierowany czymś

WARTO ZAPAMIĘTAĆ!
razor-sharp precision
chirurgiczna precyzja

Tinkerer

Rowan Atkinson was born in 1955 in Consett, County Durham, in the North of England. His father was a farmer and company director; his mother kept the house. Rowan was the fourth child, and often the quietest, with his older brothers remembering him as the thoughtful one: always watching and thinking, slightly removed from the noise.

As a child, young Rowan read, tinkered and messed with things. Machines and engines fascinated him. He would draw cross-sections of vehicles, imagining how the parts interacted. There are photos of him as a schoolboy peering into engine bays, not because he was thrilled particularly with the idea of speed (that would come later), but because he genuinely wanted to understand how things *worked*.

Socially, he found things challenging. He was naturally shy, and he had a stutter; not all the time, but enough to make everyday speech feel unpredictable and effortful. Teachers remembered a thoughtful boy who would rather listen than talk.

Yet something interesting happened whenever he took part in small drama pieces or class sketches: his stutter would disappear. He found that he could speak more clearly if he wasn't speaking "as himself."

Control Systems

After school, Atkinson pursued more mechanical interests by studying electrical engineering in Newcastle, before going on to Oxford for postgraduate research.

At Oxford, his academic focus was "control systems," the field that studies how machines stabilise themselves, adjust to feedback, and correct errors in real time. It was a natural subject for a quiet young man who liked rules, measurement and predictability.

But Oxford also opened the door wider to theatre.

He joined comedy revues and sketch groups, originally to write material, not to front it. He assumed other people would perform his lines. Yet at some point, he ended up reading his own sketches aloud in rehearsal.

The more he performed, the more he realised something special about his face. It was incredibly – elastically – funny.

Because he had grown up with a stutter, Atkinson was more comfortable than most in filling silence. He would play with tiny physical movements, a blink, a frown, the speed of a head-turn, and notice that each one could carry meaning.

Over time, two skills emerged: he could make people laugh with pure visual reaction, and he could also make single words funny by the way he said them, clipped, stretched, or oddly emphasised. Those two tools would become his USP.

Not The Nine O'Clock News

Oxford gave Atkinson collaborators, too. Most notably, Richard Curtis, now famous as a film director and screenwriter (*Four Weddings and a Funeral, Notting Hill*). The two men would each play a pivotal role in the others' rise to stardom.

In the late 1970s, Curtis joined Atkinson in performing at the Edinburgh Fringe Comedy Festival, which gained rave reviews. On the strength of this, they were asked to develop a BBC radio sketch series *The Atkinson People*. It also went well. Then television arrived.

In 1979, the pair were involved in creating a new late-night comedy show for the BBC called Not The Nine O'Clock News. Curtis wrote, and Atkinson became one of the four main performers. The show mixed sketches, parody adverts, satirical news spoofs, and short character pieces that let Atkinson use both sides of his talent: the silent, precisely timed physical reactions, and the clipped, slightly exaggerated way of saying single words.

Millions watched. Suddenly Rowan Atkinson wasn't

1 tinkerer | majsterkowicz, złota rączka
the thoughtful one | ten refleksyjny, ten myślący (o osobie)
slightly | nieznacznie, nieco
removed from sth | oddalony od czegoś
to mess with sth | grzebać w czymś, kombinować przy czymś
cross-sections of vehicles | przekroje pojazdów
to peer into sth | zaglądać do środka, przyglądać się czemuś badawczo
engine bays | komory silnika
to be thrilled with sth | być czymś zachwyconym, podekscytowanym
genuinely | autentycznie, szczerze
challenging | stanowiący wyzwanie, wymagający
to have a stutter | jąkać się
to feel unpredictable | wydawać się nieprzewidywalnym
effortful | wymagający wysiłku
to take part in sth | brać w czymś udział
stutter | jąkanie się

to disappear | znikać
pursue sth | dążyć do czegoś, realizować (np. karierę, pasję)
postgraduate | podyplomowy
research | badania naukowe
2 to adjust to sth | dostosować się do czegoś
measurement | pomiar
predictability | przewidywalność
comedy revues | kabarety, rewie komediowe
originally | pierwotnie, początkowo
to assume | zakładać, przypuszczać
to perform one's lines | wypowiadać swoje kwestie (np. w teatrze)
rehearsal | próba (np. przed spektaklem)
to realise sth | uświadomić sobie coś, zdać sobie z czegoś sprawę
incredibly | niewiarygodnie, niesamowicie
blink | mrugnięcie
frown | zmarszczenie brwi
speed of a head-turn | prędkość obrotu głowy

3 to emerge | pojawiać się, wyłaniać się
clipped | urywany, krótki (o mowie lub akcencie)
stretched | rozciągnięty (np. o samogłoskach)
oddly | dziwnie, osobliwie
emphasised | podkreślony, zaakcentowany
USP = Unique Selling Proposition | unikalna cecha produktu, *tu:* coś, co wyróżnia go na tle konkurencji
most notably | w szczególności, przede wszystkim
pivotal | kluczowy, decydujący, przełomowy
rise to stardom | droga do gwiazdorstwa, zdobycie sławy
to join sth | dołączyć do czegoś
4 rave review | entuzjastyczna recenzja
to be involved in sth | być w coś zaangażowanym, brać w czymś udział
parody advert | parodia reklamy
spoof | parodia, prześmiewcza imitacja
exaggerated | przesadzony, wyolbrzymiony

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an unusual grad student with a funny face, he was a national presence. Together with Richard Curtis, they now had name recognition.

Blackadder

In 1983, Atkinson and Curtis first delivered Blackadder for the BBC. The series followed the same basic character, Edmund Blackadder, across different historical eras: medieval England, the Elizabethan court, the Georgian age, and finally the First World War.

In each version, Blackadder is clever, sarcastic, quick-thinking, and verbally dangerous. He insults with razor-sharp precision, trapping people with language. This was a comedy built almost entirely on the power of phrasing and rhythm. For a boy who once struggled with fluency, it was a powerful demonstration of control.

Blackadder remains one of British television's modern masterpieces. For four series, it was silly, flippant, and happily childish. Even throughout the final series, set in the wartime trenches of Flanders, it still reached for jokes about incompetence, pomposity, cowardice and absurdity.

But then, in its final minutes, the laughter dies away. The men, characters that audiences had been familiar with and loved for nearly a decade, go 'over the top' and into certain death, just as countless millions of real soldiers had done.

When it first aired, it stunned the country, because it removed the comfort-blanket that comedy normally provides. Even thirty years later, it lives on firmly in the cultural memory, and is still used in British schools to help teenagers feel the reality of the First World War; a human disaster in which thousands of young men – who joked with, argued, and teased each other – were senselessly slain.

Bean

After all that weight, Rowan Atkinson's next chapter – Mr. Bean – couldn't have been more different.

The idea was simple: build a non-verbal comedy character whose behaviour was funny in any country. To test this, Atkinson trialled the character in live settings outside Britain before a BBC series was commissioned. The reaction was immediate. Audiences laughed at Atkinson's trademark reactions and physical timing without ever needing an explanation.

The BBC series followed shortly afterwards, and the scale of the international interest was unprecedented. Mr Bean was sold into more than 200 regions. Overseas broadcasters bought it because they didn't need to dub or subtitle his lines, and it made Rowan Atkinson a very wealthy man indeed.

Structurally, the show is very simple. Each sketch is constructed around a small everyday situation; parking a car, going shopping, sitting an exam. The comedy comes from Atkinson's metronomically and mechanically precise physical comedy. Frowns, glances, twitches, perhaps the odd grunt or groan, acting like comic punctuation. No wasted movement.

5 grad student | *pot.* student studiów magisterskich lub doktoranckich
have name recognition | być rozpoznawalnym, znanym
medieval | średniowieczny
to insult sb with sth | obrazić, znieważyć kogoś czymś
razor-sharp precision | chirurgiczna precyzja
to trap sb with sth | złapać kogoś w pułapkę przy pomocy czegoś
to struggle with sth | zmagać się, borykać się z czymś
fluency | biegłość, płynność (np. w mowie)
masterpiece | arcydzieło
flippant | lekkomyślny, nonszalancki, lekceważący
childish | dziecinny

6 trenches | okopy
cowardice | tchórzostwo
laughter | śmiech
to die away | cichnąć, zanikać (np. o dźwięku, śmiechu)
familiar with sth | obeznany, zaznajomiony z czymś
to go 'over the top' | *tu:* wychodzić z okopów, ruszać na przedpole

7 aired | wyemitowany
to stun sb | ogłuszyć, oszołomić, zszokować kogoś
comfort-blanket | *tu:* coś, co daje poczucie komfortu i spokoju, *dosł.* kocyk bezpieczeństwa
teenager | nastolatek
to joke with sb | żartować z kimś
to argue with sb | kłócić się z kimś
to tease each other | droczyć się ze sobą, dokuczać sobie nawzajem
slain | zgładzony, zabity
to trial sth | testować coś, poddawać coś próbie

8 to be commissioned | zostać zleconym, zamówionym
trademark reactions | znaki rozpoznawcze/ charakterystyczne reakcje
physical timing | wyczucie czasu w komedii fizycznej (ruch dopasowany do rytmu żartu)
unprecedented | bezprecedensowy, dotąd niespotykany
broadcaster | nadawca, stacja telewizyjna lub radiowa
to dub sth | nazwać coś/ ochrzcić mianem czegoś
wealthy | zamożny, bogaty
indeed | w rzeczy samej
metronomically | z precyzją metronomu, miarowo, regularnie
glance | rzut oka, szybkie spojrzenie
twitch | drgnięcie (np. mięśnia), tik
grunt | chrząknięcie, mruknięcie
groan | jęk, stęknięcie
comic punctuation | komediowa interpunkcja np. użycie pauzy lub gestu, by podkreślić żart

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Bean even became a live-action franchise, with two feature films, an animated series, and a permanent ongoing digital life in endless online clips. In some regions, the character remains the best-known British comic export of the last fifty years.

Low-Key

There have been other career successes, most notably the Johnny English series of James Bond spoof movies of the 2000s, as well as a memorable cameo in the popular Christmas film Love Actually, written and directed by old pal Richard Curtis.

Away from work, Atkinson's life is quiet. He was married to Sunetra Sastry for over twenty years; they have two children. After their divorce he began a relationship with actress Louise Ford, and they have a daughter. He prefers the countryside to London and lives privately in rural Oxfordshire.

His longest-standing passion is cars and motor racing. He has owned some notable vehicles, the McLaren F1, the Honda NSX, but he treats them as objects of driving pleasure rather than as the trappings of status and celebrity.

He has been noticeably outspoken on free expression, often heard criticising what is now called "cancel culture," arguing that even uncomfortable or provocative material should not be shut down simply because it offends.

The Mechanics of Laughter

Perhaps the key to Rowan Atkinson is this: nothing he has ever done was the result of chaos or whim. He is not an improvisational comic; he's a calibrated one. Like an engineer, he trusted the idea that if you tighten the variables and perfect the timing, you can make a machine work, whether that machine is a race car, or the human laugh reflex.

Rowan Atkinson is not a born performer who "found" a global character. He is a designer who built one, bolt by bolt, pause by pause, eyebrow by eyebrow. The comedy was never accidental. It was a controlled system that made the whole world laugh on cue.

