

MAŁGORZATA CIEŚLAK

# ENGLISH

## REPETYTORIUM

### TEMATYCZNO-LEKSYKALNE

dla młodzieży szkolnej,  
studentów i nie tylko...

# 2



**Małgorzata Cieślak**

# ENGLISH

## Repetytorium tematycznie - leksykalne 2

dla młodzieży szkolnej,  
studentów  
i nie tylko...



## SPIS TREŚCI

Przedmowa . . . . .	5
Uwagi dla korzystających z repetytorium . . . . .	6
<b>1. ABOUT SCHOOL</b>	
1.1. Marks - a school weapon . . . . .	7
1.2. Exams. . . . .	9
1.3. The dark sides of school . . . . .	11
1.4. Schools for the élite . . . . .	13
<b>2. YOUNG PEOPLE TODAY</b>	
2.1. Youths in America. . . . .	15
2.2. Generation gap. . . . .	16
2.3. Young people and independence. . . . .	18
2.4. Juvenile delinquency . . . . .	19
2.5. What to do on Saturday night?. . . . .	21
<b>3. HUMAN NATURE</b>	
3.1. Living under stress. . . . .	24
3.2. The magic of laughter. . . . .	25
3.3. Snobbery. . . . .	27
3.4. Shyness. . . . .	28
3.5. The art of positive thinking. . . . .	30
3.6. Too busy . . . . .	31
3.7. Dieting. . . . .	33
<b>4. FACTS AND OPINIONS ABOUT BRITAIN</b>	
4.1. The British character. . . . .	36
4.2. An Englishman's everyday life . . . . .	38
4.3. The British Queen. . . . .	39
4.4. The Queen's ordinary day. . . . .	41
4.5. Religion in Britain. . . . .	42
4.6. The British and tradition. . . . .	43
4.7. Sport in Britain . . . . .	45
<b>5. AMERICA AND ITS PEOPLE</b>	
5.1. Americans - myths, stereotypes and paradoxes. . . . .	47
5.2. America - the ethnic melting pot . . . . .	49
5.3. American presidents . . . . .	51
5.4. God bless America. . . . .	53
5.5. American holidays. . . . .	55
5.6. Americans and leisure. . . . .	57
<b>6. FAMOUS BRITISH AND AMERICAN CITIES</b>	
6.1. London. . . . .	59
6.2. Edinburgh - the capital of Scotland. . . . .	61
6.3. Cardiff - the Welsh capital. . . . .	62
6.4. Washington, D.C. . . . .	63
6.5. New York. . . . .	64
6.6. San Francisco and Los Angeles - the cities of dreams. . . . .	66

<b>7. LITERATURE</b>	
7.1. The British classics. . . . .	68
7.2. Modern British writers. . . . .	70
7.3. American writers. . . . .	71
7.4. A book review . . . . .	74
<b>8. THE WORLD OF MUSIC</b>	
8.1. Music of the young. . . . .	77
8.2. The Beatles. . . . .	79
8.3. Music in America. . . . .	80
8.4. Elvis Presley. . . . .	82
<b>9. SCIENCE</b>	
9.1. American scientists and inventors. . . . .	85
9.2. The Internet. . . . .	87
9.3. Computers in Poland. . . . .	88
<b>10. TRAVEL</b>	
10.1. Travelling in the United States. . . . .	90
10.2. Driving in Britain. . . . .	91
10.3. Riskily and speedily. . . . .	93
10.4. Before setting off on a journey by car. . . . .	94
10.5. On the road. . . . .	95
<b>11. SOCIAL PROBLEMS</b>	
11.1. Alcoholism. . . . .	98
11.2. Unemployment. . . . .	99
11.3. The handicapped. . . . .	101
<b>12. ADDITIONAL TOPICS</b>	
12.1. Nuclear power. . . . .	103
12.2. Animal rights . . . . .	105
12.3. Compulsory military service . . . . .	107
12.4. Transplantations. . . . .	108
12.5. Sects. . . . .	110
<b>LIST OF IRREGULAR VERBS. . . . .</b>	<b>112</b>

## PRZEDMOWA

Książka, która leży przed Wami, jest kontynuacją pozycji "English. Repetytorium tematyczno-leksykalne".

W odpowiedzi na Wasze prośby, zawiera ona więcej tematów związanych z życiem i kulturą Wielkiej Brytanii i Stanów Zjednoczonych. Będzie więc ona przydatna nie tylko do tematycznego powtórzenia materiału, ale również do poszerzenia wiadomości dotyczących krajów anglojęzycznych.

Repetytorium przeznaczone jest dla uczniów bardziej zaawansowanych w nauce języka angielskiego. Szczególnie polecam ją tym, którzy ucząc się języka, chcą się równocześnie dowiedzieć czegoś więcej o różnych istotnych problemach.

Wszystkim życzę wielu sukcesów w nauce.

Autorka

## Uwagi dla korzystających z repetytorium

Opracowanie bloku tematycznego proponuję zacząć od zapoznania się z tekstem rozpoczynającym dany blok. Tekst ten jest tylko przykładem, jak może wyglądać wypowiedź lub wypracowanie na dany temat. Nie ma on absolutnie ograniczać uczącego się, lecz ma stanowić **impuls to tworzenia swoich własnych tekstów**. Pomocą w tym tworzeniu będzie słownictwo zamieszczone pod tekstem.

**VOCABULARY A** jest zbiorem słów i zwrotów zawartych w tekście oraz pomaga w jego zrozumieniu.

**VOCABULARY B** poszerza dany blok tematyczny, pomaga przy wypowiadaniu się na dany temat. Za pomocą tego słownictwa podanego nie w kolejności alfabetycznej, ale na zasadzie skojarzeń, uczący się może formułować swoje własne wypowiedzi.

### **SPEAKING**

Pod tekstem znajdują się pytania, które w niewielkim stopniu dotyczą tekstu, są natomiast pomocą przy wypowiadaniu się na dany temat, ujmują różne jego aspekty oraz kierują uwagę uczącego się na ewentualne tematy egzaminacyjne.

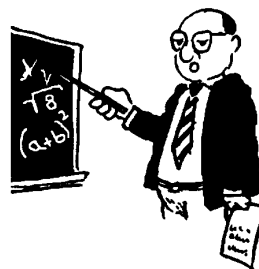
### **SPEAKING PRACTICE**

Reakcje językowe są jedną z najważniejszych części egzaminu z języka obcego. Zebrane tu reakcje są dosyć reprezentatywne dla zamieszczonych w książce bloków tematycznych. Uczeń może tworzyć podobne, wykorzystując w nich przypomniane lub poznane w trakcie pracy z tekstem słownictwo.

### **MY NOTES**

Z pewnością znajdziecie w zeszytach inne słownictwo i zwroty, które warto wykorzystać w danym temacie. Można je tu wpisać i w ten sposób doprowadzić do częstszego ich stosowania.

# 1. ABOUT SCHOOL



## 1.1. Marks - a school weapon

Marks are the basic way of evaluating school work and a powerful weapon to make students learn.

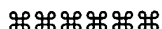
The school reports indicate which subjects we are good at and what we are interested in. When we get good marks, our parents are very pleased and the atmosphere at home is nice. When we receive bad marks, however, we can expect rebukes, complaints and comments on our laziness and the lack of self-discipline. We are often compared to our school-fellows who achieve better results at school and hear that, contrary to us, John or Mary do not cause any trouble, they are praised by all the teachers, responsible, ambitious and very bright indeed.

There are many reasons why we may not do well at school. The problems are often caused by missing classes, playing truant, working by fits and starts, insubordination, thoughtlessness or weak parental guidance. It also happens that instead of learning we day-dream during classes, do not listen to what teachers say and have got everything except studying on the brain. Of course it is understandable that we all have stronger and weaker points. Some students do not have much talent for figures while others cannot spell well. This depends on our inborn capacities. However, if we lag behind in all the subjects, we should set to work or be prepared for repeating a year.

Good marks encourage us to make progress and to achieve better and better results. They also strengthen our positive attitude to studying. Therefore, it is important that our school records should be plausible and well-founded. Unfortunately, very few teachers give their whys and wherefores for the marks and sometimes students feel that the assessment of their work is subjective or unfair.

The way in which we are informed about our achievements is characterized by our relationships with teachers. We feel pleased when they praise us and when they are satisfied with our work. Some teachers are convinced that they should be firm with the class, keep discipline and set high standards for students. However, sometimes it is desirable to give better marks to poor students just to stimulate them to learn.

The problem of marks as a principal way of the evaluation of school work has always been controversial. The fact that a student gets promotion for example, usually less depends on his own performance than on the average achievements of the class as a whole. Some students hold the opinion that it would be better if marks did not exist at all.



### VOCABULARY A

marks, grades (am) - oceny  
 school weapon - szkolna broń  
 basic way - podstawowy sposób  
 to evaluate school work - oceniać pracę szkolną  
 powerful weapon - potężna broń

school report - wyniki w nauce za dany semestr  
 subject - przedmiot  
 to get good marks - dostawać dobre stopnie  
 bad marks - złe stopnie  
 rebuke - wyrzut, nagana

## ABOUT SCHOOL

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self-discipline - dyscyplina wewnętrzna  
school-fellow - kolega szkolny  
to achieve good results - uzyskiwać dobre wyniki  
to cause trouble - sprawiać problemy  
to praise - chwalić  
responsible - odpowiedzialny  
ambitious - ambitny  
bright - bystry, roztargnięty  
to do well at school - dobrze sobie radzić  
w szkole (dobrze się uczyć)  
to miss classes - opuszczać zajęcia  
to play truant - chodzić na wagary  
to work by fits and starts - pracować zrywami  
insubordination - nieposłuszeństwo  
thoughtlessness - bezmyślność  
weak parental guidance - słaby dozór rodzicielski  
to day-dream - marzyć, fantazjować  
stronger and weaker points - mocniejsze  
i słabsze strony  
to have much talent for figures - mieć zacięcie do  
matematyki  
to spell well - dobrze znać ortografię  
inborn capacities - wrodzone zdolności

to lag behind in all the subjects - mieć zaległości  
we wszystkich przedmiotach  
to set to work - zabrać się do pracy  
to repeat a year - powtarzać rok  
to encourage - zachęcić  
to make progress - czynić postępy  
to strengthen - wzmacniać  
positive attitude - pozytywne nastawienie  
plausible - wiarygodny  
well-founded - dobrze uzasadniony  
the whys and wherefores - uzasadnienie  
assessment - ocena (oszacowanie)  
subjective - subiektywny  
relationships with teachers - wzajemne kontakty  
z nauczycielami  
to be firm with the class - krótko trzymać klasę  
to keep discipline - utrzymywać dyscyplinę  
to set high standards for students - stawiać  
studentom wysokie wymagania  
to stimulate - stymulować, zachęcać  
evaluation - oszacowanie  
to get promotion - otrzymać promocję  
average achievements - średnie, przeciętne  
osiągnięcia

## VOCABULARY B

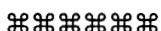
to thirst for knowledge - być żądnym wiedzy  
zeal for knowledge - zapał do nauki  
to be a genius for physics - być geniuszem w  
fizyce  
to attend classes regularly - uczęszczać  
regularnie na zajęcia  
to be given to study - być pochłoniętym nauką  
to swot - wkuwać  
to be top/bottom of the class - być najlepszym  
/ najgorszym w klasie  
to be the teachers' pet - być ulubieńcem  
nauczycieli  
to scrape through in chemistry - przebrnąć przez  
chemię  
to be a long way behind the rest of the class - nie  
nadażać za klasą  
to be suspended from school - być zawieszonym  
w prawach ucznia  
to be expelled from school - być wyrzuconym ze  
szkoły  
to be a backward pupil - być zaniedbanym w  
nauce  
to fail / to pass the exams - oblać / zdać  
egzaminy

strict / poor/ lenient teacher - surowy / kiepski /  
łagodny nauczyciel  
term - okres  
semester - semestr  
certificate - świadectwo

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## STUDENT

clever - zdolny  
responsible - odpowiedzialny  
well-disciplined - zdyscyplinowany  
well-brought up - dobrze wychowany  
polite - uprzejmy  
mature - dojrzały  
hard-working - pracowity  
lazy - leniwy  
slow, dull - tępy  
carefree - bez troski  
insubordinate - nieposłuszny  
weak-willed - o słabej woli  
disorganized - niezorganizowany  
a trouble maker - rozrabiacz  
unambitious - mało ambitny





## SPEAKING

1. Do you think that marks are the best way of evaluating school work?
2. What are the disadvantages of this traditional evaluation?
3. Suggest some alternative ways of evaluating students' progress.

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### 1.2. Exams



Exams are for many of us a real horror. They are usually accompanied by a sense of uncertainty and the powerlessness to control the situation. The negative stress reaction is heightened, the heart pounds, the breathing quickens and the body pumps out adrenaline. We heave a sigh of relief when everything is over.

Exams are considered to be the greatest anxiety-makers. Still, we all have to muddle through them in different stages of our life. Students have probably the hardest task. They know that the fact of passing or failing exams has a great impact on their whole future and therefore they take them under enormous pressure.

How to cope with the feeling of fear or panic before an exam? If we cannot eliminate stress altogether, we can at least make it work for us. Stress does not have to be bad if we only know how to handle it. In fact, it can even be positive because it is a kind of energy which channelled constructively, can help us to concentrate better, think more clearly under pressure and work more creatively. The question arises, however, how to turn negative stress reactions into positive actions. We should start by identifying destructive thought patterns. Instead of thinking "I can't", we should rather think about what we **can** do right then and there.

We should also try to visualize the exam situation and ask ourselves: "What is the worst that could happen in this situation?" Then, "How likely is that to happen?" We will almost always find that the worst is not that bad, and that the examiners are not monsters but merely friendly people who wish us well.

We should compose ourselves to achieve success. Most of us forget how good we really are. We dismiss our past successes and remember only the failures, losses and weaknesses. Such a negative attitude diminishes our confidence in what we know and what we are able to do. When we are in the midst of a stressful situation, we often forget that we have been in similar situations in the past and have done well.

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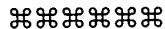
**How to prepare for the exams?** Here are a few obvious principles:

- If possible, we should study in a group. This enables us to compare our state of knowledge with others.
- We should not study in the evening but rather during the day. The best time for learning is from 10 a.m. to 12 p.m., and from 2 p.m. to 4 p.m. Long term memory is best then and the ability to absorb new information peaks.

## ABOUT SCHOOL

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- We should not cram the day before the exam. If we do not restrict ourselves to repeating what we already know, our ability to reflect on old knowledge sharply decreases.
- In the evening we should relax, go for a long walk or read a book.
- On the day of the exam we should not hurry up or cram but eat a regular breakfast, take all the necessary things and leave home.
- During a written exam we should first read the instructions carefully. It is also advisable to begin with the easiest tasks and then proceed to the more difficult ones.
- When we take an oral exam, we should assume the same posture as the examiner because this enables us to establish closer mutual contact. We should avoid the moments of silence and even if we do not know a correct answer, we should think aloud because in this way the examiner becomes convinced that we ponder over a question. Sometimes we feel that our knowledge is not sufficient to pass the exam. In such cases it is desirable to show some cunning in making the examiner satisfied.



### VOCABULARY A

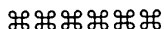
a sense of uncertainty - poczucie niepewności  
powerlessness - bezsilność  
to heighten - wzmacnać, powiększyć  
the heart pounds - serce bije  
the breathing quickens - przyspiesza się oddech  
adrenaline - adrenalina  
to heave a sigh of relief - odetchnąć z ulgą  
anxiety-maker - "sprawca" niepokoju, lęku  
to muddle through sth - przebrnąć przez coś  
task - zadanie  
to pass / fail an exam - zdać / oblać egzamin  
great impact - duży wpływ  
enormous pressure - olbrzymia presja  
to cope with - poradzić sobie z  
fear - strach  
to eliminate - wyeliminować  
to handle sth - uporać się z czymś  
the question arises - powstaje pytanie  
destructive thought patterns - destrukcyjne myśli  
to visualize - wyobrazić sobie  
examiner - egzaminator  
monster - potwór  
to achieve success - osiągnąć sukces

failure - niepowodzenie  
weakness - słabość  
negative attitude - negatywne podejście  
to diminish - umniejszać  
confidence - pewność siebie  
stressful situation - sytuacja stresowa  
principle - zasada  
long term - długoterminowy  
memory - pamięć  
to absorb new information - przyswajać nowe informacje  
to cram - wkuwać  
to restrict oneself - ograniczyć się  
written / oral exam - egzamin pisemny / ustny  
mutual contact - wzajemny kontakt  
to assure the same posture - przyjąć taką samą postawę  
to think aloud - myśleć głośno  
to ponder over a question - zastanawiać się nad pytaniem  
sufficient - wystarczający  
desirable - pożądany  
to show some cunning - wykazać trochę sprytu

### VOCABULARY B

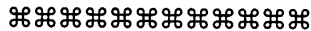
to learn by heart - uczyć się na pamięć  
to learn systematically - uczyć się systematycznie  
oral exam - egzamin ustny  
written exam - egzamin pisemny  
to cram for an exam - wkuwać do egzaminu  
to acquire knowledge - przyswajać sobie wiedzę  
Keep your fingers crossed for me! - Trzymaj za mnie kciuki

to sit for an examination - przystępować do egzaminu  
to take an examination - zdawać egzamin  
crib - ściągawka (ściągacz)  
to cheat in an exam - oszukiwać na egzaminie  
an exam in physics - egzamin z fizyki  
a difficult / easy exam - trudny / łatwy egzamin  
resit - egzamin poprawkowy



**SPEAKING**

1. Are exams necessary? Justify.
2. Do you think that exams are unfair? Why / Why not?
3. How do you cope with a stressful exam situation?
4. How to prepare for the exams?