9 ongoing | trwający
low-key | dyskretny, stonowany, niewyróżniający się, *pot.* na spokojnie
cameo | epizodyczna rola znanej osoby
pal | *pot.* kumpel, kolega
divorce | rozwód
rural | wiejski
to own sth | posiadać coś, być właścicielem czegoś
notable | godny uwagi
trapping | pułapka
outspoken | szczery do bólu, mówiący bez ogródek
cancel culture | kultura unieważniania/wykluczania
to argue that | twierdzić, że
to offend sb | obrazić, urazić kogoś
whim | kaprys, zachcianka
10 to tighten sth | dokręcić, zacieśnić, uszczelnić coś (np. strukturę żartu)
variable | zmienna
whether | czy
human laugh reflex | ludzki odruch śmiechu
bolt by bolt | śruba po śrubie, *tu:* kawałek po kawałku
accidental | przypadkowy
to laugh on cue | śmiać się na zawołanie



How to Insult Like Edmund Blackadder

In Rowan Atkinson's famous series Blackadder, the main character doesn't insult people by shouting or using bad language.
Instead, he uses clever, funny, and exaggerated comparisons, and delivers them in a calm, sarcastic voice. This is a great example of how English humour works. It's not about being rude – it's about being creative with language.
So, do you want to sound sharp, ridiculous, and dangerously British?
Here's how Blackadder does it, using a real quote from the series:

Step	What to do	Why it's funny
1	Spot one silly trait	"Your brain is so minute…"
2	Add a weird object	"…a hungry cannibal wouldn't find enough…"
3	Exaggerate wildly	"…to cover a small water-biscuit."
4	Say it calmly	No shouting. The insult lands harder that way.

Real Blackadder quote:
"Your brain is so minute, that if a hungry cannibal cracked your head open, there wouldn't be enough to cover a small water-biscuit."

instead | zamiast (tego), w zamian
comparison | porównanie
ridiculous | śmieszny, niedorzeczny, absurdalny
quote | cytat
to spot sth | dostrzec coś
minute | *tu:* maleńki
weird | dziwny, osobliwy
to exaggerate | wyolbrzymiać, przesadzać
to cover sth | obejmować, pokryć, zakryć coś
water-biscuit | suchy wafel, krakers

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Rose Byrne: Three Decades on Screen

by Paul Martin from
www.go-native.pl

Whether playing a high-stakes litigator, a competitive socialite, or a 1980s aerobics mogul, Rose Byrne has a rare gift for disappearing into her roles. With her recent Silver Bear win at the 2025 Berlin Film Festival and her first Oscar nomination for the film *If I Had Legs I'd Kick You*, she is currently enjoying a career-high renaissance. *English Matters* charts her career.

The Balmain Beginning

Born in Sydney in 1979 to a statistician father and a school administrator mother, Mary Rose Byrne was the youngest of four children. She describes her upbringing as being part of a "close-knit" crew that provided a grounded foundation, even as she transitioned into the world of international fame. In many ways, she represents the antithesis of the "nepo-baby" culture often found in Tinseltown; her success was built on her own tenacity rather than industry connections.

Ironically, the woman now hailed as one of the finest actors of her generation was originally rejected from all the major Australian drama schools. Undeterred, Byrne learned her craft "on the job," having made her film debut as a young teenager in *Dallas Doll*.

Catching the Eye

Byrne first caught the global eye in the 1999 Australian cult classic *Two Hands*, starring alongside the late Heath Ledger. The chemistry between the two young stars was palpable, marking them both as future legends of the Antipodes. Her talent was quickly validated by the international community; at just 21 years old, she won the prestigious Volpi Cup at the Venice Film Festival for her haunting performance in *The Goddess of 1967*.

This success opened the doors to Hollywood, where she quickly moved into the "blockbuster rounds." She appeared as a handmaiden in *Star Wars: Episode II – Attack of the Clones* and played the priestess Briseis in the epic *Troy*. It was during the filming of the latter that legendary actor Peter O'Toole famously described her as "pure and uncomplicated," high

0 high-stakes litigator | procesualista prowadzący sprawy o wysoką stawkę, prawnik specjalizujący się w trudnych, kosztownych procesach sądowych
competitive socialite | osoba z wyższych sfer, dla której status towarzyski jest formą rywalizacji
aerobics mogul | potentat/potentatka fitnessu, ktoś, kto zbudował imperium finansowe na aerobiku
to disappear into one's roles | zatracać się w rolach, wtapiać się w role
If I Had Legs I'd Kick You | oficjalna polska wersja tytułu: Kopnęłabym cię, gdybym mogła, *dosł.* Gdybym miała nogi, to bym cię kopnęła
currently | obecnie, aktualnie
to chart sth | śledzić/dokumentować przebieg czegoś; odnotowywać sukcesy
1 upbringing | wychowanie
close-knit | zżyty, mocno związany ze sobą
crew | ekipa, załoga
grounded | *tu:* zrównoważony
foundation | *tu przen.:* fundament, podstawa
to transition into sth | przejść w coś
„nepo-baby" | dziecko sławnych rodziców, któremu łatwiej zrobić karierę dzięki ich nazwisku i znajomościom
Tinseltown | przydomek Hollywood
tenacity | nieustępliwość, wytrwałość, nieugiętość
industry connections | znajomości w branży
2 hailed as X | okrzyknięty mianem X
originally | pierwotnie, początkowo
rejected from sth | odrzucony skądś
major | *tu:* główny
undeterred | niezrażony, nieugięty
young teenager | młody nastolatek
alongside sb | u boku kogoś
palpable | wyczuwalny, wyraźny
3 validated by sb/sth | uznany przez kogoś/coś
haunting | *tu:* zapadający w pamięć, przejmujący
performance | występ, kreacja aktorska
„blockbuster round" | „seria hitów"
handmaiden | służebnica
priestess | kapłanka
the latter | ten drugi, ta druga (z wymienionych)

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WARTO ZAPAMIĘTAĆ!

undeterred

niezrażony, nieugięty



praise indeed from a man famed for his own complex, towering presence on screen.

The "In-Between" Years

However, the transition from "the girl in the epic" to a respected lead was not instantaneous. Following *Troy*, Byrne found herself in the precarious position many international actors face: being "Hollywood famous" but artistically underutilised. She spent several years navigating the mid-2000s landscape of supporting roles in ensemble thrillers like *Sunshine* and period dramas like *Marie Antoinette*.

It was a period of quiet persistence. While the industry attempted to cast her as an ethereal ingenue, Byrne was looking for something with more "teeth." She famously spent this time honing her American accent and waiting for a role that required more than just a poised presence, a gamble that paid off when she caught the attention of FX casting directors.

The Great Comedy Pivot

For several years, Byrne was primarily known for heavy-hitting drama, most notably her five-season run opposite Glenn Close in the legal thriller *Damages*. The role of Ellen Parsons earned her two Emmy and two Golden Globe nominations, proving she could handle head-to-head intellectual combat with an industry titan like Close. However, just as the industry began to pigeonhole her as a "serious" dramatic actress, she executed a perfect pivot that few saw coming.

In 2010, she shocked audiences with her impeccable comedic timing as the harried Jackie Q in *Get Him to the Greek*. This was followed by the 2011 smash hit *Bridesmaids*, where her "exquisite white-knuckle" performance as the perfectionist Helen became an instant comedy classic. Since then, she has become a "Genre Queen," moving seamlessly between horror franchises (*Insidious*), superhero epics (*X-Men*), and R-rated comedies (*Neighbors*) without losing an ounce of credibility. She is one of the few actors who can jump from a jump-scare to a slapstick gag while maintaining a total sense of character integrity.

Producer Power Move

In 2015, Rose Byrne broadened her creative influence by co-founding Dollhouse Pictures, an all-female production collective recognised for developing female characters that move beyond familiar "girlfriend" or "mother" stereotypes.

She has also worked independently as an executive producer on the acclaimed Apple TV*+ series Physical and the comedy Platonic, as well as the 2026 film Tow.

This transition into production has allowed Byrne to shape her career

4 **indeed** | w rzeczy samej
famed for sth | słynący z czegoś
towering | *tu:* imponujący, robiący wrażenie
„the girl in the epic" | dziewczyna z wielkiego widowiska
lead | *tu:* główna rola
instantaneous | natychmiastowy, błyskawiczny
precarious | niepewny, kruchy
to face sth | mierzyć się z czymś, stawiać czoła czemuś
underutilised | z niewykorzystanym potencjałem
ensemble thriller | thriller ze zbiorową obsadą (bez wiodącej postaci)
persistence | uporczywość, wytrwałość
to attempt to do sth | próbować coś zrobić
to cast sb as sb | obsadzić kogoś w roli kogoś
5 **ethereal ingenue** | *tu:* typ roli młodej, niewinnej kobiety
to look for sth | szukać czegoś
to hone sth | dopracowywać, szlifować, udoskonalać coś
to require sth | wymagać czegoś
poised | gotowy, przygotowany; opanowany
gamble | *tu:* ryzyko, ryzykowna zagrywka
to pay off | opłacać się
pivot | *tu:* zwrot, punkt zwrotny, gwałtowna zmiana kierunku
heavy-hitting | *tu:* mocny
most notably | przede wszystkim, w szczególności
to handle sth | radzić sobie z czymś
head-to-head | *tu:* bezpośredni, *dosł.* łeb w łeb
combat with sb | starcie się z kimś
6 **to pigeonhole sb** | zaszufladkować kogoś
to execute sth | wykonać, zrealizować coś
that few saw coming | którego mało kto się spodziewał
impeccable | nienaganny
comedic timing | wyczucie komizmu, umiejętność budowania puenty w czasie
harried | *tu:* zabiegany
smash hit | wielki przebój
„exquisite white-knuckle" | wyborny, trzymający w napięciu
seamlessly | płynnie, gładko, bezproblemowo
R-rated | dozwolony dla osób poniżej 17. roku życia jedynie pod opieką dorosłego
without losing an ounce of credibility | nie tracąc ani krzty wiarygodności
jump-scare | moment w filmie mający gwałtownie wystraszyć widza
to broaden sth | poszerzać coś
influence | wpływ
recognised for sth | uznany za coś, rozpoznawalny dzięki czemuś
acclaimed | uznany, darzony uznaniem
to allow sb to do sth | pozwalać komuś na zrobienie czegoś

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on her own terms, marking a shift from performer-for-hire to creative architect. Her recent honours, including being named Woman of the Year by Harvard Hasty Pudding Theatricals in 2026, suggest both industry peers and audiences now regard her as an established Hollywood figure.

If I Had Legs I'd Kick You

The current buzz surrounding Byrne centers on her performance in A24 comedy-drama *If I Had Legs I'd Kick You*.

She plays Linda, a therapist and mother caring for a chronically ill child while her husband works away at sea; when her apartment ceiling collapses and they are forced into a motel, where sleep deprivation, professional pressure and guilt slowly push her toward psychological breakdown. Critics at the 2025 Berlin Film Festival were floored, leading to her Silver Bear for Best Leading Performance.

The film has served as the ultimate proof of her "shape-shifter" moniker. It bridges the gap between her dramatic roots in *Damages* and her comedic mastery in *Bridesmaids*, creating a blend that has finally put her in the Oscar conversation. For many fans, this nomination is long overdue, a crowning achievement for a woman who has worked steadily for three decades without ever becoming "tabloid fodder."

What's Next?

Rose Byrne shows no signs of slowing down as we move through 2026. Keep an eye out for her in the upcoming thriller series *The Good Daughter* on Peacock, where she returns to the gritty, suspenseful territory that first made her a star. Additionally, she is set to return to her theatrical roots with a highly anticipated run on Broadway in *Fallen Angels*.

Power Couple

Despite her high-profile career, Byrne has managed to keep her personal life remarkably stable. Since 2012, she has been in a relationship with actor Bobby Cannavale. The pair are often cited as one of the coolest couples in the industry, frequently appearing in projects together (such as *Annie*, *Spy*, and *Adult Beginners*) while maintaining a grounded home life in Brooklyn with their two sons, Rocco and Rafa.

Though they are often referred to as a "power couple," they have avoided the typical Hollywood wedding spectacle, choosing instead a long-term commitment that hasn't officially involved "tying the knot." This understated approach to fame is a hallmark of Byrne's personality: focused on the work, family, and her craft, rather than the red carpet noise.

* currently – Apple TV

7 **on one's own terms** | na własnych warunkach
performer-for-hire | wykonawca do wynajęcia
including sth | wliczając w to coś, w tym
industry peers | koledzy i koleżanki z branży
buzz | szum, rozgłos
to collapse | *tu:* zawalić się
to be forced into sth | zostać zmuszonym do czegoś
sleep deprivation | brak snu
guilt | poczucie winy
psychological breakdown | załamanie psychiczne
to be floored | zostać powalonym (z wrażenia)
ultimate | ostateczny
„shape-shifter" moniker | przydomek „kameleona"
to bridge the gap between sth and sth | zasypać przepaść między czymś, połączyć dwie skrajne rzeczy
to be long overdue | być dawno spóźnionym
crowning | koronujący, wieńczący (np. sukces)
achievement | osiągnięcie
„tabloid fodder" | „pożywka dla tabloidów"
gritty | realistyczny, surowy, bez upiększeń
to be set to do sth | mieć coś zrobić, być gotowym do zrobienia czegoś
highly anticipated | wielce wyczekiwany, z niecierpliwością oczekiwany
despite sth | pomimo czegoś
remarkably | niezwykle
to appear | pojawiać się
8 **instead** | zamiast tego, w zamian
long-term | długoterminowy
commitment | *tu:* związek
to tie the knot | *pot.* wziąć ślub
understated | stonowany
approach to sth | podejście do czegoś
hallmark | znak rozpoznawczy



Rose Byrne – In Numbers

13: The age at which Rose Byrne made her film debut in *Dallas Doll*.

21: Her age when she won the Volpi Cup for Best Actress at the Venice Film Festival.

5: The number of seasons she starred in the hit legal thriller *Damages* alongside Glenn Close.

2011: The year *Bridesmaids* was released, cementing her status as a major comedic talent.

2015: The year she co-founded the all-female production company, Dollhouse Pictures.

2026: The year she was honoured as Harvard's Hasty Pudding Woman of the Year.

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Where Serenity Resides: Countryside!

by Marta Tomczak

For many English vloggers, the countryside is where their heart finds its home, regardless of where their houses are located. These vloggers, who have thousands of followers, offer a glimpse into this idyllic life, filled with gardens, fields, sausage dogs and old buildings.

Several vloggers stand out for their captivating portrayal of countryside life. Josie, Lydia Elise Millen, and Hannah Adkins offer a window into their day-to-day experiences. They show both the highs and the lows of their lives against a backdrop of colourful scenery, adorable pets, and thriving plants. Thanks to some of them, we can confidently say that the gilet is trendy! But there are other vloggers who also deserve recognition and will be mentioned below.

0 serenity | spokój, pogoda ducha
countryside | wieś, wiejska okolica
regardless of sth | bez względu na coś, niezależnie od czegoś
glimpse into sth | wgląd w coś, rzut oka na coś
sausage dog | jamnik
1 to stand out for sth | wyróżniać się czymś
the highs and the lows | blaski i cienie
against the backdrop of sth | na tle czegoś
confidently | z przekonaniem
gilet | bezrękawnik, kamizelka
to deserve recognition | zasługiwać na uznanie

1

Hannah Adkins: Becoming Her with 510K subscribers



Hannah moved to the Cotswolds approximately a year ago. She loves the countryside and feels much better there than she did in the city. She is thriving here, which makes perfect sense. Her family and many of her friends live in the Cotswolds. She honestly addresses mental health, personal growth and the ups and downs of becoming your best self. Her vlogs feel like a calm slice of everyday life. Viewers become active participants in Hannah's journey, witnessing her search for the perfect home and the careful curation of her new space, along with the everyday joys and challenges of settling into a new environment. Her small, mixed-breed dog – a cherished companion – often appears, adding a touch of heartwarming charm to her narratives. Even mundane tasks, like working around the house or mowing the grass with a lawnmower, have a tranquil feel in her vlogs. She presents real life and talks about important issues with her gorgeous, soothing voice. The serenity of the Cotswolds and the quiet strength of Hannah's narrative inspire viewers to embrace their own transformations, fostering a sense of calm amidst life's complexities.

approximately | około, w przybliżeniu
to thrive | rozkwitać
to address sth | zajmować się czymś, odnosić się do czegoś (np. do problemu, sprawy)
to witness sth | być świadkiem czegoś
search for sth | poszukiwanie czegoś
to settle into sth | zadomowić się w czymś, przyzwyczaić się do czegoś
mixed-breed | mieszaniec, pies wielorasowy
cherished | ukochany
mundane | przyziemny
to mow the grass with a lawnmower | kosić trawę kosiarką
to have a tranquil feel | cechować się kojącą, spokojną atmosferą
gorgeous | olśniewający, wspaniały
soothing | kojący, łagodzący
to embrace sth | *tu:* przyjąć coś, zaakceptować coś
to foster sth | *tu:* wspierać coś
sense of calm | poczucie spokoju

580K Subscribers and Counting: Josie's Warm Vlogs



Josie, along with her husband Charlie, calls the Cotswolds home. When she moved to the countryside, she initially worried about how it would affect her style and wardrobe. What would happen to her dresses? She found a way to look stunning while remaining comfortable, with gilets playing a key role. But fashion is not her only passion. Her vlogs often feature her in the garden, tending to her plants. She shares her journey of growing her own vegetables, proudly showcasing her homegrown courgettes, and often incorporating topics related to nutrition and taking care of the body into her content. This focus is reflected in her preference for natural food. Gardening is an important part of her life and her vlogs. She typically welcomes viewers with a sweet smile and the phrase 'Hello darling'. Dexter and Dickens, her adorable sausage dogs, contribute to the warm atmosphere. In many videos, Charlie pops up, and viewers can see their lovely interactions. At times, Josie takes her viewers to different parts of the Cotswolds. Her vlogs are warm, colourful and full of style.

along with sb | wraz z kimś, wspólnie z kimś
initially | początkowo
stunning | zachwycający
to tend to sth | *tu:* doglądać czegoś
to showcase sth | prezentować coś
courgette | cukinia
nutrition | odżywianie, żywienie
focus | skupienie, koncentracja
reflected | odzwierciedlony
to contribute to sth | przyczyniać się do czegoś, wnosić wkład w coś
to pop up | pojawiać się (nagle)

Lydia Elise Millen: Evergreen Queen with over 1 million subscribers



Lydia's vlogs offer a curated glimpse into life in the countryside – a life that has evolved beautifully over her years on YouTube. To the surprise of some of her viewers, she decided to sell her luxury handbag collection – a testament to her evolving style and priorities. Her love for various shades of green is evident throughout her home and the colour palette of her personal brand. Animal lovers will delight in the glimpses of her feathered friends – chickens – sharing her countryside heaven with her and her husband, Ali Gordon. While not as consistently present as Charlie in Josie's vlogs, Ali makes charming appearances, adding another layer to the family's story. For ten years, Lydia Elise Millen, the Evergreen Queen, has inspired her audience with her ability to create a world where style and serenity effortlessly coexist.

curated | starannie dobrany, wyselekcjonowany
testament to sth | świadectwo czegoś, dowód na coś
feathered | pierzasty, upierzony
consistently | konsekwentnie, spójnie, niezmiennie
to make charming appearances | czarująco się prezentować
effortlessly | bez wysiłku, z łatwością

Two further honourable mentions include Alexx Coll, a horse enthusiast with over 220K subscribers who showcases horses, beautiful clothes and, from time to time, countryside landscapes; and Leonora Smee, who welcomes her viewers with 'Hello my angels,' bringing sunshine and joy to her channel of over 68K subscribers.

Life for British vloggers is not always idyllic, even when showcasing the countryside. They honestly portray the challenges alongside the beauty, reminding viewers that even on sunny days, things can go astray. Yet, they consistently highlight the resilience and joy that follows. Their vlogs showcase stunning scenery, beautiful homes, beloved pets and cherished moments with loved ones, all while discussing important topics. While the nearest shop might be far away and splurging opportunities limited, they remain stylish and presentable. Driving beautiful cars, they explore and share the diverse beauty of the British countryside. After watching their vlogs, filled with both luxury and everyday life, you might find yourself inspired to visit and see these places firsthand. And if you adopt a sausage dog because of them – well, it's no great surprise! Their love for their dogs is truly infectious.

And how about you – would you decide to live in the countryside?

mention | wzmianka
to go astray | zejść na manowce, skomplikować się
to highlight sth | podkreślić coś
resilience | odporność, wytrzymałość
splurging | szastanie pieniędzmi, pozwalanie sobie na kosztowną przyjemność
firsthand | bezpośrednio
infectious | zaraźliwy (zarówno o chorobie, jak i o śmiechu czy entuzjazmie)





J.M.W. Turner

J.M.W. Turner – a True Master Among English Painters

by Grzegorz Mucha

Joseph Mallord William Turner (J.M.W. Turner) is one of the most well-known and successful English painters ever. Last year the world of art celebrated the 250th anniversary of his birth. Here are some of the most important facts about his life, as well as some of his major artistic achievements.

anniversary | rocznica

achievement | osiągnięcie



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The Fighting Temeraire (1838-39, oil on canvas)

Humble Beginnings

William Turner was born in 1775 in London to a lower-middle class family. His father, to whom William was very emotionally attached until his death in 1829, and who exhibited and sold his son's early works in his shop, was a barber and a wig-maker. William's mother came from a very well-established family of butchers. Because of her mental problems, she spent a lot of time in various institutions for mentally-disturbed people, where she died young at the age of 29. William spent his school years with his maternal uncles – first near London and then in Margate in Kent. His earliest sketches of the town and its surroundings come from this period.

Artistic Studies and Career

The young Turner, who was perceived as a child prodigy, was allowed to first enter the Royal Academy of Art in London and then to become a full-time student there in 1790, at the age of 15. He had his first work – *A View of the Archbishop's Palace, Lambeth* – selected for the school's summer exhibition the very same year. Thanks to his enormous talent and hard work, Turner, after graduating from the academy, quickly entered upon an academic career. At the age of only 26 he became the youngest full academician, and between 1807 and 1837 he taught there as a Professor of Perspective.

Turner's Modus Operandi

Already as a student, Turner started travelling in summer, first to Wales and around Britain, and then, as a mature artist, all over Europe. This was a time when he made sketches and watercolours (his output includes 300 sketchbooks) of what he saw around him – towns, villages, mountains, landscapes and seascapes. He is famous for loving to work in the open air, where he was not only close to nature, but surrounded by it, and its sometimes unpredictable forces. The winter months, then, were when he worked in his studio, creating oil paintings that were often based upon his summer sketches.