**1.3. The dark sides of school**

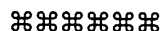
It is often said that school is for students. However, a recent survey reveals that many students dislike or even hate school. What are the reasons for this aversion? Are students just lazy, undisciplined or unfair? The answer to this question seems to be more complicated.

Students usually identify school with teachers. Many of them complain that teachers are unjust, strict, subjective, intolerant, hypocritical or malicious. They often ridicule students or denigrate them. They are also accused of exerting a strong mental pressure on students and suppressing their individuality. A student should only listen, take notes and learn. Many young people feel that they should not be treated as addle-heads but as equals who have a right to hold and express their own opinions.

However, not only teachers are to blame. Most students claim that school is no longer a safe and nice place and they all agree that violence is probably the greatest problem school has to cope with these days. Some young people think that the only way to improve their status at school is through aggression. They believe that violence encourages others to respect them as a force to be reckoned with. Therefore many schools, especially the technical ones, are under the control of gangs which intimidate and terrorize the powerless students. The victims of aggression are often the younger or weaker students on whom the older 'fellows' often wreak their rage. The ways of harassing the victims range from threatening behaviour to inflicting actual body harm on them. The cases of beating up, thrashing with a hose or belt, or even beguiling the intimidated students out of their money are not uncommon.

Apart from violence, another problem which troubles many schools is drugs. Drug use has considerably increased among young people within the last few years. Although it seems incredible, a big proportion of teenagers enter into the first contact with drugs at school. Peer pressure or simply curiosity often leads them to catching a habit and, in the process of time, to drug addiction. For drug dealers, school is an ideal place for drug traffic. They treat it as a ready market where they can easily distribute the white poison. A shocking fact is that they are especially active in primary schools! Often the person who supplies drugs is also a student.

Having looked at some dark sides of school: the poor relationships between teachers and students, school terrorism and the drug problem, it seems no longer surprising that so many young people treat it as a necessary evil.

**VOCABULARY A**

dark sides - ciemne strony  
a recent survey - ostatnie badania

to reveal - odstaniac  
aversion - awersja

## ABOUT SCHOOL

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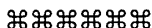
lazy - leniwy  
undisciplined - niezdyscyplinowany  
unfair - niesprawiedliwy  
to identify - utożsamiać  
to complain - skarżyć się  
unjust - niesprawiedliwy  
strict - surowy  
subjective - subiektywny  
malicious - złośliwy  
to ridicule - ośmieszyć  
to denigrate - obmawiać, oczerniać  
to be accused of - być oskarżonym o  
to exert - wywierać  
strong mental pressure - silna presja umysłowa  
to suppress someone's individuality - zdławić  
(stłumić) czyjaś indywidualność  
to take notes - notować  
addle-head - tuman, głupiec  
equal - równy  
to hold one's own opinion - mieć własne zdanie  
to blame - winić  
to claim - twierdzić  
violence - przemoc  
to cope with - radzić sobie z  
to encourage - zachęcać  
to respect - szanować  
a force to be reckoned with - siła, z którą należy  
się liczyć  
to intimidate - zastraszać  
to terrorize - terroryzować

powerless - bezsilny  
(school-) fellow - kolega (szkolny)  
to harass - niepokoić, nękać  
victim - ofiara  
threatening behaviour - groźne zachowanie  
to inflict harm - wyrządzić krzywdę, skaleczyć  
bodily harm - obrażenia ciała  
to beat up - pobić  
to thrash with a hose / belt - zbić wężem  
gumowym / pasem  
to beguile sb out of sth - wyłudzić coś od kogoś  
drugs - narkotyki  
drug use - używanie narkotyków  
incredible - niewiarygodny  
teenager - nastolatek  
peer pressure - nacisk rówieśników  
curiosity - ciekawość  
to catch a habit - nabyć przyzwyczajenie, nałóg  
drug addiction - uzależnienie od narkotyków  
drug dealer - sprzedawca narkotyków  
drug traffic - handel narkotykami  
ready market - rynek zbytu  
to distribute - rozprowadzać  
white poison - biała trucizna  
to supply drugs - dostarczać narkotyki  
poor relationship - słabe (kiepskie) stosunki  
school terrorism - terroryzm szkolny  
surprising - dziwne, budzące zdziwienie  
necessary evil - zło konieczne

## VOCABULARY B

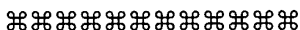
dislike for school - niechęć do szkoły  
to be reluctant to go to school - niechętnie  
chodzić do szkoły  
to suffer torment - znosić męczarnie

brutality - brutalność  
demoralization - demoralizacja  
to bully - znęcać się nad słabszymi, zastraszać  
school gang - szkolna szajka



## SPEAKING

1. Do you like school? Why / Why not?
2. What problems do you have to cope with at school?
3. What are the reasons for the poor relationships between teachers and students?
4. Do you think that your school is a safe place? Justify.
5. What are your teachers like? Do you like them?



## 1.4. Schools for the élite

An unwritten rule in many countries says that it is not so important what you know but what university you have graduated from. A diploma from a renowned university often guarantees success in life and a high position in society.

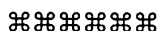


The universities of the highest prestige in Britain are Oxford and Cambridge, in short, Oxbridge. The graduates from these universities often hold prominent positions in the government and in the world of business. According to recent statistics, about 70 per cent of the senior clerks of the Foreign Office in the Ministry for Foreign Affairs in Britain have been educated in Oxford or Cambridge. Also many other representatives of the British establishment have received their degrees in these oldest of the country's universities.

The most popular faculty nowadays is PPE (philosophy, politics and economics). The graduates who hold a degree in PPE can be sure that they will find a profitable job. The 'old school tie' is usually of primary importance when choosing a candidate for a high office.

The universities of the highest academic reputation in the United States are Brown University, Columbia, Cornell, Dartmouth, Harvard, Princeton, University of Pennsylvania and Yale which traditionally educate the intellectual and financial élite in America. Among the richest Americans, for example, 5 per cent are graduates of Harvard Business School. These exclusive schools are often called Ivy League (the name is derived from their ivy - covered walls). However, those who think that Ivy League universities are the best of all are mistaken. Many other universities, for example University of Chicago or Stanford, offer comparable standards of teaching. Still, what counts most is not the results of the final exams but the magic of tradition. The managing directors of many companies prefer to engage the graduates from the old universities of great prestige. What is more, people who graduated, for instance, from Harvard, have often greater chances to make a career because they are supported by other Harvard men. The graduates from this university form exclusive clubs and help one another to take lucrative posts.

It is also commonly known that the young people who are offspring of VIPs or whose parents studied at Harvard or Yale are much more likely to pass the entrance exams to these universities than the candidates who do not have any influential friends or social connections. The members of the examining board tend to discriminate in favour the privileged while others are admitted only if they are outstandingly intelligent or if they make themselves conspicuous. A good example of a man who managed to get to Harvard straight after a provincial high school is Bill Gates, the owner of the Microsoft empire and one of the wealthiest people in America nowadays. However, statistics show that such self-made men are only exceptions.



### VOCABULARY A

élite - elita  
 unwritten rule - niepisana reguła  
 to graduate from university - ukończyć  
 uniwersytet

diploma - dyplom  
 renowned - uznany  
 high position - wysoka pozycja  
 the highest prestige - najwyższy prestiż

## ABOUT SCHOOL

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graduate - absolwent  
prominent position - wysoka pozycja  
recent statistics - ostatnie statystyki  
senior clerk - wyższy urzędnik  
the Ministry for Foreign Affairs - Ministerstwo  
Spraw Zagranicznych  
representative - przedstawiciel  
degree - stopień naukowy  
faculty - wydział  
profitable job - dochodowa praca  
primary importance - podstawowe znaczenie

old school tie - stary szkolny krawat (każda  
szkoła wyższa ma swój własny krawat, noszony  
przez jej uczniów)

high office - wysoki urząd  
exclusive school - ekskluzywna szkoła  
ivy-covered - pokryte bluszczem  
comparable - porównywalny  
standards of teaching - poziom nauczania  
final exam - końcowy egzamin

managing director - dyrektor generalny  
to engage - zatrudnić  
to be supported by - być popieranym przez  
lucrative post - lukratywna, intratna posada  
offspring - potomek  
VIP (very important person) - ważna osobistość  
entrance exams - egzaminy wstępne  
influential friends - wpływowi przyjaciele  
social connections - powiązania towarzyskie  
examining board - komisja egzaminacyjna  
to discriminate in favour - faworyzować,  
wyróżnić

the privileged - uprzywilejowani  
to be admitted - być przyjętym  
to make oneself conspicuous - zwrócić na siebie  
uwagę

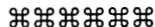
to manage - zdołać  
to get to Harvard - dostać się na Harvard  
owner - właściciel  
self-made man - człowiek zawdzięczający  
wszystko samemu sobie

## VOCABULARY B

to get a place at a university - zostać przyjętym  
na studia

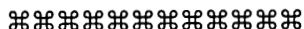
freshman - student pierwszego roku  
sophomore - student drugiego roku

senior - student na ostatnim roku  
academic year - rok akademicki  
to do a degree - uzyskać tytuł



## SPEAKING

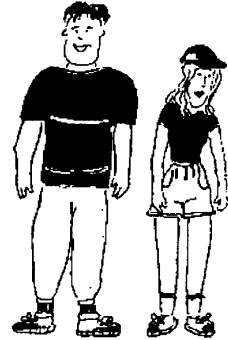
1. Are there any schools for the élite in Poland?
2. Would you like to attend such a school?
3. Name some universities of the highest prestige in the world.



## SPEAKING PRACTICE 1

1. Podaj najczęstsze przyczyny złych ocen w szkole.
2. Poinformuj koleżankę, jak najlepiej przygotować się do egzaminu z języka angielskiego.
3. Spytaj kolegę, który dobrze zdał egzamin, o jego wrażenia.
4. W jakim sensie egzaminy są niesprawiedliwe? Przedyskutuj.
5. Opowiedz krótko o twoich problemach z uczeniem się języka angielskiego.
6. Podaj kilka korzyści bycia absolwentem renomowanej uczelni.
7. Co byś zrobił, gdybyś otrzymywał bardzo dobre wyniki w szkole, a mimo to rodzice odmówiliby finansowania twoich przyszłych studiów?
8. Opowiedz o największych problemach, z jakimi boryka się twoja szkoła.
9. Co powoduje, że lubisz (lub nie lubisz) swoją szkołę?
10. Podaj parę powodów, dla których warto się uczyć.

## 2. YOUNG PEOPLE TODAY



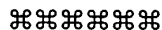
### 2.1. Youths in America

Young Americans are often criticized for their superficiality of interests, egocentrism and lack of spiritual and cultural sophistication. They spend too much time watching television, do not read books, do not learn as much as they should and seem to be perfectly satisfied with being mediocre. However, not all young people are like this and such a sweeping statement would be a gross exaggeration.

Many young Americans aim high and place priority on education and career. They realize that they have to study hard to reach their goals and are convinced that education is their best chance for prosperity and success in life. According to statistics, more than half of American students receive some form of post-high school education and about 19 per cent graduate from four-year colleges and universities. After studies, the vast majority of young people plan to find a good job, get married and have a family. Others intend to join the armed forces or travel. A survey conducted recently among American students reveals that the most important thing they want from life is career and success, followed by happiness, marriage and family.

It is sometimes said that American youths are lazy and undisciplined. The reality, however, is different. The vast majority of young people in the United States are hard-working. One poll indicated that nine out of ten teenagers have after-school jobs. Some of them work part-time every day, others only on weekends and during their summer vacation. The most popular jobs are delivering newspapers, washing cars, babysitting, working in fast food outlets, restaurants, hotels, grocery stores and gas stations.

During their leisure time American teenagers play sports and participate in school-related activities such as drama clubs, dance, debate teams or bands. They are also active in various political and church groups. Thousands of young people are involved in volunteer work; they work in hospitals, take care of the elderly and the handicapped, clean up the natural environment or raise money for charitable organizations. They work for a better quality of life not only for themselves but also for other people.



#### VOCABULARY A

superficiality of interests - powierzchowność  
zainteresowań  
egocentrism - egocentryzm  
sophistication - wyrafinowanie, wyrobienie  
mediocre - przeciętny  
sweeping statement - uogólnienie

exaggeration - przesada  
to aim high - mierzyć wysoko  
priority - priorytet, pierwszeństwo  
career - kariera zawodowa  
prosperity - dobrobyt, pomyślność, szczęście  
to graduate from - ukończyć (studia)

## YOUNG PEOPLE TODAY

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vast majority - przeważająca większość  
to join the armed forces - wstąpić do wojska  
to conduct a survey - przeprowadzić sondaż  
(badanie)

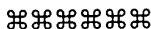
lazy - leniwy  
undisciplined - niezdyscyplinowany  
hard-working - pracowity  
poll - sondaż, ankieta  
after-school job - dodatkowa praca po szkole  
to work part-time - pracować na niepełny etat  
delivering newspapers - dostarczanie gazet  
babysitting - pilnowanie dzieci  
leisure time - czas wolny  
to participate - uczestniczyć, brać udział

drama club - kółko teatralne  
debate team - klub dyskusyjny  
band - zespół  
to be involved in - być zaangażowanym w  
volunteer work - praca ochotnicza  
to take care of sb - opiekować się kimś  
the elderly - starsi ludzie  
the handicapped - ułomni  
to clean up the natural environment - sprzątać  
środowisko naturalne  
to raise money - zbierać pieniądze  
charitable organizations - organizacje  
charytatywne  
quality - jakość

### VOCABULARY B

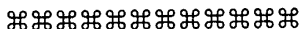
to study - studiować, uczyć się  
to be a member of a society / club - być członkiem  
stowarzyszenia / klubu  
to be socially active - być aktywnym społecznie  
higher education - wykształcenie wyższe  
extra-mural studies - studia zaoczne  
to study for a degree - być na wyższych studiach  
to be awarded a degree - uzyskać stopień  
naukowy  
to think ahead - myśleć perspektywnie  
to be a high school graduate - ukończyć szkołę  
średnią

to have a secondary school education - mieć  
średnie wykształcenie  
useful work - praca użyteczna  
to work voluntarily - pracować na ochotnika  
to be very diligent - być bardzo pracowitym  
to be eager to work - być chętnym do pracy  
to join a club - zapisać się do klubu  
to practise a sport - uprawiać sport  
to sing in a choir - śpiewać w chórze  
to dance in an amateur club - tańczyć w zespole  
amatorskim  
to organize a charity ball - zorganizować bal na  
cele dobroczynne



### SPEAKING

1. What are young people like in Poland nowadays?
2. What are your priorities in life?
3. Have you ever had any after-school job?
4. What do you do in your leisure time?



## 2.2. Generation gap

The problem of the generation gap, the failure or inability of the younger and older generation to communicate or understand each other, is as old as the hills. Why is that so? There are a few reasons.

Psychologists say that most young people experience conflict during the period of adolescence. They are neither children nor adults and they are desperately searching for



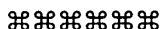


self-identity. As they are growing up, they develop different values from those held by their parents and hate the ordered adult world because it symbolizes the skin they hope to shed.

Conflicts inevitably arise because young people feel that they have a right to be independent. Parents seem to be enemies who do not let them stay out late, wear the clothes they want to wear, or be close to friends they like. What makes things even worse, teenagers have a sense of impotence and rage as they realize that financially they still depend on their parents and they would not have a nice party or a holiday without their help and support.

The period of adolescence is inseparably connected with making important life decisions, such as choosing a career path. That is precisely where the trouble lies. Young people are told that they have the world at their feet and dazzling opportunities only to be seized. However, when they finally decide that they want to work in a travel agency instead of studying medicine or law for example, their parents tear out their hair and seem to be heartbroken.

Difficulties in the relationships with parents may lead to such serious problems as the use of alcohol or drugs, the refusal to attend school, running away from home or even turning to crime. In such cases screaming and yelling usually does not work. It seems that the best way to put matters straight is a serious discussion, treating young people as equal partners and accepting their ideals. If they are neglected in the most turbulent time in their lives, their parents may lose them altogether.