1 humble | skromny
lower-middle class | niezamożna klasa średnia
attached to sb | przywiązany do kogoś
to exhibit sth | wystawiać coś
wig-maker | perukarz
butcher | rzeźnik
mentally-disturbed | z zaburzeniami psychicznymi
child prodigy | cudowne dziecko
to be allowed to do sth | otrzymać zezwolenie na zrobienie czegoś
2 to graduate from X | ukończyć X
to enter upon an academic career | rozpocząć karierę akademicką
modus operandi | *łac.* sposób działania
watercolour | obraz wykonany akwarelą, akwarela
output | *tu:* wyniki pracy
to include sth | obejmować coś
seascape | pejzaż morski
unpredictable | nieprzewidywalny
3 oli painting | obraz olejny

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THE MOST POPULAR WORKS

Turner is believed to have created over 550 oil paintings, about 2,000 watercolours and approximately 30,000 works on paper. Therefore, it is nigh impossible to recommend seeing just a few of them. However, some of the most well-known and admired ones include:

approximately | około



The Burning of the Houses of Parliament (1835, oil on canvas)



Rain, Steam and Speed – The Great Western Railway (1844, oil on canvas)



Dido Building Carthage (1815, oil on canvas)



Fishermen at Sea (1796, oil on canvas)



Calais Pier (1803, oil on canvas)

Turner, His Themes and Style

Working outdoors during the long summer days provided another very important advantage for the artist – light. During his lecture in 1818 he uttered the famous words "Light is therefore colour". All modern critics agree that he successfully experimented with the use of light, shade, colour and tone. They constitute an integral part of both his paintings and his watercolours. One might even risk the statement that they define him as an artist.

Turner lived in the time of the Industrial Revolution and its various technological innovations and inventions, such as steamboats and trains, which were, alongside nature and its four elements, an important and frequent theme of his paintings.

4 5

4 outdoors | na zewnątrz
to provide sth | dostarczyć czegoś
advantage | korzyść
lecture | wykład
to utter | wypowiedzieć
therefore | dlatego też, zatem
5 to constitute sth | stanowić coś
Industrial Revolution | rewolucja przemysłowa
invention | wynalazek
steamboat | statek parowy
alongside X | obok X, wraz z X

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Turner the Romantic

As a Romantic painter and watercolourist the artist wanted to appeal to a wide palette of people's emotions. By using his innovative techniques connected with light and colour he was, and still is able to evoke in his audience very strong emotional states. One can only be surprised by the calmness and tranquility in some of his paintings, and the wild energy and turbulence in others. The idea was closely connected with the romantic concept of experiencing the sublime in life, especially through nature, and then presenting it in works of art. Artists believed that only through contact with the often destructive forces of nature, or awe-inspiring natural phenomena, was a human being able to experience a wide range of emotions and emotional states, the most precious of which was the sublime. Turner's goal was to make this happen to those who were looking at his paintings.

Not Only a Painter

It is very interesting to know that Turner, or, as he was described by his peers, "the king of painting nature", was not only a painter and watercolourist but also a printmaker. His *Books of Studies* (1806-1819), containing 70 prints, turned out to be a clever and successful way of popularising and promoting his own art. The prints, focusing on landscape art, can be divided into six categories: marine, pastoral, mountainous, historical, architectural and epic pastoral. They are considered to be one of his most remarkable achievements as an artist.

A Painter and an Art Dealer

Turner had a part of his London house converted into an art gallery. The place, big enough to display about 30 of his works, quickly became popular among wealthy and influential people. Again, it was a well-thought out way of promoting and, first and foremost, selling his works of art. In this way, Turner became his own art dealer. Thanks to this fact, he was able to present his paintings, literally and figuratively speaking, in the best light possible.

Where to See Turner's Works

In his last will the painter expressed his wish to bequeath all his finished paintings to the British nation and to place them all together in a special gallery. Yet, his will was legally challenged by some of his cousins. What is more, there was a disagreement as to where to display his inherited works. Luckily, in 1861 all the legal challenges to his will were dismissed and it was decided that all his works, both finished and unfinished ones, should be bequeathed to the British people. Today, most of his paintings and watercolours are in the collections of The Tate Gallery and the National Gallery in London. Contrary to Turner's wish, many of his works are also on loan to various museums all over the world, and some of them are in private hands. The Turner Museum in Sarasota in Florida is in possession of a large number of his prints.

Turner's Legacy

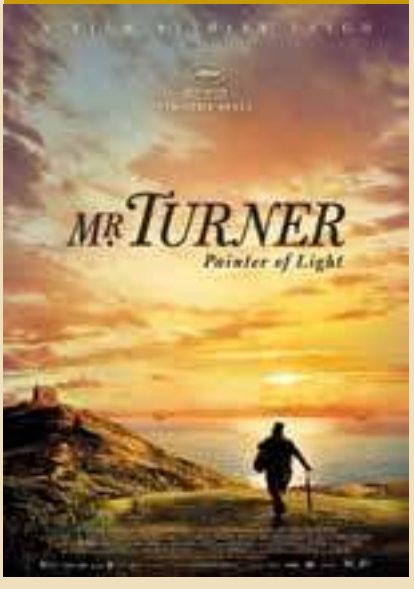
J.M.W. Turner is undoubtedly one of the greatest and most recognisable, as well as accomplished English painters of all time. He is widely considered to be a precursor of abstract painting and Impressionism, a master of seascapes and maritime scenes, and a genius who elevated landscape painting to an unprecedented level. Thanks to his masterly professional skills, his innovative yet timeless painting and sketching techniques and his keen observant eye, he managed to create his own unique style that was, and still is admired by art lovers all over the world.

6 to evoke sth | wzbudzać coś
tranquility | spokój
awe-inspiring | budzący podziw
phenomenon | zjawisko
peer | rówieśnik
printmaker | rytownik
to turn out | okazać się
divided into sth | podzielony na coś
pastoral | sielankowy, idylliczny; pasterski
converted into sth | przekształcony w coś
to display sth | prezentować, eksponować coś
first and foremost | przede wszystkim
literally | dosłownie
7 to bequeath sth | zapisać coś w spadku
challenged by sb | podważony przez kogoś
disagreement | spór
inherited | odziedziczony
contrary to X | przeciwnie do X
to be on loan | być wypożyczonym
legacy | spuścizna
accomplished | spełniony
8 to elevate sth to an unprecedented level | wynieść coś na bezprecedensowy poziom

Did You Know That:

- After his death in 1851, Turner was buried in St. Paul's Cathedral in London. However, as was his wish, his ashes were later taken to an undisclosed location. Rumour has it that they were scattered in the Thames.
- Turner never married, but had at least two illegitimate children. Some sources say that, in fact, he was secretly married, though it cannot be proven.
- *Mr. Turner* is an insightful, star-studded and acclaimed biopic about the life of the painter. It was produced by Mike Leigh and released in 2014.
- William Turner appears on the 20-pound banknote in the UK.

ashes | prochy
scattered | rozrzucony
at least | co najmniej
illegitimate | nieślubny
insightful | wnikliwy
star-studded | z gwiazdorską obsadą



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Common Collocations

by Paul Martin from www.go-native.pl

Ever feel like you're piecing together a jigsaw puzzle when you speak English? You have all the right words, but they just don't seem to "click" together quite like a native speaker's do. The secret often lies in collocations: words that naturally live together. Paul Martin spells out 100 of the most common.

to piece sth together | układać coś w całość, dopasowywać coś
jigsaw puzzle | układanka, puzzle
to seem | wydawać się

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finance; you "make a phone call", "make a suggestion", or "make a promise", and if you're successful in your career, you "make money". On a smaller scale, you "make a mess" in the kitchen while you "make a cup of tea" or "make a bed" in the morning. Socially, it's vital for building relationships, as you "make friends" and "make progress" in your social life.

The verb **Take** often relates to time, movement or taking advantage of opportunities. You might "take a break" to rest, or "take a seat" when you enter a room. It's the standard verb for capturing information or images, such as when you "take a look" at a document, "take a photo", or "take notes" during a meeting. In terms of health and daily routines, you "take medicine", "take a shower", or "take a risk" on a new venture. It also governs transport and scheduling; you "take a taxi", "take an exam", or simply "take your time" to ensure a job is done properly.

The "Big Three" Verbs: Do, Make, Take

When it comes to the verb **Do**, we generally use it for tasks, obligations, or repetitive activities that don't result in a physical object. For instance, "you do a favour" for a friend or "do the shopping" at the weekend. It's the verb of choice for duty and effort, such as when you "do your best" on a project or "do homework" after class. It also covers household chores like "doing the dishes" or "doing housework", and physical maintenance like "doing exercise" or "doing your hair". In professional contexts, you might "do business" or "do research", and if things go wrong, an accident might "do damage" to your property.

In contrast, the verb **Make** is often associated with the act of creating, producing or choosing something new. You "make a mistake" or "make a decision" after weighing your options. It is frequently used for communication and

Socialising and Communication

Mastering social collocations helps you navigate daily interactions with ease. You might "have a chat" with a neighbour or "give somebody a call" to stay in touch. In

1 to do a favour for sb | wyświadczyć komuś przysługę
duty | obowiązek
effort | wysiłek
to do one's best | dawać z siebie wszystko, starać się jak najlepiej
to cover sth | *tu:* obejmować coś
household chores | obowiązki domowe
2 to do the dishes | zmywać naczynia
to do research | prowadzić badania, robić rozeznanie
to weigh sth | *tu:* rozważać coś

3 to make money | zarabiać pieniądze
to make progress | robić postępy
to relate to sth | odnosić się do czegoś
to take advantage of sth | wykorzystywać coś, korzystać z czegoś
to capture sth | uchwycić coś (np. moment na zdjęciu)
in terms of sth | pod względem czegoś, w kategorii czegoś
to take medicine | brać lekarstwo
to take a risk | podjąć ryzyko
venture | przedsięwzięcie

to govern sth | rządzić, zarządzać czymś
scheduling | planowanie, ustalanie harmonogramu
to take an exam | przystępować do egzaminu
to take one's time | nie spieszyć się, dać sobie czas
to master sth | opanować coś do perfekcji
to navigate sth with ease | poruszać się po czymś z łatwością
to give somebody a call | zadzwonić do kogoś

1 2 3

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more personal settings, being able to "keep a secret", "tell a joke", or "tell the truth" builds trust and rapport. When meeting new people, you often need to "break the ice" or "pay a compliment" to "start things off on the right foot". If you "reconsider a plan", you "change your mind", and if someone "catches your attention", they "catch your eye". Finally, to "maintain a connection", you "get in touch", and if you're curious, you simply "ask a question".

Managing Time and Order

Time-related collocations are essential for staying organised and describing your schedule. Efficient people always look for "ways to save time", while we all enjoy "spending time" with those we love. On the flip side, we try not to "waste time" on unproductive tasks, especially when we are about to "run out of time" on a deadline. Being able to "tell the time" is a basic skill, but "finding free time" for hobbies is a luxury. In Britain, punctuality is key; people aim to "be on time" for appointments, though sometimes we "arrive just in time" before the doors close.

Work, Business, and Money

In the professional world, specific word pairings denote legal and financial actions. If someone "violates the law", they "commit a crime" or "break the law". In a meeting, you must "pay attention to the details" to ensure you "reach an agreement" or successfully "close a deal". Financial transactions are described by whether you "pay by card or cash", and a failing company might unfortunately "go bankrupt". To "stay productive", professionals must "meet a deadline", "set a goal", and understand the complexities of how to "run a business" effectively.

Health and Emotions

Our internal lives and physical well-being are also described through set phrases. We often "fall in love" or, on a bad day, "get angry" with a situation. Health-wise, it's common to "catch a cold" during the winter or "have a headache" after a long day. Many people aim to "keep fit" or "lose weight" through diet and exercise, hoping to "get better" quickly if they do "fall ill". On a psychological level, it "takes effort" to "break a habit", and when emotions become overwhelming, someone might suddenly "burst into tears".

Daily Life and Travel

When navigating the world, travel collocations keep you moving. You might "catch a train" or, if you're unlucky, "miss a flight". Before a trip, you need to "book a room" and "pack a suitcase" before you finally "check in" at the hotel. It's always exciting to "go on holiday", but it's less fun if you "lose your way" in a strange city or "get lost" without a map. These phrases are the bread and butter of travel English, ensuring you can describe your journey from start to finish.

Other Essentials

Finally, there are "functional" collocations that don't fit into one single category but are used constantly. You might "keep in mind" a piece of advice or "come to a conclusion" after a long discussion. In the digital age, a story might "go viral" overnight. We use descriptors like "heavy rain", "strong coffee", or "fast food" to add detail to our descriptions. Sometimes we rely on common sense, "take a deep breath" to calm down, or "grab a quick snack" when hungry. Whether you are "fairly sure" of a fact or "dead tired" after work, these phrases, including the classic British "put the kettle on," make your English sound authentic and complete.

4 **to break the ice |** przełamać lody (np. na początku rozmowy)
to pay a compliment | powiedzieć komplement, skomplementować
to start things off on the right foot | dobrze coś zacząć, *dosł.* zacząć z właściwej stopy
to catch one's eye | przyciągnąć czyjąś uwagę, wpaść komuś w oko
efficient | wydajny, efektywny
to look for sth | szukać czegoś
on the flip side | z drugiej strony, dla odmiany
to waste time | marnować czas
to run out of time | nie mieć już czasu, kończyć się (o czasie)
appointment | umówione spotkanie
though | chociaż, jednak
to arrive just in time | przybyć w samą porę
to denote sth | oznaczać coś
to violate the law | naruszyć, złamać prawo
to commit a crime | popełnić przestępstwo
to ensure | upewniać się
to reach an agreement | osiągnąć porozumienie
to close a deal | sfinalizować transakcję, dobić targu
unfortunately | niestety
to go bankrupt | zbankrutować
to meet a deadline | dotrzymać terminu
to set a goal | wyznaczyć cel
to run a business | prowadzić firmę, biznes
internal | wewnętrzny
well-being | dobrostan, dobre samopoczucie
set phrases | ustalone zwroty
to fall in love with sb/sth | zakochać się w kimś/czymś

to get angry with sth | rozzłościć się na coś/z powodu czegoś
health-wise | pod względem zdrowotnym, jeśli chodzi o zdrowie
to catch a cold | przeziębić się, złapać przeziębienie
5 **to lose weight |** schudnąć, stracić na wadze
to fall ill | zachorować
to break a habit | zmienić przyzwyczajenie
overwhelming | przytłaczający, przygniatający
to burst into tears | wybuchnąć płaczem
to miss a flight | spóźnić się na samolot
to book a room | zarezerwować pokój
to pack a suitcase | spakować walizkę
to get lost | zgubić się
bread and butter | *idiom:* chleb powszedni
6 **to fit into sth |** mieścić się w czymś, pasować do czegoś
to keep sth in mind | pamiętać o czymś, mieć coś na uwadze
a piece of advice | rada
to go viral | stać się wiralem, błyskawicznie rozprzestrzenić się w sieci
overnight | z dnia na dzień
heavy rain | ulewny deszcz
to rely on sth | polegać na czymś, opierać się na czymś
common sense | zdrowy rozsądek
to grab a quick snack | przekąsić coś na szybko
including sth | włączając coś
to put the kettle on | nastawić wodę na herbatę

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Into the Mysterious World of English Phonetics



by Aleksandra Zemła

Ladies and Gentlemen, please fasten your seatbelts and let's embark on a journey through the fascinating world of American and British phonetics. Phonetics is the study of speech sounds, in other words, how your mouth makes noise when you talk. Think of your mouth as a musical instrument. Your lungs are the air pump, your vocal cords are the strings, and your tongue, lips and teeth are the buttons and valves.



to fasten one's seatbelts | zapinać pasy
to embark on a journey | wyruszyć w podróż
lungs | płuca
air pump | pompa powietrzna
vocal cords | struny głosowe
valve | *tu:* wentyl (ruchoma część w instrumentach dętych)

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Pronunciation

Although English is a global language, it is not uniform in its pronunciation. Different varieties of English are characterised by distinct phonetic and phonological features that influence how they are perceived by interlocutors. The speech of Lady Gaga in A Star is Born differs noticeably from that of Ricky Gervais in The Office. These changes are not a matter of clarity or correctness, but rather reflect the systematic distinctions between American English and British English pronunciation. Such variations can be observed in vowel quality, consonant articulation, stress patterns and intonation. Let's walk through the main differences in pronunciation and what makes those two versions of English so distinct.

American and British English Pronunciation – Core Differences

When you listen to American English it is easy to hear that Americans love their R. They pronounce it everywhere, "car" sounds like "carr", "hard" sounds like "harrd". Brits, however, drop the R at the end of words so that "car" becomes "cah" and "bar" becomes "bah". But, if the next word starts with a vowel, the R magically comes back: "car engine" as "cah-r engine". Another significant difference is the pronunciation of T. In American English, the T often becomes very soft when it appears in the middle of a word, sounding closer to a quick D. That is why "water" may sound like "wader". British English usually retains a clearer and sharper T, although in many modern British accents it can turn into a short pause, or glottal stop, as in the iconic "bo'le" instead of "bottle".

Vowels are where things get really interesting. Americans are fans of opening their mouths wide, especially with the short A sound. The word "man" can sound like "mehn", almost as if the speaker was smiling while talking. British speakers tend to be more reserved than their friends from across Atlantic. Some vowels that Brits carefully separate, such as in "cot" and "caught", often sound exactly the same in American English. This is why British receivers sometimes think Americans are playing a guessing game.

Oh, don't forget about the sneaky little Y sound. British English enjoys keeping it in words like "tune" and "news", saying "tyoon" and "nyooz". Americans almost always drop it and go straight to "toon" and "nooz". The outcome? American speech may sound faster and smoother, while British speech sounds more careful, posh and precise.

Time to Dock

The world of phonetics is a truly fascinating and captivating place to discover. There are a lot of new lands to conquer, new sounds to decipher, and new melodies to learn. Pronunciation never stays in the same place. It is constantly evolving and changing, adding a thrill of excitement. So, the next time you hear Ryan Reynolds speaking and think he sounds different from Emma Watson, keep in mind: accents and pronunciation are unique organisms, distinctive for different areas of the world.

1 although | chociaż
variety | *tu:* odmiana
to influence sth | wpływać na coś
perceived by sb | postrzegany przez kogoś
noticeably | zauważalnie, wyraźnie
to reflect sth | odzwierciedlać coś
stress pattern | akcent, układ akcentów w słowie lub zdaniu
core | *tu:* zasadniczy
however | jednak/że
to drop sth | *tu:* pomijać coś
in the middle of sth | w środku czegoś
to retain sth | zachować coś
to turn into sth | zmienić się w coś
instead of sth | zamiast czegoś
2 sneaky | podstępny
outcome | wynik, rezultat
to decipher sth | rozszyfrować, odcyfrować coś
in the same place | w tym samym miejscu
thrill of excitement | dreszczyk ekscytacji
to keep sth in mind | pamiętać o czymś, mieć coś na uwadze
unique | unikalny, jedyny w swoim rodzaju

1 2

The popularity of regular physical exercise is on the rise globally. New gyms and fitness clubs are opened every day, fitness influencers are in their heyday, and many societies – thanks to public health campaigns, workplace wellness programmes, and physical activity advocates – are becoming more aware of the importance of a healthy body. Let's go ahead and explain some exercise-related terms.

to be on the rise | zyskiwać na popularności
to be in one's heyday | przeżywać rozkwit
physical activity advocate | propagator aktywności fizycznej, zwolennik ruchu
aware of sth | świadomy czegoś



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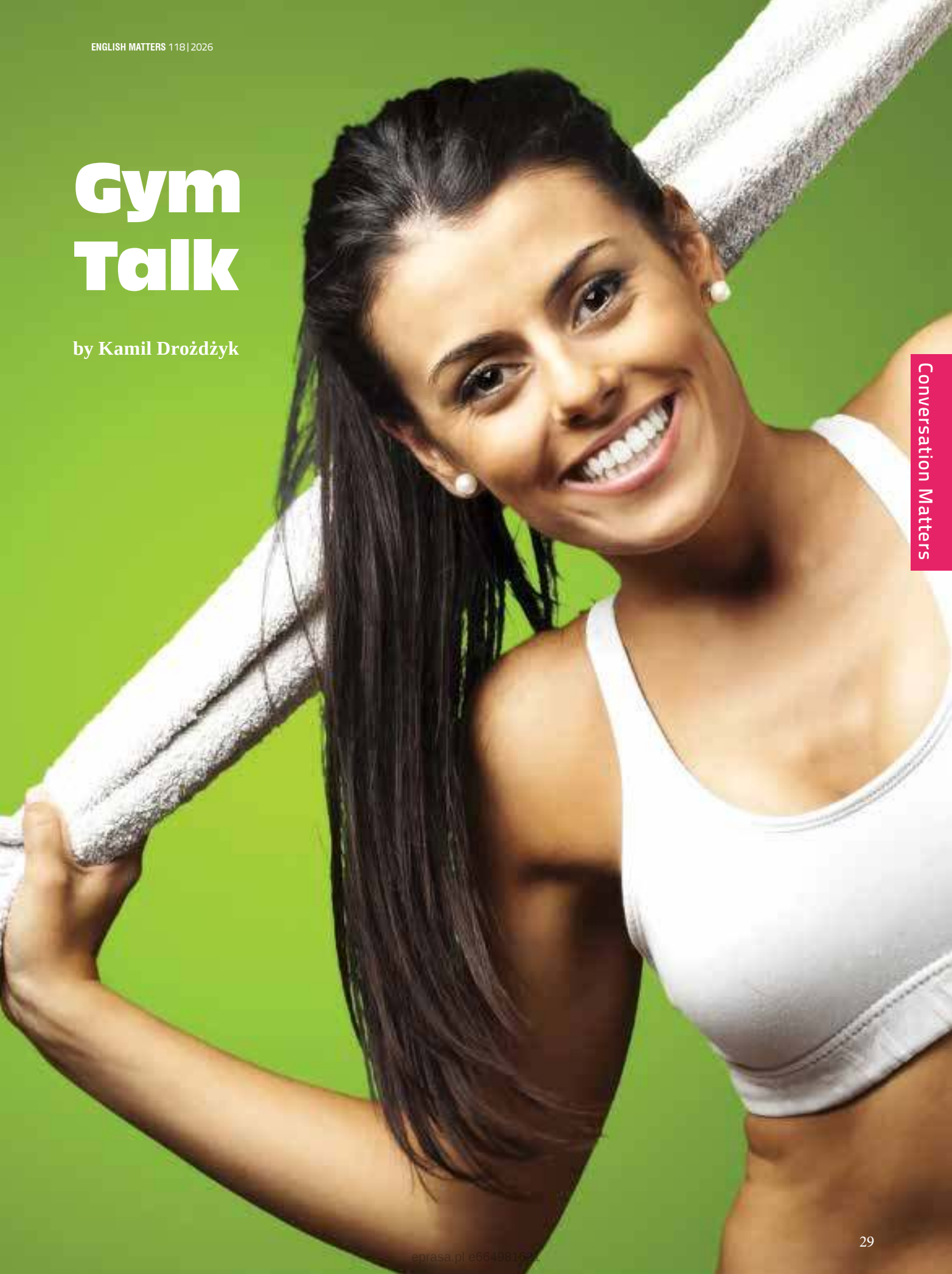
Gym Talk

by Kamil Drożdżyk



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TALKING TRAINING PROGRAMME

Jeff: What's your **workout split**?
Arnold: My current **routine** is **push/pull/legs**. It's a killer!
Jeff: I've heard it's great. Personally, I'm partial to **full-body workouts**. I do them three times a week: on Mondays, Wednesdays and Fridays.
Arnold: Not a bad idea. It's smart to give yourself a **rest day** after an exhausting workout – especially if you hit all major muscle groups.
Jeff: That's what my personal trainer says. I thought three days a week wasn't enough, but I've changed my mind. I do three **sets** of six to twelve **reps** on each exercise, and it's really fatiguing; it feels good, though.
Arnold: No matter if you hit the gym three, four or five days a week – what matters most is consistency and progress. Lift heavy, **take your reps close to failure**, eat well, get enough rest and you'll start noticing the difference.