## VOCABULARY A

generation gap - konflikt pokoleń

failure - niepowodzenie, fiasko

inability - niemożność

as old as the hills - stary jak świat

period - okres

adolescence - wiek dojrzewania

adults - dorośli

to search for sth - poszukiwać czegoś

self-identity - własna tożsamość

to grow up - dorastać

values - wartości

ordered adult world - uporządkowany świat  
dorosłych

the skin they hope to shed - skóra, którą mają  
nadzieję zrzucić

conflicts arise - konflikty pojawiają się, powstają

enemies - wrogowie

to stay out late - pozostawać do późna poza  
domem

a sense of impotence and rage - poczucie  
niemocy i wściekłości

support - wsparcie

inseparably - nierozdzielnie

to choose a career path - wybrać drogę  
zawodową

to have the world at one's feet - mieć świat  
u swoich stóp

dazzling opportunities - oszałamiające  
możliwości, okazje

to seize - tu: skwapliwie skorzystać

to study medicine / law - studiować medycynę  
/ prawo

to tear out one's hair - wrywać sobie włosy  
z głowy

to be heartbroken - mieć złamane serce

relationships with parents - stosunki z rodzicami

refusal to attend school - odmowa chodzenia  
do szkoły

to run away from home - uciec z domu

to turn to crime - wkraczać na drogę przestępstwa

to scream - krzyczeć

to yell - wrzeszczeć

to put matters straight - naprawiać, załagodzić  
sprawy

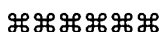
serious discussion - poważna dyskusja

equal partner - równy partner

to be neglected - być zaniedbanym

turbulent time - burzliwy (buntowniczy) okres

altogether - całkowicie



## YOUNG PEOPLE TODAY

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### **VOCABULARY B**

poor family relationships - złe stosunki rodzinne  
family quarrels - kłótnie rodzinne  
to be intolerable - być nie do wytrzymania  
to be increasingly irritable - być coraz bardziej  
nieznośnym  
to be touchy - obrażać się o byle co  
weak / strong parental guidance - słaba / silna  
opieka wychowawcza ze strony rodziców

a rebel - buntownik  
to rebel against sth - buntować się przeciw  
czemuś  
to dispute - walczyć na słowa  
a source of conflicts - źródło konfliktów  
to get on well with parents - dobrze żyć  
z rodzicami

☼☼☼☼☼☼

### **SPEAKING**

1. Do you think that you have a good relationship with your parents? Justify.
2. Why do the older and younger generations have problems with understanding each other?
3. Why is the period of adolescence difficult?

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## 2.3. Young people and independence

In the eye of the law, young people become adults at the age of 18 and achieve full civil rights: they can vote, get married without their parents' consent, own property and order alcohol in public places. Young people usually place a high priority on being independent. However, are they really able to rely only on themselves?

In theory, independence means that a young man is self-sufficient: he earns his own money, lives in his own flat, takes all the important and less important decisions, makes choices and assumes responsibility for his own life. And in practice...?



Monica (19): I think that I am quite independent. Last year I managed to organize a trip abroad. Nobody helped me to settle the formalities. I earned some money and now I am able to pay for my studies. I can paddle my own canoe.

Peter (18): No, I am not independent yet. I still live with my parents and they do practically everything for me. They give me money, wash my clothes, do the shopping... They only want me to learn. I like it.

Kate (19): Yes, I am independent. I have to be. I left home when I was 15. This was my decision. I wanted to study in a big city. Now I rent a flat and live alone. My parents still give me some money but I also work part-time. I do everything myself: clean, cook, go shopping and pay the bills. Nobody controls me but also nobody helps me. I have to cope with my problems myself.

Mark (18): Well, I am not independent yet. It must be terrific to be one's own master. Now I rely on my parents. I don't like when they decide who I should spend time with and what clothes I should wear. I will move out as soon as possible and I will finally be free.

Paul (20): I am very independent. I earned some money abroad and invested it on the Stock Exchange. Now I am richer than my parents. I have my own flat and a car. I am happy.

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### VOCABULARY A

in the eye of the law - w świetle prawa  
 adults - dorośli  
 full civil rights - pełne prawa obywatelskie  
 to vote - głosować  
 parents' consent - zgoda rodziców  
 to own property - być właścicielem nieruchomości  
 to place a high priority on sth - dawać pierwszeństwo czemuś  
 to rely on sb - polegać na kimś  
 independence - niezależność  
 self-sufficient - samowystarczalny  
 to earn money - zarabiać pieniądze  
 to make choices - dokonywać wyborów  
 to assume responsibility - przyjmować odpowiedzialność

to manage - zdołać  
 to settle the formalities - załatwić formalności  
 to earn money - zarabiać pieniądze  
 to paddle one's own canoe - polegać na sobie  
 to rent a flat - wynajmować mieszkanie  
 to pay the bills - płacić rachunki  
 to cope with one's problems - radzić sobie ze swoimi problemami  
 terrific - kapitalnie, wspaniale  
 to be one's own master - być panem samego siebie  
 to move out - wyprowadzić się  
 to invest - zainwestować  
 Stock Exchange - giełda

### VOCABULARY B

to know one's own mind - wiedzieć, czego się chce  
 to enjoy independence - cieszyć się niezależnością

to be self-reliant - polegać tylko na sobie  
 to be resourceful - być zaradnym  
 to be full of initiative - być pełnym inicjatywy

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### SPEAKING

1. What does it mean to be independent?
2. Do you think that you are independent? Justify.
3. Do you think that if you were a parent you would behave in the same way as most parents, or would you be different?

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## 2.4. Juvenile delinquency

In the period of adolescence young people usually define themselves by opposition and rebellion. They reject the values held by their parents and try to live in their own way. Conflicts at home and difficulties in the relationships with their parents



## YOUNG PEOPLE TODAY

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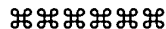
often lead to drinking alcohol, taking drugs or even running away from home. In some cases, however, young people turn to crime.

It is commonly believed that most young lawbreakers come from pathological families in which they are abused or neglected. Potential juvenile delinquents often grow up in poverty and in some extreme cases they are even forced to steal to have something to eat. They cannot count on their parents who are usually unemployed, addicted to alcohol or drugs, and do not set an example.

Surprisingly, quite a large number of young delinquents come from rich and respectable families. Why? The problem is that they are often spoiled by their own parents who satisfy all their whims but do not teach them responsibility. Sometimes boredom at home makes young people try out some forbidden but exciting experiences. More often, however, it is a desire to attract the parents' attention.

Among the reasons why teenagers commit crimes is also peer pressure. Young people find it very important to be one of the crowd and not an outcast. Influenced by their friends and afraid of rejection, they break the law in the name of group solidarity.

The most common crimes committed by teenagers are burglary, robbery and theft. Juvenile courts often give lighter punishments to young people than to adults. The reason is that they hope to reform or rehabilitate the juvenile delinquent and not to deprive him or her of a chance for better life.



### **VOCABULARY A**

juvenile delinquency - przestępczość nieletnich  
adolescence - wiek dojrzewania  
opposition - sprzeciw  
rebellion - bunt  
to reject - odrzucać  
to lead to - prowadzić do  
to take drugs - brać narkotyki  
to run away from home - uciec z domu  
to turn to crime - wejść na drogę przestępstwa  
lawbreaker - przestępca  
pathological family - rodzina patologiczna  
to neglect - zaniedbywać  
potential - potencjalny  
juvenile delinquent - młodociany przestępca  
poverty - bieda  
to steal - kraść  
to count on sb - liczyć na kogoś  
to be addicted to sth - być ofiarą nałogu  
to set an example - stanowić dobry przykład  
surprisingly - zaskakująco  
to be spoiled - być zepsutym  
to satisfy - zaspokajać

whim - kaprys, zachcianka  
responsibility - odpowiedzialność  
boredom - nuda  
to try out - wypróbować, posmakować  
forbidden - zakazany  
desire - pragnienie, chęć  
to attract someone's attention - zwrócić czyjąś uwagę  
crimes - wykroczenia, przestępstwa, zbrodnie  
peer pressure - nacisk rówieśników  
outcast - wyrzutek  
rejection - odrzucenie  
group solidarity - grupowa solidarność  
common - powszechny  
burglary - włamanie  
robbery - rozbój  
theft - kradzież  
juvenile court - sąd dla nieletnich  
lighter punishment - lżejsza kara  
to reform somebody - zresocjalizować kogoś  
to rehabilitate - zrehabilitować  
to deprive - pozbawić

### **VOCABULARY B**

to break the law - łamać prawo  
to commit crimes - popełniać przestępstwa  
to commit offence - popełnić wykroczenie  
to pilfer - dokonywać drobnych kradzieży  
to shoplift - dokonywać kradzieży w sklepach

to mug sb - pobić kogoś  
to rape - zgwałcić  
to break into - włamać się  
to rob - rabować  
to disturb the peace - zakłócać spokój

murder - morderstwo  
 homicide - zabójstwo  
 assault - napaść  
 assassination - zamach  
 beating - pobicie  
 hooliganism - chuligańskie ekscesy  
 speeding - przekroczenie dozwolonej prędkości  
 petty crime - drobne przestępstwo  
 criminal record - przeszłość kryminalna  
 criminal - kryminalista, przestępca  
 pickpocket - kieszonkowiec  
 swindler - oszust  
 terrorist - terrorysta  
 kidnapper - porywacz  
 arsonist - podpalacz  
 blackmailer - szantażysta

pervert - zboczeniec  
 to be known to the police - być notowanym na policji  
 to be caught red-handed - być złapanym na gorącym uczynku  
 to be sent to prison - być wysłanym do więzienia  
 to be sentenced to death - być skazanym na śmierć  
 to prosecute - ścigać sędownie  
 to be found guilty - zostać uznany za winnego  
 to get a year's suspended sentence - dostać rok w zawieszeniu  
 to fine - ukarać grzywną  
 to be put on probation - być pod nadzorem kuratora  
 to fight crime - zwalczać przestępczość

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**SPEAKING**

1. Why do young people turn to crime?
2. How should juvenile delinquents be treated?
3. Who is at fault, the parent or the child?  
 Justify your answer.

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**2.5. What to do on Saturday night?**

Saturday night is the only time when young people may forget about their duties, relax and have some fun.

The favourite entertainment is going to the cinema. In Britain over 50 per cent of teenagers regularly go to the movies. Young Americans prefer drive-in movies where films are shown in the open air. They park in front of a huge screen and sit comfortably inside their cars. The sound comes through a loud speaker beside each car. Drive-in movies are popular not only because they are very cheap (you pay per car), but also because they are a great place to go out on a date. When the film is over, young people usually go to drive-in restaurants for a hamburger or pizza.



Another typically American amusement is so called 'cruising'. On Saturday night many teenagers drive up and down the main street of a town or district and boys and girls call each other out and talk to one another in their cars. However, this way of spending free time is strongly criticized because some young people drive under the influence of alcohol, which often has disastrous consequences.

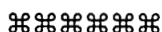
## YOUNG PEOPLE TODAY

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A very popular entertainment on Saturday evening is watching videos. It is quite common to call up some friends and get together in one's house to watch some new release.

It seems that theatre is less popular with young people nowadays, especially in America. There are two reasons for this. First, they find it rather boring and second, they often cannot afford it as tickets to the theatre are quite expensive. In Britain, however, it is possible to get cheaper tickets by going to afternoon performances called matinées or by buying stand-bys which are sold half an hour before the play starts. This system encourages more young people to go to the theatre.

Youths usually prefer to go out on Saturday evening. They visit friends, go to a concert or disco. Those who stay in, however, also have a good time reading magazines, listening to music, watching television or playing computer games. There is no day like Saturday!



### VOCABULARY A

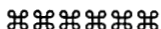
duty - obowiązek  
to have some fun - dobrze się bawić  
entertainment - rozrywka  
teenager - nastolatek  
the movies - kino  
drive-in-movies - kina dla zmotoryzowanych  
huge screen - ogromny ekran  
loud speaker - głośnik  
a date - randka  
amusement - rozrywka, zabawa  
cruising - dosłownie: krążenie  
up and down - w tę i z powrotem  
influence - wpływ  
disastrous consequences - katastrofalne, fatalne skutki

popular entertainment - popularna rozrywka  
new release - nowy film  
boring - nudny  
to afford sth - pozwolić sobie na coś  
performance - przedstawienie  
matinée - poranek (przedstawienie, seans)  
stand-bys - bilety nie zapewniające miejsca siedzącego  
to encourage - zachęcać  
to stay in - zostać w domu  
to have a good time - dobrze się bawić  
to read magazines - czytać czasopisma  
to play computer games - grać w gry komputerowe

### VOCABULARY B

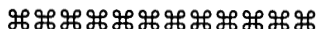
popular activity - popularne (lubiane) zajęcie  
to go out with friends - wyjść z przyjaciółmi  
to go shopping - iść na zakupy  
to play sport - uprawiać sport  
to sleep - spać  
to take music / dance lessons - brać lekcje muzyki / tańca

to be sociable - być towarzyskim  
sociable evening (am) - wieczór towarzyski  
to have a party - urządzić przyjęcie  
to get together - spotkać się  
to look in - wstąpić / wpaść do kogoś



### SPEAKING

1. What do you usually do on Saturday night?
2. What are the favourite amusements of young people in Poland?
3. What do you consider the greatest waste of time?



## SPEAKING PRACTICE 2

1. Opowiedz o swoich ambicjach życiowych.
2. Przedstaw swoje plany na najbliższą przyszłość.
3. Odpowiedz, co najbardziej liczy się dla Ciebie w życiu.
4. Podaj parę przyczyn nieporozumień między rodzicami i dziećmi.
5. Podaj najczęstsze powody młodzieżowej przestępczości.
6. Opowiedz, jakie są najczęściej spotykane przestępstwa młodych ludzi w Twoim mieście.
7. Podaj swoją definicję niezależności.
8. Czy młodzi ludzie są obecnie mniej czy bardziej niezależni niż byli w przeszłości? Uzasadnij.
9. Opowiedz, jak najchętniej spędzasz wolny czas w sobotę.

## MY NOTES:

## 3. HUMAN NATURE



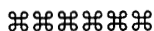
### 3.1. Living under stress

Nowadays, we live at a great pace. Such a quick pace has made us adopt a very stressful life. Stress is omnipresent and almost inescapable in our lives. We are exposed to it at school, at work and at home. It is caused by such factors as illness, physical deformity, unhappy family life, problems at work, lack of money and many other misfortunes which are even hard to specify.

It has been proved that some people are more susceptible to stress than others. These are usually people with the so called 'A personality': very ambitious, unfriendly, driven by a desire to achieve success and to dominate other people, and characterized by perfectionism. Another group subject to stress are people who have been brought up in strict discipline or neglect and who have never tasted real love and acceptance in their childhood. Also people of high standing, such as directors, managers, pilots, doctors or journalists are very often the victims of stress. In most cases they are workaholics so absorbed in their work that they cannot even stop thinking about it and find some time to relax.

So far medicine has not found any remedy for stress. However, there are some ways to cope with it. Here are a few helpful pieces of advice:

- Do not try to be perfectionist at the cost of your health. Put off some things until tomorrow or give them up, even if you are overzealous.
- Take your time. Slow down if you live too fast. Remember that slow and steady wins the race.
- Maintain friendly relations with people with whom you spend most of your time.
- Keep distance to yourself and to things which put you out of patience. They are not so important as you think.
- If you make a mistake, admit it and do not fret. There are no infallible people.
- Adopt a healthy lifestyle. Have a rest, exercise, go for a walk and do not abuse alcohol, cigarettes, coffee or sweets.
- Practise in looking at everything from the bright side.
- Man should believe that the way in which he reacts to stress depends only on himself.



#### VOCABULARY A

to live at a great pace - żyć w szybkim tempie  
 to adopt - przybrać, przyjąć  
 stressful lifestyle - stresujący styl życia  
 omnipresent - wszechobecny  
 inescapable - nieunikniony, nieuchronny  
 to be exposed to sth - być narażonym na coś  
 illness - choroba  
 physical deformity - kalectwo

unhappy family life - nieszczęśliwe życie rodzinne  
 lack of money - brak pieniędzy  
 misfortune - nieszczęście  
 to specify - wymienić, wyszczególnić  
 to be susceptible to stress - być podatnym na stres  
 ambitious - ambitny  
 unfriendly - nieprzyjazny, wrogo nastawiony



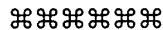
driven by a desire - napędzani (gnani)  
pragnieniem  
to achieve success - osiągnąć sukces  
perfectionism - perfekcjonizm  
to be subject to stress - ulegać stresowi  
to be brought up - być wychowanym  
strict discipline - surowa dyscyplina  
neglect - zaniedbanie  
high standing - wysoka pozycja  
victim - ofiara  
workaholic - pracoholik  
to be absorbed in sth - być pochłoniętym czymś  
remedy - lekarstwo  
to cope with sth - poradzić sobie z czymś  
to put off - odkładać  
to give sth up - zarzucić coś, zrezygnować  
z czegoś  
overzealous - nadgorliwy

to take one's time - nie spieszyć się  
to slow down - zwolnić  
to live too fast - żyć zbyt szybko  
Slow and steady wins the race - Spiesz się powoli  
to maintain friendly relations with sb - utrzymywać  
przyjazne stosunki z kims  
to keep distance to oneself - patrzeć na siebie  
z dystansem  
to put sb out of patience - wyprowadzić kogoś  
z równowagi  
to make a mistake - popełnić błąd  
to admit sth - przyznać się (do czegoś)  
to fret - martwić się  
infallible people - nieomylni ludzie  
to adopt a healthy lifestyle - przyjąć zdrowy tryb  
życia  
to abuse - nadużywać  
bright side - jasna strona

### VOCABULARY B

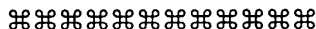
to be unbalanced - być niezrównoważonym  
to suffer from a depression - cierpieć na depresję  
to be too sensitive - być zbyt wrażliwym  
under the stress of anger - pod wpływem  
zdeenerowania  
times of slackness and times of stress - okresy  
słabego i wielkiego napięcia

to control stress - kontrolować stres, panować  
nad stresem  
to be a born pessimist - być urodzonym  
pesymistą  
to have a negative attitude to life - mieć  
negatywne nastawienie do życia



### SPEAKING

1. In what situations are we most subject to stress?
2. What are the consequences of adopting a stressful lifestyle?
3. How to cope with stress most effectively?