workout split | plan treningowy zakładający podział dni treningu w zależności od ćwiczonych partii mięśniowych
push/pull/legs | trening składający się z dni: „odpychania", „przyciągania" i „nóg"
to be partial to sth | mieć słabość do czegoś
full-body workout | trening ogólnorozwojowy
set | seria
rep = repetition | powtórzenie
consistency | wytrwałość, konsekwencja w działaniu
to take one's reps close to failure | wykonywać powtórzenia blisko granicy wytrzymałości

Essential Equipment

- I run on the **treadmill** every day.
- Remember to wipe the sweat off the **bench** when you're done.
- The **pull-up bar** is a little bit too high for me. I have to jump up to it.
- An **EZ bar** is a curved **barbell**.
- Put the **weight plates** back on the **weight rack**.
- I only use **dumbbells** for arm training.
- I don't like free weight exercises. I usually exercise on a **weight machine**.

treadmill | bieżnia
to wipe the sweat off the bench | wytrzeć pot z ławeczki
pull-up bar | drążek do podciągania
EZ bar | gryf łamany
barbell | sztanga
weight plates | talerze, obciążenia nakładane na sztangę
weight rack | stojak na ciężary
dumbbells | hantle
weight machine | maszyna do ćwiczeń (stacjonarna)



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Key Exercises

- **push-up (pompka)** – lowering the body to the ground from a plank position and pushing it back up

Historians believe that the ancient Romans did push-ups as part of their training.

- **squat (przysiad)** – lowering one's hips from a standing position, then standing back up

Squats are my least favourite exercise; they completely destroy my legs.

- **deadlift (martwy ciąg)** – lifting a weight off the ground to hip level, then returning it to the ground

Doing deadlifts with improper form might result in a back injury.

- **bench press (wyciskanie leżąc na ławeczce)** – pressing a weight upwards while lying on a bench

Hitting a hundred kilos on bench press is a major milestone for most lifters.

- **bicep curl (uginanie ramion z obciążeniem)** – curling one's bicep up while holding a dumbbell or a barbell

Bicep curls are one of the most important arm exercises.

to lower sth to sth | obniżać coś do czegoś
hip | biodro
least | najmniej
back injury | kontuzja pleców
milestone | kamień milowy, punkt zwrotny

Strong Slang Phrases

- **to be/get swole/jacked/ripped** (być napakowanym, wyrzeźbionym) – to be/become very muscular

Man, I thought I was ripped, but I look small compared to you. You're absolutely jacked!

- **to be on the juice** (być na sterydach) – to take steroids or performance enhancing drugs
- **to be natty** (ćwiczyć naturalnie – bez wspomagania sterydami) – not to take steroids or performance enhancing drugs

He tells everybody he's natty, but people suspect he's on the juice.

- **pump** (pompa mięśniowa) – a temporary swelling of the muscles during or right after a workout

Look at the pump in my biceps. Too bad it will go away in an hour.

- **bro science** (termin używany na określenie „mądrości ludowych" z siłowni, które nie mają oparcia w badaniach naukowych) – fitness advice that has no basis in actual science

This guy told me sniffing the weights before each set helps you establish the mind-muscle connection. Sounds like bro science to me.

- **bulking** (masa/robienie masy) – eating more calories to gain weight
- **cutting** (redukcja, rzeźba, docinanie) – cutting calories to lose fat and make muscles more visible

I was bulking during the winter, but now I'm cutting. Trying to get that beach body, you know.

- **gains** (przyrosty, efekty, postępy) – strength or muscle-building improvements

I'm noticing some serious gains since I've started eating better.

- **to plateau** (być w stanie stagnacji, zastoju) – to stop progressing for a longer period

Jim was worried he'd plateaued on the bench press, but slower progress is normal for intermediate lifters.



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MINDING THE MACROS

Harry: I baked some cookies. Want some?
Gina: Thank you, but I'm counting my macros.
Harry: Oh, like protein, right?
Gina: Well, protein is just one of the macronutrients. Among other things, it's good for building muscle.
Harry: I'm sure my cookies are full of protein. Anyway, what are the other macronutrients?
Gina: We've got carbohydrates – which, I'm sure, your cookies are actually full of. Carbs, as they're often called, are your body's primary source of energy. All digestible carbs you eat will digest down to sugar.
Harry: And here I was thinking sugar was bad for you.
Gina: It's the dose that makes the poison, Harry. Too much sugar is bad for you, but it's generally advised to *include* carbs in your diet. If you exercise, you will notice a surge of strength if you do your workout after eating a high-carb meal.
Harry: I get it. And what about fats? They are a macronutrient too, aren't they?
Gina: Correct. Fats mainly help you absorb certain vitamins and store excess energy. See, none of the main macronutrients is "bad for you"; they all have their functions. What's important is keeping your diet balanced, so your body gets just the right amount of each.
Harry: Mhm, thanks for the lecture. Last chance to get a cookie, though.

to mind sth | *tu:* uważać na coś
macronutrients = *pot.* macros | makroskładniki (białka, tłuszcze, węglowodany)
carbohydrates = *pot.* carbs | węglowodany
actually | właściwie, prawdę mówiąc
digestible | strawny, lekkostrawny
digest down to sugar | rozkładać się do postaci cukrów
surge of strength | nagły przypływ siły
to store sth | magazynować, przechowywać coś
though | chociaż, jednak

Active Adjectives

- I wasn't feeling well, so I only did light training on Monday.
- She's very fit; she's been working out since she was eighteen.
- My new personal trainer is a fan of strenuous workouts.
- Tom is considering getting into bodybuilding. He follows a rigorous training regime.
- My brother is getting rather muscular.
- I managed to squeeze in an extra workout on Sunday.

strenuous | wyczerpujący, forsowny, ciężki
to get into sth | wkręcić się w coś, zacząć się czymś interesować
bodybuilding | kulturystyka
to squeeze in sth | wcisnąć coś (np. w napięty grafik)



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Science Behind Strength

- **aerobic exercise** (ćwiczenia tlenowe) – an exercise, the main goal of which is to improve the body's ability to use oxygen

She mainly does aerobic exercises, such as running and cycling.

- **hypertrophy** (hipertrofia, przerost, powiększenie tkanki lub narządu na skutek powiększenia poszczególnych komórek, bez zwiększenia ich liczby) – increase in muscle mass

Eating enough protein is essential if you're aiming for hypertrophy.

- **Delayed Onset Muscle Soreness (DOMS)** (zespół opóźnionego bólu mięśniowego, opóźniona bolesność mięśni) – the feeling of soreness in exercised muscles after a day or two

Leg exercises give me the worst DOMS.

- **progressive overload** (systematyczne zwiększanie obciążenia) – progressively increasing either volume, intensity, frequency, or interval duration to stimulate muscle growth and increase strength

I suggest trying to do ten reps today if you want to do progressive overload.

- **deloading** (roztrenowanie, czas regeneracyjny) – a planned reduction of either training intensity or volume to let the body recover

It's recommended to deload every few weeks to reduce the strain on your body.

Anabolic Acronyms

- PR – personal record – rekord życiowy, *pot.* „życiówka"
- 1RM – one rep max; the maximum weight one can lift for one repetition – ciężar maksymalny
- 4x10 – *read as:* four sets of ten reps – 4 serie po 10 powtórzeń
- ROM – range of motion – zakres ruchu
- DYEL – do you even lift? Czy ty w ogóle ćwiczysz? *dosł.* czy ty w ogóle dźwigasz?
- BW – body weight – masa/waga ciała.

muscular_jack: What's your bench press PR?
strongman11: 110kg 1RM.
muscular_jack: LMAO, I do 4x10 with 120 kg.
strongman11: Cool story, bro. I could do it too with your poor form and limited ROM.
muscular_jack: LOL, look at the expert over here. DYEL?
strongman11: Pff, I could lift twice your BW if I took bodybuilding seriously.



WARTO ZAPAMIĘTAĆ!

to be partial to sth

mieć słabość do czegoś

eprasa.pl e664981621

THE MOON EFFECT – Past Pages is a story of a world in which people, including some precogs, who can see key events in the future, live alongside with vampires.

The story begins in the sleepy and seemingly serene state of Mississippi where a conceited student of a prestigious Academy, Percy Prince, falls for a seventeen-year-old novelist and songwriter Desiree Burns. D-zee is, however, not just an average teenager. She is a precog who is following the path of her moonfate, which over the course of time takes her to different places around the globe.

Her adventure with vampires begins in Germany, where she gets to know the handsome Hagen, as well as the oldest and most powerful of vampires, the mysterious Drakhe. D-zee's life is an ever-lasting journey through the realm of these soulless and blood-thirsty immortal creatures and through the world of music, which she delves into thanks to the songs of her favourite band VABZ and its gravelly-voiced lead-singer Cornelius.



Desiree Burns (D-zee)

– a prodigy novelist destined for more than literary fame.

'I thought about Hiro's advice. At first, I was honestly planning to be invisible during AP history. But, in the morning I came to the realisation that a strong and independent modern woman like me shouldn't do anything against her own nature. I was supposed to punish myself, disfigure myself, pretend to be someone I'm not, because of a narcissist who bullied the whole school. Well, hell no. Over my dead body. So, I not only washed my hair, but also decided against a pony tail and made my hair look beautiful and shiny. Volume booster and styling foam did their job. I put on my make-up with the precision of a surgeon. Then, it was the time to choose the outfit. Low-cut, black, tight-fitting top, short jeans skirt with a leather belt and ankle-strap pointed toe pumps. I'm not going to hide what I'm like, what kind of clothes I like to wear. Stop the male supremacy. Percy may be a prince, but I'm already a queen'.

'The charming Bremen Hauptbahnhof with its red bricks and arched windows was now right in front of me. At the top of the building there was a clock. It was such a beautiful sight, such a perfect train station to start a journey into life. The clock was counting the minutes to my departure. I looked at the bricks. In my mind I saw myself building a wall with such bricks between my past and my future. As for now, they would have to be separated from each other with a wall in my head, with the ocean between continents and with the mental and physical distance between people from the past and people I was going to meet in the future. Bremen was a gate between two worlds for me. However, as long as there was a gate, it could always be opened again. That gave me hope'.