## 3.2. The magic of laughter

It is hardly believable but the ability of laughing is the only quality which distinguishes us from animals. Laughter is a real benefit. It is even said that it heals body and soul. There is much truth in that. Laughter helps relieve the stresses of everyday life, smooths away tiredness and depression, alleviates suffering and ensures a sound sleep. It is also the best means to prevent illnesses as it speeds up the process of metabolism, stirs up the circulation of the blood, strengthens the defensive functions of the body and, as a result, builds up the system.

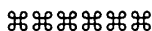


## HUMAN NATURE

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Apart from its therapeutic effect, laughter plays a very important role in human relationships. It is commonly known that people who often laugh are more successful in life. Why? The answer is simple. First, they make friends more easily than ill-humoured fellows. Second, they never take themselves too seriously and this helps them maintain mental balance. Third, they are being employed with a better grace than non-smiling workers. The reason is that they achieve better results at work: a cheerful shop-assistant sells more goods and a buoyant manager concludes more contracts for his company.

It has been proved that people who like laughing are self-confident, tolerant and more willing to accept other people's weaknesses. It is so because laughing purifies emotions and helps get rid of aggressiveness. If we do not try to relieve tension, it finally turns against us: we either fly into passion and worsen our relationships with other people or we restrain our emotions and drive ourselves to a breakdown. Therefore, instead of damping other people's spirits or bringing a disease on ourselves we should burst out laughing as frequently as possible. Even 'dying' with laughter does not harm anyone. Neither has it any side effects. On the contrary, it is the key to happiness.



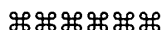
### **VOCABULARY A**

laughter - śmiech	with a better grace - chętniej
quality - przymiot, cecha	to achieve - osiągnąć
to distinguish - odróżniać	cheerful - pogodny, radosny
benefit - pożytek	buoyant - pełen optymizmu, pogodny
to heal body and soul - leczyć ciało i duszę	self-confident - pewny siebie, ufny w swoje siły
to relieve stress - złagodzić stres	willing - chętny
to smooth away - usunąć	weakness - słabość
tiredness - zmęczenie	to purify - oczyścić
depression - depresja	to get rid of sth - pozbyć się czegoś
to alleviate - ulżyć	aggressiveness - agresja
suffering - cierpienie	to relieve - złagodzić
to ensure - zapewnić	tension - napięcie
sound sleep - zdrowy sen	to fly into passion - wpaść w gniew
to prevent illnesses - zapobiegać chorobom	to worsen - pogarszać
to speed up - przyspieszyć	to restrain emotions - pohamować uczucia
to stir up - ożywić	breakdown - załamanie (nerwowe, psychiczne)
circulation of the blood - krążenie krwi	to damp someone's spirits - przygnębić kogoś,
to strengthen - wzmocnić	zepsuć komuś humor
defensive functions - obronne funkcje	to bring a disease on oneself - sprowadzić na
to build up the system - wzmocniać organizm	siebie chorobę
therapeutic - terapeutyczny	to burst out laughing - wybuchnąć śmiechem
ill-humoured fellow - ponurak	to die with laughter - umrzeć ze śmiechu
to maintain - utrzymywać	side effect - skutek uboczny
mental balance - równowaga umysłowa	

### **VOCABULARY B**

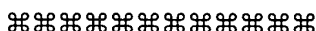
to be optimistic - być pełnym optymizmu	to laugh - śmiać się
to be in high spirits - być w doskonałym humorze	to have a laugh - pośmiać się
to be in a good mood - być w dobrym nastroju	to laugh aloud - śmiać się głośno
to enjoy life - cieszyć się życiem	to roar with laughter - ryczeć ze śmiechu
to be witty - być dowcipnym	chuckle, giggle - chichot
to have a good sense of humour - mieć duże poczucie humoru	to burst one's sides with laughter - śmiać się do rozpuku

to laugh in one's sleeve - śmiać się w kufak	joke - żart
to grin like a Cheshire cat - śmiać się od ucha do ucha	wisecrack - dowcip
grin - szeroki uśmiech	practical joke - psikus
smile - uśmiech	great joy - wielka radość
a smile from ear to ear - uśmiech od ucha do ucha	to be over the moon - nie posiadać się z radości
fun - zabawa	He laughs best who laughs last - Ten się śmieje najlepiej, kto się śmieje ostatni



## SPEAKING

1. Why is laughing beneficial?
2. Would you call yourself an optimist? Justify.
3. How does laughing help in life?



### 3.3. Snobbery

Snobbery is regarded as a negative quality. Snobbish people usually pretend that they are better or wiser than others. They also pay too much respect to social position or wealth and often imitate the style of life of upper classes to which they do not belong.

According to psychologists, almost everyone is inclined to be a snob. This is inseparably connected with human nature. Everyone wants to be more important, more famous and better-off than he is. There is no doubt that those who do not belong to any social group are more often subject to snobbery. A good example are country people who move to big cities and want to assimilate quickly and be like their neighbours. Of course there is nothing wrong in it as far as they imitate people of worth and try to be as good as them at speaking foreign languages or using a computer for example. In this sense snobbery is a positive phenomenon.

The positive influence of snobbery also lies in the fact that at first people only imitate others out of sheer snobbery but then they gradually begin to be truly interested in something and in the process of time become real lovers of painting or classical music.

In the past, people in Poland used to pretend that they were great experts at new trends in art and they imitated popular artists. Nowadays, they are more prone to imitate actors and singers in vogue. They would like to know them personally and look like them. The latest rage is also copying American models, especially by young people who like to add American words into a conversation (for example, 'wow', 'okay' or 'sorry'), wear sports clothes (ubiquitous jeans and T-shirt), watch American films (considered to be the best ones) and adopt an easy manner. Polish people in general tend to admire and uncritically accept everything that comes from the West. They are also proud of their noble ancestors and often are unwilling to confess that they are descended from the peasantry or working class.

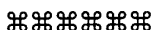
Psychologists say that there are more snobs among men than women. The reason is that men are more often driven by a desire to make a career and achieve success in life.



## HUMAN NATURE

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If they do not fulfill their ambitions, they suppress the failure and pretend to be someone they have never managed to become.



### VOCABULARY A

snobbery - snobizm  
negative quality - negatywna cecha  
to pretend - udawać  
to pay respect to sth - odnosić się z szacunkiem do czegoś

wealth - bogactwo  
to imitate - naśladować  
to belong - należeć  
to be inclined to - mieć skłonności do  
inseparably - nierozdzielnie  
human nature - ludzka natura  
to be well-off - być dobrze sytuowanym  
to be subject to sth - podlegać czemuś  
a man of worth - człowiek wartościowy  
positive phenomenon - pozytywne zjawisko  
influence - wpływ

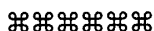
out of sheer snobbery - z czystego snobizmu  
prone - skłonny  
in vogue - w modzie, modny  
the latest rage - najnowsza moda  
to copy - kopiować, naśladować  
to accept uncritically - bezkrytycznie przyjmować  
noble ancestors - szlachećnie urodzeni przodkowie

to confess - wyznać  
to descend - pochodzić, wywodzić się  
desire - pragnienie  
to achieve success - osiągnąć sukces  
to fulfill one's ambitions - spełniać swoje ambicje  
to suppress the failure - ukrywać, przemiłczać porażkę  
to pretend - udawać

### VOCABULARY B

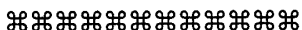
to be a terrible snob - być okropnym snobem  
to keep up appearances - dbać o pozory  
to be impressionable - łatwo ulegać wpływom  
to be vain - być próżnym  
to put on airs - udawać coś, zadzierać nosa  
to show off - popisywać się  
to be conceited - być zarozumiałym

to have a high opinion of oneself - mieć duże wyobrażenie o sobie  
to be self-assertive - wywyżczać się  
a know-all - człowiek nieomylny  
a boaster - samochwał  
a bighead - zarozumiałec



### SPEAKING

1. Do you think that snobbery is a negative quality?
2. Are you a snob? How would you define snobbery?
3. Do you like snobbish people? Why do they become snobs?

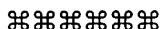


## 3.4. Shyness

We are often envious of people who easily make friends, who are open and spirited. We would also like to be so resolute and energetic. However, shyness paralyses our actions. We feel uncomfortable in the presence of other people and are afraid of coming out of our own shell. Everything we are going to say seems to us so stupid that we withdraw into ourselves. We are also afraid of being ridiculed or rejected. We think that we are so boring, unattractive and uninteresting that we are unworthy of anyone's notice. And that is

exactly where the problem is. If we do not cope with it, we shall never manage to get out of this vicious circle.

Positive attitude towards oneself is the first step to overcome shyness. If we assume an attitude of negation or dissatisfaction, we generate certain negative radiation which is intuitively perceptible by other people. Positive thinking, on the other hand, facilitates relationships with others and makes our contacts easier. The best recipe is therefore repeating to ourselves that we are nice and attractive people until it sinks into our mind. A very helpful thing is also the language of the body: a smile, glance, mimicry, gestures or even the way we lean the head. If we return someone's smile, we can be sure that the next step will be much easier.



### VOCABULARY A

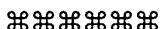
shyness - nieśmiałość  
 to be envious of sth - być zazdrosnym o coś  
 to make friends - zaprzyjaźnić się  
 spirited - pełen werwy, śmiały  
 resolute - śmiały, reżolutny  
 energetic - energiczny  
 to paralyse - paraliżować  
 to feel uncomfortable - czuć się nieswojo  
 to come out of one's shell - wyjść ze swojej skorupy  
 to withdraw into oneself - zamknąć się w sobie  
 to be ridiculed - być wyśmianym  
 to be rejected - być odrzuconym  
 boring - nudny  
 unattractive - nieatrakcyjny  
 to be unworthy of anyone's notice - być niegodnym czyjejs uwagi  
 vicious circle - błędne koło

positive attitude - pozytywne nastawienie  
 to overcome - pokonać  
 to assume - przyjąć  
 dissatisfaction - niezadowolenie  
 to generate - wytwarzać  
 negative radiation - negatywne promieniowanie  
 to facilitate relationships - ułatwić stosunki  
 recipe - recepta  
 to sink into one's mind - zapaść głęboko w świadomość  
 language of the body - język ciała  
 smile - uśmiech  
 glance - spojrzenie  
 mimicry - mimika  
 gestures - gesty  
 to return someone's smile - odpowiedzieć uśmiechem na uśmiech

### VOCABULARY B

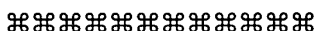
shy - nieśmiały  
 reserved - pełen rezerwy  
 too self-conscious - zbyt nieśmiały  
 shiftless - niezaradny  
 to lack courage - brakować odwagi

to retire into one's shell - zamknąć się w sobie  
 to have no confidence in oneself - nie wierzyć w siebie  
 to fight one's way through life - iść przez życie przebojem



### SPEAKING

1. Would you call yourself a shy person?
2. Do you think that shyness makes life more difficult? Justify.
3. How to overcome shyness? Suggest some effective ways.



### 3.5. The art of positive thinking

Polish people are regarded to be pessimists and malcontents. They are usually dissatisfied with life, they have a strong sense of wrong and they are convinced that all the calamities happen only to them, of course unjustly. Therefore, they have a right to complain to be querulous and to lay claims to everything. At the same time they are egoists envious of people who are more self-contented and more successful than them.

According to many philosophers, everyone can achieve happiness in life. It depends only on ourselves. However, most Polish people are even afraid of calling themselves happy. When an American is asked about his frame of mind, he invariably answers: 'I am fine. Everything is okay'. A Pole says: 'I feel rotten. Everything is going wrong' even if he has just bought a new Mercedes. Such negative thinking, so typical of Polish people, brings about difficulties in achieving a state of complacency.

It seems that the best way to become more optimistic is to accept and make friends with oneself. People who consider themselves less clever, less interesting or less successful than others are not likely to ever be happy.

American doctors have invented a simple therapy which helps change the negative attitude towards oneself. You stand before a mirror, look at your own reflection and repeat to yourself: 'I am great. I am satisfied with life'. You say this with a deep conviction, not laughing at yourself and not being ashamed.

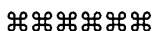
Another essential thing in this therapy is to realize that you are not the hub of the universe and that there are many people around you who are less fortunate than you are.

Instead of complaining, you should try to be more active. Remember that happiness overlooks passive or lazy people.

Do not expect others to solve your problems or to make you happy. Seek happiness on your own account.

Work out a positive attitude towards life. Happiness is of course desirable but do not delude yourself that it is a permanent state. Fortune is fickle but never give up when something goes wrong.

Do not be so strained. You can always have a break and let things slide. Remember that optimists live longer, so enjoy life and always keep smiling.



#### VOCABULARY A

positive thinking - pozytywne myślenie  
pessimist - pesymista  
malcontent - malkontent  
to be dissatisfied with life - być niezadowolonym  
z życia  
to have a strong sense of wrong - mieć silne  
poczucie krzywdy  
calamity - nieszczęście, niedola  
unjustly - niesprawiedliwie  
to complain - skarżyć się  
querulous - narzekający, gderliwy, wiecznie  
niezadowolony  
to lay claims to everything - rościć sobie  
pretensje do wszystkiego

egoist - egoista  
envious - zazdrosny  
self-contented - zadowolony z siebie  
successful - pomyślny, szczęśliwy, udany  
to achieve happiness - osiągnąć szczęście  
frame of mind - nastrój  
to feel rotten - czuć się do niczego, paskudnie  
negative thinking - negatywne myślenie  
complacency - zadowolenie  
to make friends with oneself - zaprzyjaźnić się  
ze sobą  
clever - zdolny, inteligentny  
reflection - odbicie

deep conviction - głębokie przekonanie  
 to be ashamed - być zawstydzonym  
 the hub of the universe - pępek świata  
 less fortunate - mniej szczęśliwi, mający mniej szczęścia

to work out - wypracować  
 to delude oneself - łudzić się  
 permanent state - stały stan  
 Fortune is fickle - Fortuna kołem się toczy

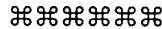
to overlook - przeoczyć, nie zauważyć  
 passive - bierny  
 to seek - szukać  
 on one's own account - na swój własny rachunek

to give up - poddawać się  
 to be strained - być napiętym, nienaturalnym  
 to let things slide - machnąć ręką na wszystko  
 to enjoy life - cieszyć się życiem  
 to keep smiling - nie tracić pogody ducha

**VOCABULARY B**

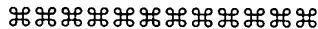
to look on everything with a critical eye - patrzeć na wszystko krytycznie  
 to be in a bad mood - być w złym nastroju  
 to grumble - zrzędzić  
 to be a born pessimist - być urodzonym pesymistą  
 to be always depressed - być stale przygnębionym  
 a fusspot - zrzęda

to be cheerful - być pogodnym  
 to be full of optimism - być pełnym optymizmu  
 to have an optimistic nature - mieć optymistyczne usposobienie  
 to be in high spirits - być w doskonałym humorze  
 to be enthusiastic about small things - cieszyć się z drobiazgów  
 to enjoy sth - cieszyć się czymś



**SPEAKING**

1. Why is positive thinking so important in life?
2. Do you think that Polish people are pessimists? Justify.
3. How to change the negative attitude towards oneself into a positive one?



**3.6. Too busy**

We often complain that we are too busy. A recent poll reveals that the number of hours we devote to work constantly increases while the number of our leisure hours sharply decreases. Therefore we try to do everything to save a little time for ourselves. We do all the shopping once a week, we buy groceries that begin with the words "Quick" or "Instant", we equip our homes with various gadgets to make a job easier and faster, we never commute to work without a walkman or a book so the travel time is not "wasted", and we restrict ourselves to maintaining friendships via telephone. If we finally decide to have a break, we usually squeeze a multitude of pleasures into one "special" weekend packed with two movies, five magazines, a party and a "romantic" supper. Being overbooked is considered so natural nowadays that we even feel anxious or uneasy if we have more time to spare. As one psychologist put it, being busy is the perfect escapist behaviour.



However, the problem arises when we begin to realize that we run ourselves like machines and we never see the hours we have saved because we pack them with new

## HUMAN NATURE

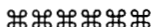
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activities. The myth of faster-is-better finally turns against us. We feel beset upon, exhausted and we begin to hate work. A recent survey shows that for more and more people simply "staying at home with the family" is the favourite way of spending an evening.

To cope with being overbooked, we should think about how to spend time rather than to think about how to save it. This of course requires a reexamination of our values. We should ask ourselves why we do all these things and why we consider them important. In other words, we should rethink what matters most to us. The right schedule may help us to eliminate everyday stress and to enjoy life more.

The key to take control of our own life is simple. First, we should be realistic about how much time per week we can really devote to our job. At the same time we should plan each day with regard to some nonwork activities such as shopping, meals, meetings, socializing or medical appointments. Another basic principle is to have at least one full day a week for "guilt-free" nonwork. We should remember that the use of time is irreplaceable so we should always take breaks after each work period and never put off vacations. If we do not take time to reward ourselves for accomplishing some goals, we may never feel satisfied and relaxed.

We should also be more positive about unplanned disruptions in our tightly scheduled days. If we are stuck in a traffic jam or in a long bank line, we should not get irritated that we are wasting our precious time but we should chat with other people or look over a favourite magazine. If we accept the things we cannot change, we can easily gain a state of serenity. We must also realize that no matter how busy we are, we can always find ways to slow down if we want.



### VOCABULARY A

to complain - skarżyć się

too busy - zbyt zajęty

poll - badanie opinii publicznej

to devote - poświęcać

leisure hours - wolny czas

groceries - artykuły spożywcze

to equip - wyposażać

to restrict oneself - ograniczać się

to maintain friendship - utrzymywać przyjaźń

to squeeze - ścisnąć, wcisnąć

multitude - mnogość, mnóstwo

pleasure - przyjemność

to be overbooked - być zbyt zajęтым

to feel anxious - czuć się nieswojo, niespokojnie

to have (some) time to spare - mieć (trochę)  
wolnego czasu

escapist behaviour - zachowanie polegające na  
uchylaniu się od życia i trudności

faster-is-better - im szybciej, tym lepiej

to turn against sb - obrócić się przeciwko komuś

beset - osaczony

exhausted - wyczerpany

to cope with sth - poradzić sobie z czymś

reexamination - zrewidowanie

to rethink - przemyśleć

schedule - harmonogram, plan (dnia)

to eliminate stress - wyeliminować stres

principle - zasada

guilt-free - wolny od wyrzutów sumienia

irreplaceable - niezastąpiony

to take breaks - robić sobie przerwy

to put off - odkładać

to accomplish a goal - osiągnąć cel

unplanned disruptions - nie zaplanowane  
przerwy

tightly scheduled days - ściśle zaplanowane dni

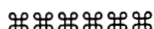
to be stuck in a traffic jam - utknąć w korku

to get irritated - irytować się, denerwować

to waste time - marnować czas

state of serenity - stan spokoju

to slow down - zwolnić

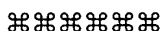




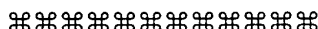
**VOCABULARY B**

to have no time to lose - nie mieć czasu do stracenia  
to be pressed for time - być pod presją czasu

to have little time on one's hands - mieć mało wolnego czasu  
to overwork - przepracowywać się  
workaholic - pracoholik

**SPEAKING**

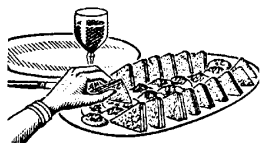
1. Do you think that you are too busy?
2. Why are so many people workaholics?
3. What is your daily schedule?
4. To what extent do you have control of your own life?
5. Do you think that people who have more free time are happier? Why/Why not?

**3.7. Dieting**

The media, top fashion designers and fashion magazines have brought out a new ideal of a woman: tall, good-looking and very lean. All the well-known actresses, models and TV announcers are admired for their immaculate appearance and perfect figure. At the same time more and more girls and women do not like their own looks any more. They believe that the better-looking they are, the more positive impact it has on their career and private life. Hence, they fight a never-ceasing battle against too round hips or protruding tummies and are ready to do everything to lose some fat. Being slim has become a recent obsession which may, however, be dangerous. Of course it is true that being fat is unhealthy but even more unhealthy is starving, taking 'wonderful' slimming pills and being on long-lasting, exhausting diets. In extreme cases, applying such methods may lead to serious disorders and illnesses, for example bulimia or anorexia.

Still, there are many safe ways to lose weight and to look good. The first commandment is to limit protein and fats. Unhealthy eating - fast foods, snacks, desserts and beverages - are the main reason why many people are overweight. Dieting is an ideal opportunity to adopt good eating habits but a diet must be well-balanced. People who want to lose weight in a very short time usually use the so called 'crash diets', drastically eliminating red meats and dairy products from their menus. As a result, they lose iron and calcium, weakening in this way their bodies. There is also a danger that they may lose fluids instead of fat and this, in turn, may result in the dewatering of the body.

Without a doubt, an active lifestyle is the most important factor in weight control. Exercising speeds up the process of metabolism and builds muscles which burn more calories than fat does. Physical activities such as running, walking, swimming or cycling not only help burn calories most efficiently but also make the body less sensitive to stress, lessen appetite and give a sense of well-being.

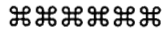


## HUMAN NATURE

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Another obvious piece of advice is eating three meals a day at regular intervals of time to digest food properly. A good idea is to make a list of the highest-calorie items, for example butter, sugar, sweets or alcohol, and try to avoid them and, instead, eat more low-calorie food like raw vegetables, fresh fruit or brown bread.

It is believed that fat people do not feel good. However, the loss of weight usually does not solve the problem. It seems that the most important thing is to adopt a 'positive lifestyle': eat the right kind of food, exercise, take care of one's health and look good. Satisfaction guaranteed.



### VOCABULARY A

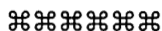
dieting - odchudzanie się, bycie na diecie  
fashion designer - projektant mody  
to bring out - wylansować  
lean - szczupły  
immaculate appearance - nieskazitelny wygląd  
perfect figure - doskonała figura  
positive impact - pozytywny wpływ  
never-ceasing - bezustanny  
round hips - okrągłe biodra  
to limit proteins - ograniczyć proteiny  
unhealthy eating - niezdrowe jedzenie  
beverage - napój  
to be overweight - mieć nadwagę  
to adopt good eating habits - przyjąć dobre  
nawyki żywieniowe  
well-balanced - dobrze wyważony  
crash diet - ostra dieta odchudzająca  
red meat - mięso baranie, wołowe  
dairy products - produkty nabiałowe  
iron - żelazo  
calcium - wapń  
to weaken - osłabić  
to lose fluids - tracić płyny  
dewatering - odwodnienie

protruding tummy - sterczący (wystający) brzuch  
fat - tłuszcz, sadło  
slim - szczupły  
unhealthy - niezdrowy  
slimming pills - pigułki odchudzające  
exhausting diet - wyczerpująca dieta  
serious disorder - poważne zaburzenie  
to lose weight - tracić wagę  
commandment - przykazanie  
active lifestyle - aktywny styl życia  
to burn calories - spalać kalorie  
sensitive - wrażliwy  
to lessen appetite - zmniejszać apetyt  
well-being - dobre samopoczucie  
meal - posiłek  
regular intervals - regularne odstępy  
to digest food - strawić jedzenie  
highest-calorie items - produkty zawierające  
najwięcej kalorii  
to avoid sth - unikać czegoś  
low-calorie food - jedzenie niskokaloryczne  
brown bread - ciemny chleb  
to take care of one's health - troszczyć się  
o swoje zdrowie

### VOCABULARY B

proper diet - właściwa dieta  
sugar free diet - dieta bezcukrowa  
to be health-conscious - dbać o swoje zdrowie  
to put on weight - przytyć  
to try to get thin - starać się zeszczupleć

vegetarian meals - jarskie posiłki  
rich food - kaloryczne jedzenie  
fattening - tuczający  
heavy - ciężkostrawny  
dietetic - dietetyczny



### SPEAKING

1. Have you ever been on a diet?
2. What is your ideal of a woman?
3. In what sense is dieting dangerous?
4. Think of some safe ways to lose weight.

## SPEAKING PRACTICE 3

1. Opowiedz, jak sobie radzisz z codziennym stresem.
2. Dlaczego mówi się, że optymiści żyją dłużej? Wyjaśnij.
3. Czy uważasz się za optymistę czy pesymistę. Uzasadnij.
4. Podaj swoją definicję snobizmu.
5. W jakim sensie snobizm może być pozytywnym zjawiskiem? Uzasadnij.
6. Nieśmiałość utrudnia życie. Ustosunkuj się do tego stwierdzenia.
7. Poradź koleżance (koledze), jak może przezwyciężyć nieśmiałość.
8. Czy pozytywne myślenie ułatwia życie? Uzasadnij.
9. Dlaczego Polacy uważani są za pesymistów? Czy zgadzasz się z tą opinią?
10. Podaj swoją receptę na życie bez stresu.
11. Opowiedz, jak wygląda twój zwykły dzień.
12. Czy uważasz, że najważniejsza w życiu jest praca? Jaka jest twoja hierarchia wartości?
13. Na czym polega zdrowy styl życia? Odpowiedz.
14. Opowiedz, co robisz, aby utrzymać się w dobrej formie.

## MY NOTES:

## 4. FACTS AND OPINIONS ABOUT BRITAIN

### 4.1. The British character



The British are often viewed as the most boring people in the world. They wear unimaginative formal clothes, eat tasteless food, practice slow sports and have a specific sense of humour which is usually not understood by foreigners. They are also said to be conservative, reserved and cool. Indeed, the British are not very open or spontaneous. They do not kiss or embrace by way of greeting so as not to allow familiarity. They always keep a certain distance and are not willing to manifest their feelings and emotions. They are even accused of being hypocritical because they might think one thing and say another. It is not easy to make friends with them but once you have made a friend, it is a friend for life.

#### Small talk

The English are said to be the masters of trivial conversation. Their 'small talk' usually deals with the weather or some general issues as it is not accepted to interfere in someone's private life.

A typical dialogue between two Englishmen goes as follows:

X: Hallo, Mike! Nice to see you again!

Y: Hallo, Steve. How are you?

X: Alright. And you?

Y: Fine, thanks.

X: Good.

Y: Terrible weather, isn't it?

X: Oh, yes, yes.

Y: Well, I have to go now.

X: See you.

Y: See you.



Although this conversation may seem to be extremely superficial and meaningless, it is a commonly accepted social ritual which cannot be ignored.

#### The best British characteristics



The British say that their best characteristics are culture, courtesy and consideration for the needs of others. Indeed, they are very polite. They always queue when they are waiting for a bus and hold the door open for the person behind them. Also, the British bobbies have a reputation of being the most friendly and helpful policemen in the world. On the other hand, the English football fans are regarded as hooligans and vandals able to tear the stadiums into pieces. Generally speaking, however, the British are well-mannered. It is also true that they care for the needy, as there are a lot of charity organizations all over Britain.

### Home, sweet home

"There is no place like home" - say the British. This adage best expresses an Englishman's traditional love of his home. About 70 per cent of British people have their own houses. Most homes have a garden in which the British spend a lot of time growing flowers and looking after the lawn - a national pride. Many houses, especially the older ones, are surrounded by hedges, which symbolizes the desire of the British to protect their privacy. 'My house is my castle' - this well-known proverb reminds a visitor that unless he is invited, he may expect to be treated as an intruder.



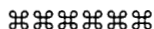
### Pets

The English not only love their homes but also their pets. Many people keep cats, dogs, budgies and other animals at home. They are completely crazy about pets and obsessed with the conditions in which animals are kept. There are more animal rights groups in Britain than anywhere else in the world. Paradoxically, the English still love the hunting of wild animals, such as foxes or hares, with the aim of killing them.

### In sum



It is not easy to decide on the typically British characteristics. Not all English people are cold, uncommunicative or boring, not all of them are crazy about lawns or animals. Still, there is one thing that is typically British: a strong attachment to tradition and a desire to keep their country's uniqueness. Some people say that the British live in the past, but they are simply proud of their originality.



### VOCABULARY A

boring - nudny  
 unimaginative - pozbawiony wyobraźni  
 formal clothes - urzędowe, oficjalne ubrania  
 tasteless food - jedzenie pozbawione smaku  
 foreigner - obcokrajowiec  
 reserved - zachowujący się z rezerwą,  
 powściągliwy  
 cold - chłodny, oziębły  
 to embrace - obejmować  
 by way of greeting - na powitanie  
 familiarity - zżyłość, poufałość  
 to keep certain distance - utrzymywać pewien  
 dystans  
 to manifest one's feelings - okazywać swoje  
 uczucia  
 to be accused of - być oskarżonym o  
 hypocritical - obłudny, dwulicowy

to make friends with sb - zaprzyjaźnić się z kimś  
 trivial conversation - błaża, powierzchowna  
 rozmowa  
 general issues - sprawy ogólne  
 superficial - powierzchowny  
 meaningless - bez znaczenia  
 social ritual - rytuał towarzyski  
 courtesy - uprzejmość  
 consideration for the needs of others -  
 poszanowanie potrzeb innych  
 to tear sth into pieces - rozerwać coś na kawałki  
 well-mannered - dobrze wychowany, o dobrych  
 manierach  
 to care for the needy - troszczyć się  
 o potrzebujących  
 charity organization - organizacja dobroczynna

## FACTS AND OPINIONS ABOUT BRITAIN

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adage - powiedzenie, przysłowie

lawn - trawnik

national pride - duma narodowa

hedge - żywopłot

desire - pragnienie

to protect one's privacy - chronić swoją  
prywatność

My house is my castle - Mój dom moją twierdzą

intruder - natręć

pets - domowi ulubieńcy (zwierzęta)

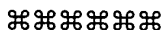
animal rights group - organizacja walcząca  
o prawa zwierząt

hunting - polowanie

uncommunicative - nierozmowny, mało mówny

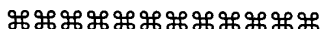
strong attachment to tradition - silne przywiązanie  
do tradycji

uniqueness - wyjątkowość



## **SPEAKING**

1. Do you have a stereotype of an Englishman?
2. Do you think that stereotypes are prejudicial or unfair? Justify.
3. What is a stereotype of a typical Pole?



### 4.2. An Englishman's everyday life

A typical working Englishman gets up at 7 a.m., takes a shower, dresses up and has a quick breakfast usually consisting of toast and jam, or cornflakes with milk. He leaves home at about 8 o'clock so as not to be late to work. He usually works from 9 a.m. to 5 p.m., but he has an hour's break for lunch at 12 noon. He spends it in the nearest pub or a fast-food restaurant gossiping with his colleagues and having some light meal. He comes back home at about half past five and enjoys dinner with his family. In the evening, he usually watches television and goes for a walk with his pet. He also likes to drop into a local pub for a pint of beer. A pub is an unofficial meeting-place, a kind of a club where a working Englishman can relax, listen to music, play darts or bar billiards, discuss politics, weather and some local affairs with his old friends.

On Saturday morning, the Englishman traditionally does the shopping for the whole week to come. He usually goes to a local supermarket or drives to a shopping complex outside town where he can buy products cheaper and at one place. During the day he spends a lot of time mowing the grass and growing flowers and vegetables in his garden. In the late afternoon he goes to the cinema or to a restaurant, visits friends or spends some of his leisure hours in a club. The club for sport or hobbies serves the Englishman's desire to associate and to share his particular passion with others.

On Sunday, the Englishman takes his family to some seaside town to bathe and to have some fun. The most frequently visited places are Brighton in the south and Blackpool in the north of England. If he likes fishing (often called angling), he heads towards some canal, river or lake and waits hours beside them to catch fish. He also likes to discover the picturesque countryside and walk small parts of long-distance footpaths which cross Britain (the longest one runs from the south-west part of England to the far north of Scotland!). The countryside with its green fields, low hills, rivers and small woods is an ideal place for a Sunday excursion.

Refreshed after the weekend, the Englishman is ready to start another busy Monday.