Percival Prince (Percy with no Mercy)

– charming, confident, and dangerously easy to fall for.

Percy jumped out of the outdoor pool. (…) He had that breezy beach vibe. He had wavy blonde hair and blue eyes, a manly jaw, full mouth and a row of white straight teeth. Fair enough, I could understand why so many people, especially girls, voted for him. Ugly he was not. But that didn't change the fact that his character was quite nasty.

Hagen Sigurdsen

– a vampire who means well, yet somehow makes everything worse.

Another gust of wind struck the faces of the innocent female victims-to-be. In a blink of an eye, the vampire from the lamp was standing right in front of Stan. We could see his figure and his back very clearly now. He was elegantly dressed. His clothes were black and contrasted with his slightly wavy blonde hair. It was shoulder-length. He was wearing a long-sleeved, shiny shirt and long trousers. The shirt clung to his muscular body. He was a well-built, but slender creature of the night, much more dexterous in his movement than the clunky Stan.

Drakhe

– a ruthless vampire devoid of mercy… or perhaps even a soul.

Over the centuries, Drakhe had killed a lot of people for many different reasons. He killed without remorse. Out of blood thirst, out of rage, out of vengeance. Death by his hands was quick. He didn't derive any additional pleasure from killing someone slowly, torturing his victims. He did what he had to do and never looked back.

Rabat dla naszych Czytelników!
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Przy finalizacji zamówienia wpisz kod **MOON26**

ARTYKUŁ PROMOCYJNY

Cornelius Andersen

– a German singer with a voice so powerful it could tempt the devil himself.

The band started with their very first hit, *Geschichte einer kleinen Liebe [A little Love Story]*. Then, Cornelius Andersen, the lead singer, whose voice even the very devil could be jealous of, started to sing *Geheimnis [The Secret]*.

Ariel

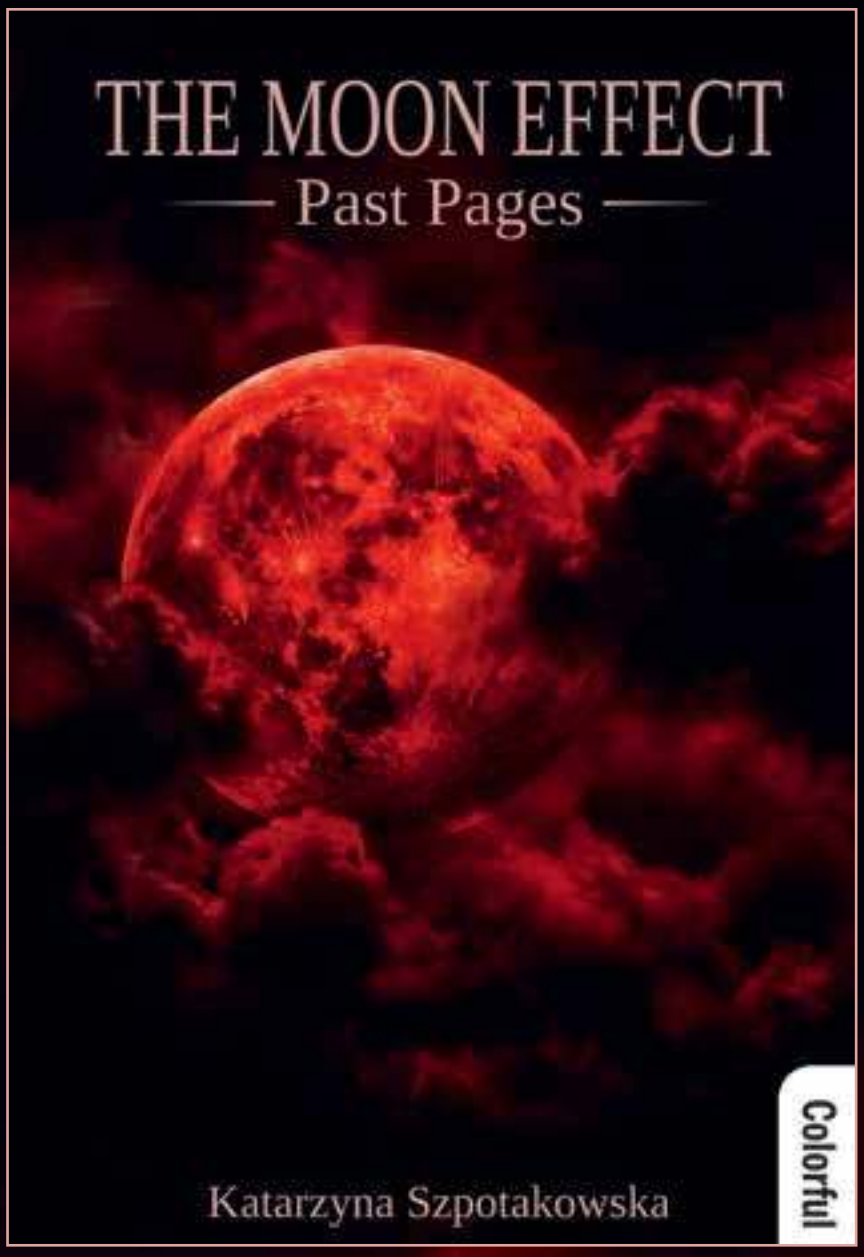
– the one whose existence must remain a secret at all costs

Ariel had never been the life and soul of the party. Talking to people for too long made her tired and irritated. Ariel and Pandora used to move a lot when she was a child, so she learnt not to become attached to people or places. She became indifferent, and learnt to be her own only true friend.

Vera (V-thunder)

– nicknamed V-Thunder, a storm of ambition determined to become both a groundbreaking inventor and a global sensation.

Vera created a perfume whose scent made people unattractive to vampires. They were available everywhere in every store and at every stall. People were obligatorily sprayed with them before each bigger inter-species event. The exact formula of the perfume was known only to the immortal crestures of the night, in fact, probably only to Vera and Drakhe. They were both very cautious, enigmatic and did not like to share their secrets, including business ones.



You'll never guess how this thrilling story ends!
THE MOON EFFECT – Past Pages is a gripping novel that blends romance, music, and globe-spanning adventure with a touch of mystery and fate's unpredictable twists. As passions ignite and loyalties are tested, the stakes rise higher than ever – threatening not only broken hearts but the very future of humankind.
Don't hesitate. Surrender to the pull of *THE MOON EFFECT*… and let yourself be swept away.



MEET THE AUTHOR:

@ka_tha_ri_na_moonfate

THE MOON EFFECT – Past Pages is more than just a novel – it's a musical experience. Every song, character, and place in the story is brought to life with a short piece of original music, available on SoundCloud.

ARTYKUŁ PROMOCYJNY

Ireland:
A Journey for the Soul

by Paul Martin from
www.go-native.pl

In Ireland, magic lies in movement. A thirty-mile drive shifts you from ancient valleys to salt-sprayed cliffs, and offers a total change of dimension. Paul Martin explores why discovering Ireland's *anam*, or soul, requires balancing electric city energy with the slow, rhythmic pulse of the countryside.

drive | *tu:* przejażdżka, jazda
to shift sb from sth to sth | przenosić kogoś z czegoś do czegoś
ancient | starożytny
salt-sprayed | *tu:* owiany morską bryzą (*dosł.* spryskany solą morską)
to require sth | wymagać czegoś





WARTO ZAPAMIĘTAĆ!

to remain flexible

pozostać elastycznym

Travel

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The Dublin Threshold

Most journeys begin in the capital, where history is written into the very stone. To understand the soul of the city, start at Trinity College. Walking into the Long Room library, where the scent of ancient parchment hangs heavy, costs about €21.50 for the basic experience, but seeing the 9th-century Book of Kells is a necessary rite of passage. From there, a short walk leads to Kilmainham Gaol. For €8, this former prison offers a hauntingly beautiful look at Ireland's struggle for independence. It is an essential stop, though you must book weeks in advance as tickets vanish like mist.

Between these historical pillars, you should eat as the locals do. Forget the tourist traps; find a gastropub serving Coddle, a traditional Dublin broth of sausages, bacon and potatoes, usually priced around €16-20. It is the ultimate comfort food for a grey afternoon. If you're looking for a little liquid history, a whiskey flight at a spot like The Palace Bar typically ranges from €15-40, offering a curated taste of the island's copper-pot heritage.

The Pulse of the Pitch

Sports fan? You must head to a GAA (Gaelic Athletic Association) game. Whether it's a local club match in a rainy village or a massive inter-county showdown at Croke Park in Dublin, hurling and Gaelic football are the lifeblood of the community. Hurling, often called "the fastest game on grass," is a 3,000-year-old warrior sport that is as chaotic as it is graceful. Tickets for a local club game might only cost €8-25, while a major stadium match will be pricier. Even if you don't know the rules, the raw passion of the fans and the players, who are strictly amateur, representing their home parishes, offers a uniquely living and breathing form of cultural immersion you won't find in a museum.

Heading South to the Golden Vale

As you leave the capital and head southwest, the landscape softens into the lush Golden Vale. Here, visit the Rock of Cashel in Tipperary, a crown of medieval ruins atop a limestone outcrop. For an €8 entry fee, you can walk among Celtic high crosses and Gothic cathedrals that make you feel as though you've stepped into a fable.

This region is also the heart of Ireland's dairy country. Keep an eye out for menus featuring Cashel Blue cheese



Rock of Cashel

1 **threshold** | próg
parchment | pergamin
former | dawny, były
hauntingly | przejmująco
struggle for independence | walka o niepodległość
though | chociaż
to book sth weeks in advance | rezerwować coś z wielotygodniowym wyprzedzeniem
to vanish like mist | rozpływać się jak mgła
broth of sausages | wywar z kiełbas
ultimate comfort food | najlepsze jedzenie „na pocieszenie"
to look for sth | szukać czegoś
curated | wyselekcjonowany
copper-pot | miedziany garnek, alembik
heritage | dziedzictwo
pitch | boisko
Gaelic Athletic Association | Gaelicki Związek Sportowy
inter-county | przeprowadzany z udziałem dwóch (lub więcej) hrabstw
showdown | ostateczne starcie, decydujący pojedynek

graceful | pełen wdzięku, pełen gracji
major | główny, ważny
pricey | *pot.* kosztowny, drogi
raw | *tu:* pełen emocji
home parish | rodzima parafia (w Irlandii kluczowa jednostka przynależności sportowej)
cultural immersion | zanurzenie w kulturze, pełne doświadczenie kultury
to head south | kierować się na południe
to soften into sth | łagodnie w coś przechodzić
2 **lush** | bujny, soczysty (np. o roślinności)
medieval | średniowieczny
atop sth | na szczycie czegoś, na górze czegoś
limestone outcrop | wapienna skała
entry fee | opłata za wstęp
3 **to step into sth** | wkroczyć w coś
fable | bajka, baśń, legenda
dairy | nabiał, mleczarnia
to keep an eye out for sth | wypatrywać czegoś, mieć na coś oko

1 2 3

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or Clonakilty black pudding. A hearty lunch in a market town like Kilkenny, perhaps a slow-cooked Irish stew made with local lamb, will cost roughly €15 to 20, providing the perfect fuel before you hit the rugged coastline of County Clare.