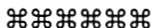


## VOCABULARY A

to take a shower - wziąć prysznic	to mow the grass - kosić trawę
to dress up - ubrać się	leisure hours - czas wolny
to have a quick breakfast - zjeść szybkie śniadanie	to associate - obcować z ludźmi
an hour's break - godzinna przerwa	to share one's passion with others - dzielić swoją pasję z innymi
pub (public house) - rodzaj angielskiego klubu	seaside town - miasteczko nad morzem
to gossip - plotkować	to bathe - wykapać się
light meal - lekki posiłek	to have some fun - zabawzić się
to drop into - wpaść do	fishing - łowienie ryb
a pint of beer - pół kwarty piwa (około 0,5 litra)	footpath - ścieżka
to play darts - grać w strzałki (rzucanie strzałkami do tarczy)	Sunday excursion - niedzielna wycieczka
local affairs - sprawy lokalne	refreshed - wypoczęty

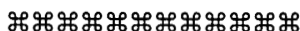
## VOCABULARY B

to take children to school - odprowadzić dzieci do szkoły
to go to work by train / car / tube - jechać do pracy pociągiem / samochodem / metrem
to get to work / school - dotrzeć do pracy / szkoły
to have a break for lunch - zrobić sobie przerwę na lunch
to do the household chores - wykonać prace domowe
to have a snack - przekąsić coś
to have a meal out - zjeść poza domem
to watch a game of football - obejrzeć mecz piłki nożnej
to play chess / cards / boardgames - grać w szachy / karty / gry planszowe
to go to a meeting - iść na spotkanie
to entertain friends - zabawiać przyjaciół



## SPEAKING

1. Would you like to live in England? Why/Why not?
2. Do you find an Englishman's life interesting?
3. Describe a Pole's everyday life.



### 4.3. The British Queen



Britain is a constitutional monarchy. This means that the monarch, at present Queen Elizabeth II, is the Head of State. The Queen is also the head of the legal system of Britain, the commander-in-chief of the armed forces and the head of the Church of England. She also participates in the summoning and dissolution of Parliament. Her signature is required (so called 'royal assent') before a bill becomes British law. However, she never refuses to sign a bill which has been passed by Parliament. The Queen officially appoints the Prime Minister (the leader of a party which won a general election), the head of a government department, judges, diplomats and bishops in the Church of England. She also gives

many important honours and rewards. In international affairs, the Queen has the power to

## FACTS AND OPINIONS ABOUT BRITAIN

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declare war and make peace, conclude treaties and annex or cede territory. Among her many royal duties are the regular visits to foreign countries in which she represents Britain.

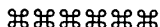
In spite of all these functions, the Queen's constitutional role is rather symbolic. Instead, she performs a very important ceremonial role. On great occasions she appears in the streets in a golden carriage guarded by soldiers. Sometimes she walks among the public crowds and stops to talk to some people. When foreign monarchs or Heads of State visit Britain, she gives a banquet to welcome them. She also appears on television and her annual oration delivered on Christmas Day has become a popular feature of the season.

Traditionally, the Queen's face is on all British stamps, bank notes and coins.

And what about the Queen's private life?

Elizabeth Alexandra Mary Windsor was born in 1926 as the first child of the Duke and Duchess of York. Her father ascended the throne in 1936 after the abdication of his brother, King Edward VIII. In 1947, Princess Elizabeth married Prince Philip Mountbatten (now the Duke of Edinburgh). They have four children: Prince Charles, the present Prince of Wales (born 1948); Princess Anne, the Princess Royal (born 1950); Prince Andrew, the Duke of York (born 1960); and Prince Edward (born 1964).

Princess Elizabeth became the British Queen in 1953 after her father, King George VI, had died. She ascended the throne with a firm intention to be a strong-minded monarch. One of her 'teachers' was Winston Churchill, the Prime Minister and a major political figure during the Second World War. He taught Elizabeth how to be Queen and explained the intricacies of politics to her. For over 40 years of her reign, Queen Elizabeth II has become a model of a sovereign and a symbol of British stability. The subjects respect her for her distinguished manners, strong sense of duty, self-sacrifice for the monarchy and interest in her people. Although the royal family does not set an example (many scandals and divorces), the Queen is still regarded as a model of virtue and the nation's conscience.



### VOCABULARY A

constitutional monarchy - monarchia  
konstytucyjna

Head of State - głowa państwa

legal system - system prawny

commander-in-chief - głównodowodzący

armed forces - siły zbrojne

to participate - uczestniczyć

the summoning and dissolution of Parliament -  
zwołanie i rozwiązanie parlamentu

signature - podpis

royal assent - sankcja (zgoda) królewska

bill - projekt ustawy

to appoint - mianować

general election - wybory powszechne

honour - zaszczyt

reward - nagroda

international affairs - sprawy międzynarodowe

to declare war - wypowiadać wojnę

to make peace - zawierać pokój

to conclude treaties - zawierać traktaty

to annex / cede territory - anektować / cedować  
obszar (terytorium)

royal duties - obowiązki królewskie

ceremonial role - ceremonialna rola

foreign monarch - obcy monarcha

banquet - bankiet

annual oration - doroczne uroczyste  
przemówienie

duke / duchess - książę / księżna

to ascend the throne - wstępować na tron

abdication - abdykacja

firm intention - silny, stanowczy zamiar

strong-minded - zdecydowany

intricacies - zawiłości

reign - rządy, panowanie

sovereign - monarcha, władca

to respect - szanować

distinguished manners - dystyngowane maniery

sense of duty - poczucie obowiązku

self-sacrifice - poświęcenie się



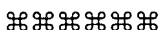
royal family - rodzina królewska  
to set an example - stanowić przykład

model of virtue - wzór cnót  
nation's conscience - sumienie narodu

**VOCABULARY B**

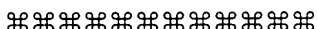
the Court ceremonial - etykieta dworska  
kingdom - królestwo  
to crown - koronować

to reign - zasiadać na tronie, panować  
to be in power - być u władzy



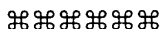
**SPEAKING**

1. Do you think that the idea of monarchy is fossilized?
2. Would you like Poland to be a monarchy? Why/Why not?
3. Do you think that a royal family should be a paragon?
4. Who is the Head of State in Poland?  
What are his responsibilities?



**4.4. The Queen's ordinary day**

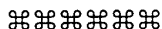
The British Queen is a very hard-working woman. Her everyday life is carefully planned and rather monotonous. She gets up at half past seven and takes a bath. Then she carefully chooses the clothes to put on with the help of her dresser. She usually wears classic clothes or a woollen dress. At half past eight, the Queen has a light breakfast. At eleven she rides a horse for about an hour. At one o'clock she eats dinner in the company of some famous people, officers, diplomats and well-known businessmen. After dinner she goes for a short walk and plays with her beloved dogs. About three in the afternoon the Queen meets her court dressmaker and tries on new creations. Then she proceeds to her study to read newspapers, letters from her subjects, and to study some official documents. At seven in the evening she spends an hour with her husband and then they have supper together. At about half past ten the Queen goes to bed. This established routine is of course broken when the Queen performs some official duties requiring her presence.



**VOCABULARY A**

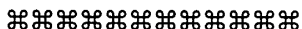
hard-working - pracowity  
carefully planned - dokładnie zaplanowany  
(court) dresser - (nadworna) garderobiana  
to ride a horse - jeździć na koniu  
court dressmaker - nadworna krawcowa

to try on new creations - przymierzać nowe kreacje  
subjects - poddani  
established routine - ustalona rutyna  
to perform official duties - wypełniać oficjalne obowiązki



## **SPEAKING**

1. Would you like to be a queen or king of a country?
2. What are the good and bad points of being a member of a royal family?
3. Do you think it is necessary for a member of the royal family to maintain such a daily routine?



## 4.5. Religion in Britain



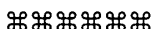
The Church of England is the official religion in England. It was established in the 16<sup>th</sup> century under Henry VIII by the Act of Supremacy (1534). Henry VIII made the Church independent from Rome after the Pope refused to grant him a divorce from his first wife Catherine who did not give him a son. He himself became the Head of the Church of England and since that time Catholicism has never been restored to England again. Thus, England has become one of the most important Protestant powers in Europe.

The Roman Catholic system of government is retained with archbishops, bishops etc. The senior clergy are appointed by the sovereign on the recommendation of the Prime Minister, and the Archbishop of Canterbury is the religious head of the Church of England. The followers of this religion are called Anglicans.

Apart from the Anglican church there are also Free Churches in Britain ('free' means that they are not 'established'). A good example is the Church of Scotland. Unlike the Church of England, it is free to control its own religious matters and all its members have equal status. The church is locally governed by the so called 'Kirk Session' (the minister and some senior members of the Church).

The prevalent religion in Ireland used to be Catholicism. However, since the English gained control of Northern Ireland, the Protestants have become a real power. Nowadays there are still conflicts between Catholics and Protestants in Northern Ireland. In the period of violence (known as the Troubles) more than 3000 people have died. Terrorist violence is mainly caused by the Catholic IRA (Irish Republican Army) and Protestant UVF (Ulster Volunteer Force).

Although the official religion in Britain is Christianity, there are also other growing religions in the United Kingdom, among others Islam, Hinduism, Sikhism or Judaism. In contrast to Christians who rarely go to church, Muslims, Hindus, Sikhs and Jews are more likely to practice their religion.



## **VOCABULARY A**

Church of England - kościół anglikański  
the Act of Supremacy - ustawa o zwierzchnictwie  
(supremacji) króla nad kościołem anglikańskim  
to grant a divorce - udzielić rozwodu  
to restore - przywrócić

archbishop - arcybiskupstwo  
senior clergy - starsze duchowieństwo  
follower - wyznawca  
religious matters - sprawy religijne  
minister - pastor

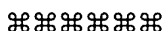
prevalent religion - panująca religia  
 violence - przemoc  
 volunteer - ochotniczy  
 Christianity - chrześcijaństwo  
 Islam - islam, religia mahometańska

Hinduism - hinduizm  
 Sikhism - religia sikhów  
 Judaism - judaizm  
 Muslim - muzułmanin

### **VOCABULARY B**

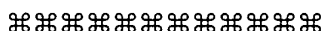
religious faith - wiara religijna  
 believer - wierzący  
 priest - duchowny  
 monk - mnich  
 friar - zakonnik, mnich  
 nun - zakonnica  
 a practising Catholic - praktykujący katolik  
 to believe in God - wierzyć w Boga

to be deeply religious - być głęboko religijnym  
 to keep the faith - trwać w wierze  
 a religious fanatic - fanatyk religijny  
 atheist - ateista  
 non-believer - niewierzący  
 dissenter - dysydent  
 to be unreligious - nie wyznawać żadnej religii  
 to be anticlerical - być antyklerykalnym



### **SPEAKING**

1. Why is Britain a Protestant country?
2. Which religions exist in Britain?
3. Does Poland have an official religion?
4. Do you think that Polish people are religious?



## 4.6. The British and tradition

The British attach great importance to tradition. Many of them still feel strongly about a monarchy because it adds a great deal of colour to their life. The British like court ceremonies, jubilees, shows and parades.

A great place to breathe in the British culture and tradition is London. Visitors to the capital of England can take part in many spectacular events and experience the unique British pageantry there.

Some ceremonies are performed every day. One of them is the colourful Changing of the Guard by the mounted guards of the Household Cavalry in Whitehall.

Another great spectacle is the formal ceremony of changing the royal guard in the forecourt of Buckingham Palace. The Queen's Guard, traditionally dressed in their scarlet tunics and characteristic busbies, parade from St. James's palace to join the contingent at Buckingham Palace, while the new guard, led by a military band, arrive from Chelsea.

A great tourist attraction is also the ritual Ceremony of the Keys which is held every night at the Tower of London. The Chief Warder closes all the gates and after exchanging the passwords with a sentry hands him the keys of the Tower. The sentry, in turn, passes the keys to the Resident Governor for safe-keeping. The ceremony is very picturesque. The warders, known as "Beefeaters", wear the scarlet Tudor costumes, which emphasizes the unique atmosphere of the place.



## FACTS AND OPINIONS ABOUT BRITAIN

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Another stirring event is the annual Trooping of the Colour. The ceremony is very old - it dates from the 18<sup>th</sup> century. It takes place in Whitehall behind the Horse Guards building and is held in the presence of the Queen on her Official Birthday (the second Saturday in June). It includes a spectacular parade of hundreds of soldiers wearing their traditional uniforms, marching and military music. The sovereign's birthday is also marked by a ceremonial salute fired on the riverside at the Tower of London.

A very interesting event on 29 September is the election of the Lord Mayor of London. On this day a colourful parade is staged in the City of London. The election is followed by the Lord Mayor's Show in November. The Lord Mayor rides in a horse-drawn carriage which is accompanied by a procession of other vehicles. They reach the Royal Courts of Justice where the Lord Mayor is presented to the Lord Chief Justice.

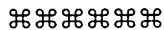
Another great ceremony in November is the State Opening of Parliament. On that specific occasion the Queen is driven through the streets of London in a golden carriage.

In June the British have an opportunity to take part in the Garter Ceremony in Windsor Castle near London. The ceremony includes the installation of new Knights of the Garter by the Queen and a colourful procession of the dismounted cavalry and halberdiers.

Another remarkable event in June is the Royal Ascot - one of the biggest horse-race meetings in Britain. It is attended by the Queen who comes to Ascot from Windsor Castle. Traditionally, all men and women wear their best hats on the occasion.

The British calendar is full of many other events which add merriment and pageantry to British life. In April the Londoners have a parade of old cars known as Easter Sunday Parade, and the London Harness and Horse Parade. In July they may participate in the Royal International Horse Show at Wembley, or the Royal Tournament - a parade of the best brass bands in Earl's Court. In October they celebrate Trafalgar Day, also marked by a parade. Other attractions are even hard to enumerate.

Although the British may not be willing to admit it, they love tradition and colourful displays.



### **VOCABULARY A**

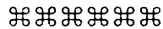
to attach great importance to tradition -  
przykładać wielką wagę do tradycji  
to feel strongly about sth - być czułym  
na punkcie czegoś

to add colour - ubarwiać  
court ceremonies - dworskie ceremonie  
jubilee - jubileusz  
show - pokaz  
parade - parada  
spectacular event - widowiskowe wydarzenie  
pageantry - widowiskowość, pompa  
Changing of the Guard - zmiana warty  
mounted guards - konna straż  
cavalry - kawaleria, jazda  
scarlet tunic - szkarłatny mundur  
busby - futrzana czapka w niektórych pułkach  
angielskich

military band - orkiestra wojskowa  
tourist attraction - atrakcja turystyczna  
chief warder - główny wartownik  
password - hasło  
sentry - wartownik  
safe-keeping - przechowywanie  
picturesque - malowniczy  
stirring - emocjonujący  
to troop the colours - odbywać paradę wojskową  
to fire a salute - dać salwę  
election - wybór  
mayor - burmistrz  
carriage - karetta  
procession - procesja, defilada  
the Garter - Order Podwiązki  
installation - wprowadzenie na urząd, mianowanie

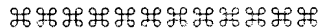
knight - rycerz  
 halberdier - halabardnik  
 remarkable - godny uwagi, szczególny  
 merriment - zabawa, wesołość, uciecha  
 harness - zaprzęg (konny)

tournament - zawody, turniej  
 brass band - orkiestra dęta  
 to celebrate - świętować  
 to admit sth - przyznać się do czegoś  
 display - parada, popisy, pokaz



**SPEAKING**

1. Do you find British pageantry stirring?
2. What traditions is Poland famous for?
3. Do you know anything about Scottish, Irish or Welsh traditions?
4. Which event would you prefer to go to: Trooping the Colour or the Royal Ascot? Why?



**4.7. Sport in Britain**

The British are regarded to be stolid and phlegmatic. True or not, their traditional sports are rather slow and effortless. A good example of such a sport is darts - a popular game played in pubs in which short steel darts are thrown at a circular board with the aim of scoring a particular number of points.

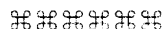
As darts is popular among the working class, golf is played by the upper classes. This is an old Scottish game for two or four persons who hit small hard balls with special golf-clubs into 9 or 18 holes on a mown ground called a golf-course.

Cricket is even more sophisticated. The cricketers are usually men traditionally wearing white clothes. The game is played by two teams of 11 people on a mown grass field with special bats and wickets.

The English also like snooker (very similar to billiards) and bowls, a game in which a heavy wooden ball is rolled over a lawn in such a way that it stops as close as possible to a small white ball.

Another British sport is polo (reserved for the élite), a ball game played on horseback with mallets.

The sports mentioned above may be considered as typically British but it does not mean that they are the most popular ones. The vast majority of British people take part in individual sports such as swimming, cycling, fishing, aerobics or just walking. However, only 10 per cent of adults practice sports regularly. Others prefer watching sports on TV. The favourite spectator sports are football (the national game), rugby, athletics and tennis.



**VOCABULARY A**

stolid - powolny, flegmatyczny  
 phlegmatic - flegmatyczny  
 slow - wolny

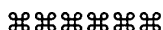
effortless - nie wymagający wysiłku  
 darts - gra w strzałki (rzucanie strzałkami do tarczy)

## FACTS AND OPINIONS ABOUT BRITAIN

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circular board - okrągła tarcza  
to score - zdobywać punkty  
small hard balls - małe twarde piłeczki  
golf-club - kij do golfa  
hole - dołek, otwór  
mown ground - skoszony teren  
golf-course - pole golfowe  
cricket - krykieta (letni sport narodowy Anglików)  
cricketer - gracz w krykieta  
team - drużyna, zespół  
bat - pałani, kij do krykieta  
wicket - cel, bramka w krykiecie  
billiards - bilard  
snooker - gra podobna do bilardu

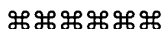
heavy wooden ball - ciężka drewniana kula  
polo - polo  
lawn - trawnik  
on horseback - konno  
mallet - kij do gry w polo  
swimming - pływanie  
cycling - jazda na rowerze  
fishing - wędkowanie  
aerobics - aerobik  
walking - spacerowanie  
spectator sports - sporty widowiskowe  
football - piłka nożna  
national game - narodowa gra  
athletics - lekka atletyka



### SPEAKING



1. Which sports do you associate with Britain?
2. What are the most popular sports in Poland?
3. Give some examples of individual and team sports.
4. Which spectator sports enjoy the greatest popularity in Poland?
5. What is your favourite sport?



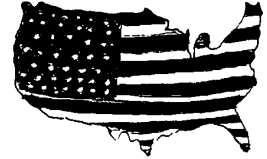
### SPEAKING PRACTICE 4

1. Przedstaw swój stereotyp Anglika.
2. Jak wyobrażasz sobie powszedni dzień Anglika?
3. Opowiedz o obowiązkach brytyjskiej królowej.
4. Co umiesz powiedzieć o kościele anglikańskim?
5. Którą z tradycji angielskich uważasz za najciekawszą i dlaczego?
6. Jakie sporty i gry kojarzą ci się z Wielką Brytanią?

### MY NOTES:

## 5. AMERICA AND ITS PEOPLE

### 5.1. Americans - myths, stereotypes and paradoxes



When we think of Americans, we usually associate them with colourful clothes, noisy behaviour and overweight. But what are they really like? What values do they have? It is not possible to answer this question explicitly but it seems that some American characteristics are a legacy of the Puritan ideology.

#### Puritan heritage

The Puritans thought of themselves as a special people able to build "a city upon a hill". They considered their success and increasing prosperity a sign of God's grace and did not respect those who failed. They promoted hard work, self-reliance and believed in man's unlimited ability to make progress. Even today their ideas are still popular. The special significance of succeeding in life has come to characterize the American culture ever since.

#### A recipe for successful life

American children are taught that drive, initiative and activity are the essence of life. It is believed that passivity warps the mind and that is why it is not accepted. Generally, Americans are characterized by a very practical sense and optimism. They never give up and even if they have problems, they are always trying to find some solution. Their recipe is simple: You have no money? No job? Don't wait! Do something! Be flexible! There is always a way out! Take a course in gardening, cooking, ceramics, embroidering, typing... Promote yourself! You must find some way to achieve success! If you don't, you are a muff and a crock.

#### The cult of money

Americans see their country as a vast continent of unlimited possibilities, the Promised Land where everyone has a chance to become perfect and successful. Success means money, hence Americans seem to be preoccupied with the thought how to make money. Many of them still believe in the myth "from rags to riches". However, not everyone becomes a millionaire in this richest country in the world. The vast majority of Americans have their own house, a good car and a well-paid job. The less fortunate ones rent a sleazy apartment and live on unemployment benefits. It is also commonly accepted that in that country of welfare there are some people living in cardboard boxes, sleeping on the pavement and carrying their belongings in plastic bags.



#### Health

Another American obsession, apart from money, is being fit and healthy. Illnesses make life complicated, hence Americans put a lot of effort into prevention. They regularly see specialists, take tons of vitamins, minerals and pills, practice sports (especially jogging), and keep a healthy, low-fat diet. Paradoxically, there are more overweight people in the

## AMERICA AND ITS PEOPLE

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States than anywhere else. It is not surprising since they are constantly tempted by calorific 'junk food': snacks, fry-ups, hot-dogs, hamburgers, pizza, chocolate bars, chips, cookies and so on.

### Family life

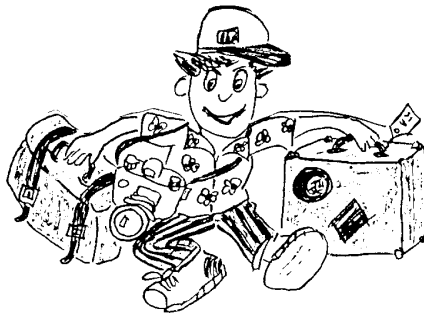
And what about the American model of family? Most Americans live in one-storeyed houses with a lawn, two cars in the garage, two television sets and a few telephones. A typical family consists of parents and two children (although nowadays there are more and more one-parent families in the U.S). When the children become independent (very early), they move out and live on their own. Hence, the family bonds in America are not very strong. It is also not customary to live with grandparents. Americans protect in this way their privacy and independence.

### Communication

Although Americans care a lot about not being disturbed, they are open and friendly. They are always ready to start a conversation in the street, in a store or subway. However, this is usually a meaningless 'small talk' which does not tell you anything about the person you are talking to. Still, Americans are very straightforward and always speak their minds. So if you need help or have a problem, you have to tell them directly. Otherwise, they will not react so as not to interfere with your private life.

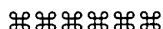
### American mobility

It is often said that Americans are a nation without roots. Indeed, they do not seem to be attached either to the house in which they live or the place of their work. Everything that counts in their lives is today: today's home, today's job, today's friends... Nothing is regarded as constant. Americans are more mobile than any other nation in the world. They are always on the move, restlessly looking for better prospects and a better life.



### In sum

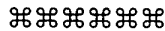
Americans are often surprised when others question their achievements, values or even their way of life. They are convinced that they are a unique nation which invented almost everything from the telephone to the artificial heart, and created the best of all possible worlds. True or not, they are proud of themselves and their country.





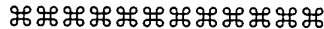
**VOCABULARY A**

noisy behaviour - hałaśliwe zachowanie	to be preoccupied with sth - być pochłoniętym czymś
overweight - nadwaga	from rags to riches - od pucybuta do milionera
legacy - spuścizna, dziedzictwo	sleazy apartment - lice mieszkanie
Puritan ideology - ideologia purytańska	unemployment benefit - zasiłek dla bezrobotnych
prosperity - dobrobyt, powodzenie	welfare - dobrobyt
God's grace - łaska Boża	cardboard box - karton
self-reliance - niezależność, poleganie na samym sobie	pavement - chodnik
significance - znaczenie	belongings - dobytek
progress - postęp	fit and healthy - w dobrej formie i zdrowy
to succeed in life - odnieść sukces w życiu	prevention - zapobieganie
drive - przedsiębiorczość, energia	low-fat diet - niskotłuszczowa dieta
passivity - bierność	fry-up - zapiekanka
to warp the mind - wypaczyć umysł	to be tempted by sth - być kuszonym przez coś
practical sense - zmysł praktyczny	calorific - kaloryczny
to give up - poddać się, dać za wygraną	one-storeyed house - parterowy dom
flexible - giętki, elastyczny	lawn - trawnik
embroidering - haftowanie	family bonds - więzy rodzinne
to promote oneself - reklamować, lansować siebie	privacy - prywatność
to achieve success - osiągnąć sukces	to be disturbed - być niepokojonym
muff - ofierma	to interfere with sth - wtrącać się do czegoś
crook - fałtapa	roots - korzenie
unlimited possibilities - nieograniczone możliwości	to be attached to sth - być przywiązany do czegoś
Promised Land - Ziemia Obiecana	mobile - tu: przemieszczający się
	better prospects - lepsze perspektywy



**SPEAKING**

1. What do you think of Americans? What are they like?
2. What American characteristics do you admire?
3. Would you like to be an American? Why/Why not?
4. To what extent are there nationality stereotypes?
5. Think of some positive and negative qualities of the stereotype of Polish nationality.



**5.2. America - the ethnic melting pot**

*"What then is the American, this new man? He is either a European, or the descendant of a European, hence that strange mixture of blood, which you will find in no other country. I could point out to you a family whose grandfather was an Englishman, whose wife was Dutch, whose son married a French woman, and whose present four sons have now four wives of different nations".*



J. Hector St. John

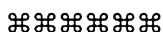
## AMERICA AND ITS PEOPLE

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America has long been known as an ethnic 'melting pot' in which individuals of all nations have melted into a new race of men. The country was compared to a big pot of soup which had bits of flavour from each different culture. In time they all blended together forming a new unique flavour. The basic 'ingredients' of this American mixture were immigrants who came to America from virtually every country in the world. Europe began sending colonists in the early 17<sup>th</sup> century but the massive immigration took place in the period from 1880 to 1920, when tens of millions of Europeans entered the United States. Black Americans, the largest ethnic minority in the country, were brought to America from Africa in the 17<sup>th</sup>, 18<sup>th</sup> and early 19<sup>th</sup> centuries as slaves. Hispanics, who constitute the next largest ethnic minority in America, have come from Mexico, Puerto Rico or Cuba. The United States' population has also absorbed many Asians from China, Hong Kong, Japan, Vietnam and other countries. In general, the United States took in nearly 43 million immigrants between 1820 and 1965. All these aliens have become Americans in the process of assimilation, naturalization and Americanization. America, on the other hand, has taken its character from an extraordinary variety of peoples.

Although there were immense differences between immigrants of various races, religions, cultures or backgrounds there was one thing that they had in common: all of them came to America to start a new life leaving everything behind. They all shared certain characteristics now regarded to be typically American: the courage to take risks, self-reliance, confidence in the future, optimism and tolerance of diversity.

The idea of the melting pot is now considered to be less true as many groups of people are not willing to give up their old customs or live out of their ethnic communities, for example the Chinese or Mexicans. In general, however, the descendants of immigrants are eager to mix with Americans, to adopt the American style of life and to follow American social customs.



### **VOCABULARY A**

immigrant - imigrant  
nationality - narodowość  
melting-pot - tygiel (narodów)  
nation - naród  
to melt - stopić się  
race - rasa  
pot of soup - garnek zupy  
flavour - smak  
ingredient - składnik  
colonist - kolonista, osadnik  
massive immigration - masowa imigracja  
ethnic minority - mniejszość etniczna  
slave - niewolnik  
to constitute - tworzyć  
population - ludność, populacja  
to absorb - wchłoniąć  
to take in - przyjmować, udzielać schronienia  
alien - cudzoziemiec, obcokrajowiec

assimilation - asymilacja  
naturalization - naturalizacja  
variety of peoples - różnorodność narodów  
immense - ogromny  
background - przeszłość (człowieka)  
to share - dzielić, podzielać  
characteristics - cechy  
courage - odwaga  
to take risk - podejmować ryzyko  
self-reliance - poleganie na sobie  
confidence - ufność, pewność  
diversity - różnorodność, różnorodność  
old customs - stare zwyczaje, obyczaje  
ethnic community - społeczność etniczna  
descendant - potomek  
to be eager - być chętnym  
to adopt - przyjąć, przybrać  
style of life - styl życia

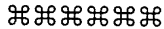
### **VOCABULARY B**

migration - migracja  
emigration - emigracja  
ancestry- ród, pochodzenie, przodkowie

descent - pochodzenie historyczne  
origin - pochodzenie (człowieka)  
citizenship - obywatelstwo

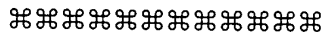
society - społeczeństwo  
 mankind - ludzkość  
 human race - rasa ludzka  
 overpopulation - przeludnienie  
 developed country - kraj rozwinięty  
 developing country - kraj rozwijający się  
 political refugee - uchodźca polityczny  
 minority group - mniejszość narodowa  
 a Latin - Latynos  
 a full-blooded Indian - Indianin czystej krwi

a black American - Murzyn  
 a half-breed - mieszaniec  
 a Mulatto - Mulat  
 an American Jew - amerykański Żyd  
 to be born in - być urodzonym w  
 to come from - pochodzić z  
 to take American citizenship - przyjmąc  
 obywatelstwo Amerykańskie  
 to integrate with - zintegrować się z



## SPEAKING

1. Why do you think immigrants are still coming to America?
2. What problems do all immigrants have to face in a new homeland?
3. Are there any reasons for immigration in Poland?
4. Are there any immigrant groups in Poland? Where do they come from?
5. How do Poles generally feel towards immigrants?



## 5.3. American presidents

The political system of the United States is based on democratic principles. America has a government "of the people, by the people and for the people" (A.Lincoln). This means that the American people have a voice in making the laws and the right to decide who will be the leader of their nation.

The President, chosen in nationwide elections every four years, has broad powers. He suggests bills to Congress, serves as Commander-in-Chief of the military and appoints many senior officials, including the heads of the Executive Departments, federal judges and ambassadors. In international affairs, he is responsible for maintaining relations with foreign countries. He often represents the U.S. abroad and has the power to conclude treaties with the approval of the Senate.

**5.3.1.** The first American president was **George Washington** (1732-99). He was elected in 1789 and served office for eight years. Rejecting a suggestion to stand for election a third time, he established a political custom which persisted till 1933 (F.D. Roosevelt's presidency). George Washington was considered a national hero. He was a veteran of the French and Indian Wars and a fierce fighter for America's freedom. Under his command, the American forces won the war against Great Britain during the American Revolution. As a result, the British government recognized the independence of the United States (the Treaty of Paris, 1783). Since that time the 13 American colonies have become free and independent states.



**5.3.2.** One of the best loved and most respected of America's presidents was **Abraham Lincoln** (1809-65). He served from 1861 to 1865 and although he had little experience in politics, he proved to be a great president. He called Americans "a nation conceived in liberty and dedicated to the proposition that all men are created equal". His two priorities were to keep the United States one country and to put an end to slavery. He earned the respect of many people during the Civil War which broke out in 1861. The pro-slave South wanted to secede from the Union and become an independent nation. Lincoln believed that "a house divided against itself cannot stand" and strongly supported the unity of the United States. In 1863 he issued the Emancipation Proclamation which granted freedom to all slaves. In April 1865, the South surrendered. The war brought an end to slavery, which was completely abolished by the 13<sup>th</sup> Amendment to the Constitution in 1865.



Abraham Lincoln was the first US president to be assassinated. He was shot by the actor John Wilkes Booth who was unhappy that the South had lost the war.

**5.3.3.** Despite being crippled by polio, **Franklin Delano Roosevelt** (1882-1945) was the only American president to be elected four times. He held office for twelve years from 1933 to 1945. Roosevelt enjoyed great popularity with the American people. He earned his reputation in the 1930s when there was a worldwide economic depression. During his presidency he introduced "a New Deal for the American people" and undertook special governmental measures to aid the recovery of the economy. He provided paid employment for the masses of people building dams, roads, bridges, airports, hospitals and public buildings. He also established the contributory old-age pensions, introduced a program of unemployment insurance and insured minimum wages for workers. Millions of Americans were grateful to him that he remembered "the forgotten man at the bottom of the economic pyramid". As a result of Roosevelt's New Deal programs, the American economy considerably improved.

During World War II, Roosevelt was a fervent advocate of close co-operation with the Allied Nations and an initiator of economic and military aid to the Allies. He was also a co-signatory of the Yalta Act, and a co-origiator of the United Nations.

**5.3.4.** **John Fitzgerald Kennedy** (1917-1963) was the first Catholic president of the United States. He was elected in 1960 and served the office for 3 years. His presidency was considered to be controversial. In international affairs, he tried to oppose Russian and Chinese expansionism in different parts of the world. However, not all his ventures were successful. His attempt to overthrow the Communist dictatorship of Fidel Castro in Cuba, for example, proved to be a disaster. In home affairs, Kennedy was in favour of internal reforms. The 1960s were the years of fighting for racial equality. Martin Luther King, Jr. led a peaceful campaign to desegregate Southern restaurants, theatres, schools, hotels and public transportation. President Kennedy was a strong supporter of equal rights for the black and proposed a series of laws that would end segregation and guarantee black people the right to vote. However, he never managed to achieve the goal because he was assassinated in Dallas, Texas in 1963. The death of this young and handsome president was a great shock to the American people.



The present president of the United States is a Democrat, **Bill Clinton**. He was inaugurated on January 20<sup>th</sup>, 1993, reelected in 1996, and is the 42<sup>nd</sup> president of the U.S.