The Wild Atlantic Edge

The Cliffs of Moher are celebrated for a reason. These 700-foot drops are breathtaking, and while the €10 entry fee covers the visitor centre and parking, the real value is the view at sunset when the crowds have thinned. However, for those who crave something more unspoilt, drive further north to the Slieve League Cliffs in Donegal. They are nearly three times higher than Moher, yet access is often free (or a mere €5 for the shuttle/parking), offering a much more remote and rugged experience.

In these coastal villages, the culinary focus shifts to the sea. Look for Cromane mussels or a bowl of seafood chowder packed with smoked haddock and salmon. A generous bowl usually costs between €12-18 and is invariably served with thick, buttery Guinness brown bread. This is the real Ireland, where the food is sourced from the water you can see from your table.

The Craic

No matter where you roam, your day should end in a pub. In Ireland, culture is less about performance and more about conversation. The trad session is the island's heartbeat, where musicians gather to play for the sheer joy of it. You don't need a ticket; you just need a corner bench and a pint of stout (averaging €6.50). This is where you find the *craic*, that invisible electricity of shared wit and easy conversation that turns a room of strangers into old friends.

Finding Your Home Base

If the magic of the island tempts you to stay longer, perhaps permanently, your choice of location is key. Cork City, the "Real Capital," is a vibrant hub for tech and pharma, offering a city feel that is more affordable than Dublin. Galway remains the bohemian heart of the west, perfect for those who love festivals and a vibrant arts scene. For families, Limerick offers excellent value for money, while Waterford provides a safe, historic environment. If you seek a truly authentic coastal life, Westport in County Mayo is a dream for outdoor enthusiasts.

Ireland works best when you remain flexible. The weather might change four times an hour, but that is just the island's way of showing you its different lights. If you see the sun hitting a green hillside in a way that takes your breath away, pull over. The most vibrant memories usually happen in a random village while waiting for a rain shower to pass.

4 hearty | sycący, pożywny
providing sth | zapewniający coś, dostarczający czegoś
fuel | paliwo (również jako przenośnia)
to hit | *tu:* wyruszać
rugged | surowy, skalisty

5 700-foot drops | urwiska, przepaście o głębokości siedmiuset stóp
to cover sth | pokonywać coś
crowd | tłum
to thin | rzednąć
to crave sth | bardzo czegoś pragnąć, łaknąć czegoś
unspoilt | dziewiczy, nienaruszony
shuttle | transport wahadłowy
remote | odległy, położony na uboczu
culinary focus | kulinarny nacisk
to shift to sth | przesuwać się w stronę czegoś
Cromane mussels | małże (omułki) z Cromane
bowl of seafood chowder | miska gęstej zupy rybnej
smoked haddock and salmon | wędzony łupacz i łosoś
generous | *tu:* obfity
invariably | niezmiennie
thick | gruby
buttery | maślany
to be sourced from sth | być pozyskiwanym z czegoś
no matter X | bez względu na X
to roam | wędrować, błąkać się, włóczyć się
"trad session" | „sesja muzyki tradycyjnej", improwizowane granie w pubie
heartbeat | *tu: przen.* serce społeczności

6 to gather | gromadzić się, zbierać się
sheer | czysty
corner bench | narożna ława
pint of stout | pinta ciemnego piwa
averaging | średnio wynoszący
shared wit | *tu:* wymiana błyskotliwych uwag
to turn sth into sth | zmienić coś w coś
stranger | nieznajomy, obcy
to tempt sb to do sth | kusić kogoś do zrobienia czegoś
permanently | na stałe
vibrant | tętniący życiem, dynamiczny
hub | centrum
tech and pharma | *pot.* branża technologiczna i farmaceutyczna
affordable | przystępny cenowo
value for money | stosunek jakości do ceny, opłacalność
to seek sth | szukać czegoś
outdoor enthusiast | entuzjasta aktywności na świeżym powietrzu
to remain flexible | pozostać elastycznym
to pull over | zjechać na pobocze, zatrzymać się (autem)
random | przypadkowy
rain shower | przelotny opad deszczu

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After Life

by Hanna Danielczak-Ziadi

A moving series about what life might look like after the loss of your closest, dearest person – in this case, showing a husband's life following the death of his beloved wife. It stars British director, screenwriter, comedian and writer Ricky Gervais, who also directed the show. The first season premiered in 2019. This series is recommended to anyone who doesn't want to be alone during a difficult time in their life. Simply watching how the main character copes with his new reality can be a great help to anyone in need of support, especially when it isn't always available from real people in everyday life. Highly recommended for everybody who needs emotional support – even though obtained via the screen.





If you're watching this, then I'm not around.
Jeśli to oglądasz, to mnie już nie ma.

I couldn't say any of this to your face. It's too embarrassing. For you, not for me, obviously.
Nie mogłam ci tego powiedzieć osobiście, byłoby to zbyt krępujące. Dla ciebie, dla mnie oczywiście nie.

You're never very good at hearing how lovely you are.
Nie znosisz słyszeć, że jesteś uroczy.

But you are. You're lovely. But you're absolutely fucking useless.
Ale jesteś. Jesteś uroczy. Jesteś też kompletnie do dupy.

So I thought I'd leave you a little guide to life without me.
Więc pomyślałam, że zostawiam ci przewodnik do życia beze mnie.

You've gotta turn the alarm off in the morning, yeah?
Musisz codziennie rano wyłączać alarm, ok?

And feed the dog, yeah? **I karm psa, ok?**

First thing in the morning and when you get in from work. **Rano i jak wrócisz z pracy.**

No dog food. **Nie ma karmy.**

Baked beans or vegetable curry?
Fasolka czy wegetariańskie curry?

Thought so. **Tak myślałem/tak czułem.**

Oh, sorry. I'll get you some real food later on.
Sorki. Później kupię ci jakieś prawdziwe jedzenie dla psów.

Come here. Good girl.
Chodź tutaj. Dobra dziewczynka.

Your dog should be on a lead.
Pies powinien być na smyczy.

Can't you read? The park's for everyone.
Nie umie Pan czytać? Park jest dla wszystkich.

All right. Oh, sorry. Thank you. Come here, girl.
W porządku. Przepraszam. Dziękuję. Chodź tutaj.

What? He is not a fat, hairy, nosy cocksucker.
***wulg.* Co? Pan wcale nie jest grubym, zarośniętym, wścibskim lachociągiem. (*tu:* kwestia wygłoszona do psa)**

Bad girl, Brandy. **Niedobra Brandy.**

Sorry about that. **Przepraszam za to (*tu:* za nią).**

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Rack Your Brain

by Kamil Drożdżyk

1. True or False?

a. Rowan Atkinson was the oldest of four children.
b. The three macronutrients are: salt, protein and carbohydrates.
c. Collocations are words that are commonly used together.
d. Eating more calories in order to gain weight is referred to as bulking.
e. The Johnny English movies are parodies of the spy movie genre.

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

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

progress, run, break, weight, stretch

a. If this lift is too easy for you, you should add more _____.
The finale of Blackadder surprised viewers with its emotional _____.
b. The project was a slog at first, but right now we're making quick _____.
Eating more protein could help you make _____ at the gym.
c. Rowan Atkinson likes to _____, clip, and emphasise words in a peculiar way.
You should _____ your hamstrings before doing a Romanian deadlift.
d. Sarah is into aerobic exercises; I've heard she's preparing to ___ a marathon.
We should step on it and finish the project before we ___ out of time.
e. A good comedian knows the rules, but also when to _____ them.
The barbell is so overloaded that I'm afraid it might _____.

Answer Key: a. weight; b. progress; c. stretch; d. run; e. break

3. Match the adjectives with their antonyms.

silent, fit, razor-sharp, heavy, flippant

a. loud
b. dull
c. out-of-shape
d. solemn
e. light

Answer Key: a. silent; b. razor-sharp; c. fit; d. flippant; e. heavy

4. Complete each sentence with the appropriate word.

at, off, with, into, up

a. I saw you ____ the gym the other day.
b. Remember to wipe the sweat ____ the bench.
c. I can't do a single push ____ yet.
d. Rowan Atkinson collaborated ____ Richard Curtis on numerous projects.
e. Some collocations don't fit ____ a single category.

Answer Key: a. at; b. off; c. up; d. with; e. into

5. What is Rowan Atkinson's most recognisable characteristic?

a. his ability to improvise
b. the elasticity of his face
c. his skill in delivering comedic monologues
d. his deadpan delivery

Answer: b

6. What is muscle hypertrophy?

a. an increase in muscle mass
b. a decrease in muscle mass
c. the process of eating fewer calories to lose fat and make muscles more visible
d. the feeling of soreness after a hard workout

Answer: a

7. What is the verb make usually associated with?

a. tasks, obligations and repetitive activities
b. time, movement, or taking advantage of opportunities
c. creating, producing, or choosing something new
d. organising and scheduling

Answer: c

8. Which advice could be described as "bro science"?

a. Eating more protein helps you build muscle.
b. You should change your workout routine every two weeks to keep stimulating your muscles.
c. Taking your reps close to failure will help you build strength and endurance.
d. A light training with proper form can be more beneficial than a strenuous workout with poor form.

Answer: b

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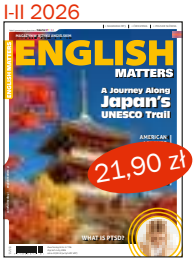
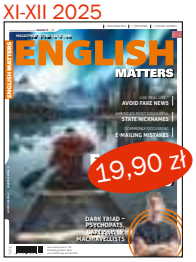
I-II 2026



nr 115
XI-XII 2025



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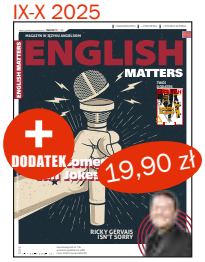


nr 113
VII-VIII 2025



nr 112
V-VI 2025



nr 111
III-IV 2025



nr 110
I-II 2025



nr 109
XI-XII 2024



nr 108
IX-X 2024



nr 107
VII-VIII 2024



nr 106
V-VI 2024



nr 105
III-IV 2024



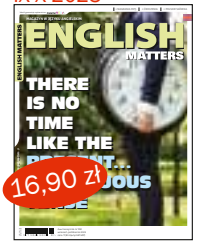
nr 104
I-II 2024



nr 103
XI-XII 2023



nr 102
IX-X 2023



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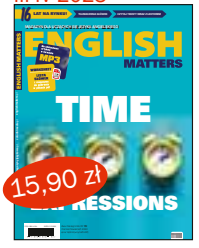
nr 100
V-VI 2023



nr 99
III-IV 2023



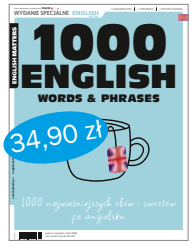
nr 98
I-II 2023

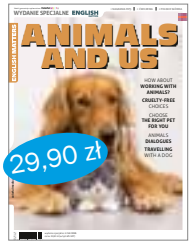


nr 97
XI-XII 2022



Wydania specjalne **English Matters**



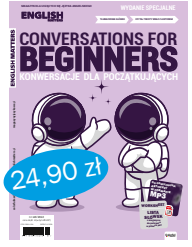


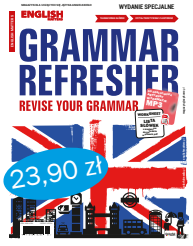


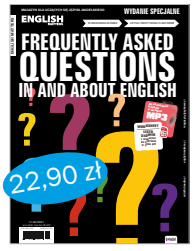










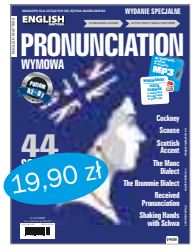














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