**VOCABULARY A**

political system - system polityczny  
 democratic principles - demokratyczne zasady  
 government - rząd  
 to make the laws - tworzyć prawa  
 leader - przywódca  
 nationwide elections - ogólnonarodowe wybory  
 broad powers - szerokie uprawnienia  
 to suggest bills - proponować ustawy  
 commander-in-chief - głównodowodzący  
 to appoint officials - mianować urzędników  
 executive - wykonawczy  
 international affairs - sprawy międzynarodowe  
 to maintain relations - utrzymywać stosunki  
 to conclude treaties - zawierać traktaty

to serve office - sprawować urząd  
 political custom - zwyczaj polityczny  
 presidency - prezydentura  
 national hero - narodowy bohater  
 veteran - weteran  
 fierce fighter - zapalony bojownik (szermierz)  
 independent state - niezależny stan

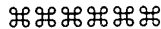
respected - szanowany  
 liberty - wolność, swoboda  
 equal - równy  
 priority - priorytet  
 slavery - niewolnictwo  
 Civil War - wojna domowa  
 to break out - wybuchnąć (o wojnie)  
 to secede - dokonać secesji, odłączyć się

unity - jedność  
 Emancipation Proclamation - proklamacja  
 o zniesieniu niewolnictwa  
 to surrender - poddać się  
 to abolish - znieść  
 amendment - poprawka  
 to assassinate - dokonać zamachu

to earn one's reputation - zdobyć szacunek  
 economic depression - kryzys gospodarczy  
 a New Deal - Nowy Ład  
 governmental measures - rządowe środki  
 recovery - poprawa  
 pension - emerytura  
 unemployment insurance - ubezpieczenie na  
 wypadek bezrobocia  
 minimum wages - minimalne tygodniowe zarobki  
 co-operation - współpraca  
 the Allied Nations - alianci  
 economic and military aid - pomoc gospodarcza  
 i wojskowa

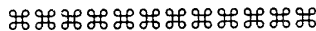
co-signatory - sygnatariusz  
 co-originator - współtwórca

to oppose - przeciwstawić się  
 expansionism - ekspansjonizm  
 venture - przedsięwzięcie  
 to overthrow - obalić  
 dictatorship - dyktatura  
 racial equality - równość rasowa  
 peaceful campaign - pokojowa kampania

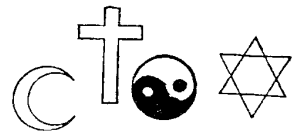


**SPEAKING**

1. What do you know about the political system of the United States?
2. What qualities should an ideal president have?
3. Do you think that the democratic system is the best of all? Why/Why not?
4. Could you name any other American presidents?



**5.4. God bless America**



The first American settlers escaped from religious persecution in England in the 17<sup>th</sup> century. They became known as Puritans because they wanted a 'pure' and simple church. For the sake of future generations, they decided that there would be no religious oppression in their new home. The First Amendment to the American Constitution states: 'Congress

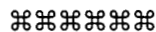
shall make no law respecting an establishing of religion, or prohibiting the free exercise thereof. This Amendment introduced in 1791 insures that the American government cannot give special favours to any religion, prohibit its free practice, or engage in any religious affairs. The members of different churches have equal rights and prayers in school are forbidden. There are also no religious public holidays in America apart from Christmas.

Since religion in America is not identified with oppression, it flourishes. Presidents often call on God to bless the American people. Also many Americans feel a desire to be close to God. They think of themselves as a nation 'under God'. 'In God we trust' - they are fond of saying. The church is for them not only a place of worship but also an important community center where they have an opportunity to meet, to make friends and to do something together, for example organize a charity for the needy or provide a treat for the members of the congregation.

America is a country of religious diversity. A recent encyclopaedia cites about 220 recognized denominations and about 1.200 religious groups and sects in the United States. Nowadays three religions are prevalent in America: Protestantism with its varieties (the Methodists, Presbyterians, Baptists, Quakers and others), Catholicism and Judaism. However, other world religions are also increasing their numbers and influence in America, among others Buddhism, Islam and the Orthodox Church.

Religions vary considerably from each other. Some of them are even regarded to be very controversial. The Mormons, for example, permitted the plurality of wives but they were eventually forced to follow the law of the country. The Amish of Pennsylvania are distinguished from other groups by their simplicity of life and dress. They live in rural areas in simple houses without electricity, keep their children out of high school so that they are not affected by modern society, and renounce modern life in every respect. The Mennonites reject the death penalty, abstain from all oaths, denounce the use of war as an international policy and are conscientious objectors to military service.

Although there are so many different faiths in the United States, open religious prejudice is rather rare. On the contrary, Americans are proud of their country's religious diversity which is a natural consequence of religious freedom. They often emphasize that the most important thing they share is belief in God and a duty to live a good life.



### VOCABULARY A

'God bless America' - 'Boże pobłogosław

Amerykę' (ulubiona pieśń narodowa)

settler - osadnik

religious persecution - prześladowanie religijne

Puritans - purytanie

oppression - gnębienie, ucisk

to establish - ustanowić

to prohibit - zabronić

to give favours - faworyzować

free practice - swobodne praktykowanie

religious affairs - sprawy religijne

church - kościół

prayer - modlitwa

to flourish - kwitnąć

to trust - ufać

worship - 1. cześć boska, uwielbienie

2. wyznanie religijne

community - społeczność

charity - tu: akcja charytatywna

the needy - potrzebujący

treat - poczęstunek

religious diversity - różnorodność religijna

denomination - wyznanie

sect - sekta

prevalent - dominujący, panujący

Protestantism - protestantyzm, wyznanie ewangeliczne

Methodist - metodysta

Presbyterian - prezbiterianin

Baptist - baptysta

Quaker - kwakier

Catholicism - katolicyzm

Judaism - judaizm

## 5.6. Americans and leisure

Americans spend their leisure time in many different ways. Although in general they lead a rather hectic life, they find it important to relax and to have some fun.

At least once a week they go out to dinner after work. In America there is no tradition of cafés which are so popular in many European countries. Instead of sitting over a cup of coffee and a piece of cake, Americans prefer going to a restaurant for pizza, hamburger or some Italian or Chinese specialty.



At home they like watching television, playing games with children, making, improving and mending things in the house, or fumbling with the car. Many of them also find some time for fitness activities, such as jogging or cycling.

Americans are very sociable people. They often get together and give parties for kids and grown ups on various occasions. It is also quite common that they invite their friends or relatives for a barbecue and a few drinks.

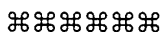
On Saturday afternoon they go to drive-in movies which are especially popular with families with little children (no need to get a babysitter!).

Another popular pastime in the US is going to sporting events together with some friends and having parties afterwards.

Camping and family picnics are a great way of spending a weekend break. Americans are very mobile and sociable. They like travelling, visiting new places and meeting new people. On Saturday they head towards the recreation areas - campsites located in picturesque places, state or county parks, or public beaches. Unfortunately, they cannot rest wherever they like because practically there is no informal countryside in the US. In some places money is charged for each car coming while to others access is forbidden because they are usually someone's property.

During the summer vacation Americans also travel a lot. Many go to visit the old home or relatives while others visit beautiful or historic places. The most popular tourist destinations are the cities of New York and San Francisco; Yosemite, Yellowstone and Glacier National Parks; the Grand Canyon; Niagara Falls; the White House in Washington, D.C.; and Mount Rushmore with four famous presidential heads hewn in rock. If Americans want to relax and enjoy the sunshine, they go to sunny Florida or Hawaii.

Many Americans visit foreign countries as well. They usually travel to Europe, South America, West India and the Carribean. Also Asian and African countries attract more and more tourists every year. Americans are indeed a nation on the move.



### VOCABULARY A

leisure - czas wolny

hectic life - gorączkowe życie

to have some fun - zabawić się trochę

to go out to dinner - pójść na obiad

to improve - ulepszać

to mend - naprawiać

to fumble with the car - "grzebać" przy samochodzie

fitness activities - ćwiczenia w celu poprawienia sprawności fizycznej

## AMERICA AND ITS PEOPLE

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The most "American" of these holidays is Independence Day, often called the "Fourth of July". On this day the Declaration of Independence was signed in 1776 and since that time July 4 is regarded as the birthday of the United States. The celebration is marked by flying the national flag, parades, patriotic speeches, picnics and fireworks.

Another outdoor holiday is Memorial Day. For many Americans it is not only a day on which they honour the dead but also a day forerunning the approach of the summer season. If they do not take part in any special ceremonies in cemeteries, or parades, they usually spend the weekend in their summer homes in the countryside.

Apart from the official holidays, many Americans celebrate Mother's Day, Father's Day, Valentine's Day and Halloween.

Many ethnic groups also have their own holidays related to their religion or old traditions.

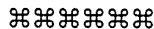
The French celebrate Mardi Grass - the last day of Carnival in New Orleans. On this day they wear colourful costumes and masks, and hold a huge parade in the streets of the city.

People of Irish descent observe St. Patrick's Day (March 17). They wear green clothes, drink green beer and stage parades in New York and Chicago.

The Chinese traditionally celebrate the Chinese New year with feasts, parades and fireworks. They also decorate the streets with paper chains. These spectacular events take place in Chinatown of New York and San Francisco, the areas with the greatest concentration of people of Chinese descent.

German-Americans organize "Octoberfests" with German music, dancing and food in the Midwest.

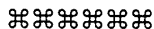
In New York almost every ethnic group celebrates some special day. Traditional festivals are observed by people from Puerto Rico, Italy, Poland or Haiti.



### VOCABULARY A

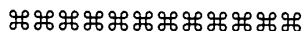
to honour the dead - uczcić zmarłych  
to celebrate - obchodzić, świętować  
carnival - karnawał  
to observe - obchodzić (święto)  
feast - uczta

fireworks - pokazy sztucznych ogni  
to decorate - ozdabiać, dekorować  
paper chain - papierowy łańcuch  
spectacular - widowiskowy  
traditional festivals - tradycyjne święta



### SPEAKING

1. Are there any equivalents of American holidays in Poland?
2. Which holiday do you love best?
3. Why are there so many festivals in New York?
4. Which American holiday celebration would you most like to take part in?





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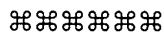
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 to go out to dinner - pójść na obiad  
 to improve - ulepszać

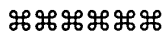
to mend - naprawiać  
 to fumble with the car - "grzebać" przy  
 samochodzie  
 fitness activities - ćwiczenia w celu poprawienia  
 sprawności fizycznej

## AMERICA AND ITS PEOPLE

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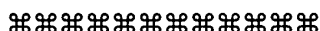
to give parties - wydawać przyjęcia  
pastime - rozrywka  
sporting event - wydarzenie sportowe  
family picnic - rodzinny piknik  
mobile - tu: lubiący się przemieszczać  
recreation area - teren rekreacyjny  
picturesque places - malownicze miejsca  
beach - plaża  
to rest - wypoczywać  
money is charged - pobiera się pieniądze

access - dostęp, wstęp  
property - własność  
summer vacation - letnie wakacje  
relatives - krewni  
tourist destination - cel turystyczny  
falls - wodospady  
hewn in rock - wykute w skale  
to attract tourists - przyciągać turystów  
on the move - w podróży, podróżujący



## SPEAKING

1. Do Americans spend their free time differently from Polish people?
2. What do Polish people like doing in the evening and at weekends?
3. How do you usually spend your holidays?



## SPEAKING PRACTICE 5

1. Jak wyobrażasz sobie typowego Amerykanina?
2. Odpowiedz, dlaczego Amerykę często określa się jako "tygiel narodów"?
3. Wymień i przedstaw najbardziej znanych amerykańskich prezydentów.
4. Opowiedz o amerykańskich świętach. Które z nich uważasz za najciekawsze?
5. Wymień religie dominujące w Stanach Zjednoczonych.
6. Opowiedz, jak Amerykanie najchętniej spędzają wolny czas.

## MY NOTES:

## 6. FAMOUS BRITISH AND AMERICAN CITIES

### 6.1. London

*'When a man is tired of London, he is tired of life'*  
(Samuel Johnson)



The above saying is a cliché but indeed there are so many things worth seeing in London that you cannot be bored there. The capital of Great Britain is one of the most fascinating places in the world where all the races, nations and civilizations meet. Apart from its variety, London is also famous for its numerous historic buildings, monuments, museums, galleries, parks, theatres, cinemas and shops. To discover this unique city, visitors may use the popular tube or the famous double-decker buses. A good idea is to go on a guided walk which lasts about three hours and has some special theme, for instance 'Royal London' or 'The Beatles London'. Another possibility is a tour on a sightseeing bus or a cruise down the Thames.

#### The most famous sights

Traditionally, most tourists start visiting London from Westminster Abbey where all British sovereigns have been crowned. This magnificent Gothic Church is also famous for its numerous tombs and monuments to distinguished figures in Britain's past.

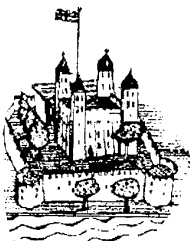
Not far away from Westminster Abbey there is a massive complex of the Houses of Parliament built in the Gothic style in the 19<sup>th</sup> century. Now the public can visit both the House of Commons and the House of Lords where parliamentary debates are held.

To the west of Parliament Square there is St James's Park, the oldest of London's royal parks where tired tourists may rest for a while before they proceed to Buckingham Palace, the Queen's residence. There they may observe the Changing of the Guard, a very colourful ceremony which takes place most mornings in the forecourt of Buckingham Palace.

Leading east from the royal residence is Whitehall, a street crowded with government offices, ministries and the Prime Minister residence at Downing Street No. 10 (a small side street off Whitehall).

At the far end of Whitehall lies Trafalgar Square, famous for a large statue of Admiral Lord Nelson, fountains, pigeons and New Year revelries. To the north of the Square stands the National Gallery housing one of the greatest collections of paintings of the world.

When visiting historic London, tourists should not forget about the Tower of London. It is traditionally guarded by the Yeomen Warders of the Guard (known as 'Beefeaters') who daily perform the Ceremony of the Keys (the ritual locking of various parts of the Tower).



## FAMOUS BRITISH AND AMERICAN CITIES

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The former prison and royal residence is now a museum where visitors may see the fabulous Crown Jewels, the executioner's block or the oriental and other armouries.

### Entertainment

The centre of London has many different areas. An interesting place to see is colourful Chinatown, a Chinese district full of oriental shops and restaurants. Shaftesbury Avenue separates Chinatown from Soho - the centre of London entertainment with numerous cinemas, theatres, discotheques, night clubs, pubs, restaurants and gambling clubs. To the south of Soho there is Picadilly Circus with its colourful neon signs, the statue of Eros and the Trocadero - a new development of shops, restaurants and entertainment.

### The City

The City of London is one of the world's greatest financial centres and the historical centre of London. The area contains several banks, including the Bank of England and Stock Exchange. The most impressive building in this part of London is St. Paul's Cathedral, the architectural masterpiece of Christopher Wren. It houses many graves and monuments to important figures in the history of England, such as Nelson, Wellington or Montgomery.

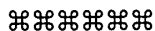
### Green London



Visitors to London may relax in wonderful London parks: Richmond and Kew Gardens full of beautiful exotic plants and trees. Another good idea is to visit the Village of Greenwich, a very charming place on the River Thames. A special tourist attraction is the Cutty Sark - the most famous tea clipper in Britain, and also the Royal Observatory with zero longitude which runs through it. The time in every country is calculated from this line.

### Other attractions

The list of London specialties is not over. There are so many things worth seeing there that it would take a long time to enumerate them all. Those who like doing the shopping should visit busy Oxford Street and Regent Street. Others may contemplate the impressive ancient, medieval and oriental collections of the British Museum or have some fun at Madame Tussaud's museum of wax figures. Discovering London may be really a fascinating experience.



### VOCABULARY A

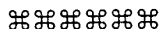
saying - powiedzenie  
cliché - frazes  
worth seeing - warte zobaczenia  
variety - różnorodność  
unique - jedyne w swoim rodzaju  
tube - metro  
double-decker bus - autobus piętrowy  
guided walk - przechadzka po mieście  
z przewodnikiem  
tour - wycieczka turystyczna  
sightseeing bus - autobus turystyczny

cruise down the Thames - rejs Tamizą  
Westminster Abbey - Opactwo Westminster  
sovereign - monarchia  
tomb - grobowiec  
distinguished figures - wybitne postacie  
House of Commons - Izba Gmin  
House of Lords - Izba Lordów  
parliamentary debate - debata parlamentarna  
residence - rezydencja  
Changing of the Guard - zmiana warty  
colourful ceremony - kolorowa ceremonia

## FAMOUS BRITISH AND AMERICAN CITIES

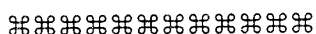
forecourt - dziedziniec przed pałacem  
revelry - zabawa, hulanie  
tower - wieża  
ritual locking - rytualne (obrzędowe) zamykanie  
royal - królewski  
fabulous crown jewels - legendarne klejnoty  
królewskie  
executioner's block - pień katowski  
armouries - broń, zbroje

entertainment - rozrywka  
gambling club - klub hazardowy  
Stock Exchange - giełda  
masterpiece - arcydzieło  
charming place - urokliwe miejsce  
tea clipper - kliper (rodzaj żaglowca)  
przewożącego herbatę  
zero longitude - południk zerowy  
wax figures - figury woskowe

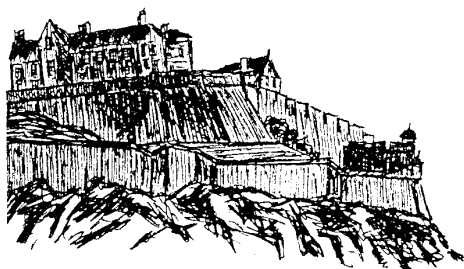


### SPEAKING

1. Would you like to spend your summer holidays in London?
2. Which place would you most like to visit in London?
3. Do you think that the capital of England is a more interesting place than the capital of Poland?
4. Why is London a cosmopolitan city?



## 6.2. Edinburgh - the capital of Scotland



Edinburgh, the capital of Scotland, is the centre of government and commercial life. It is also a popular tourist destination. The city is famous for its picturesque location, fine buildings and the annual international festival.

The most imposing structure is Edinburgh Castle, a famous fortress built on a hill in the centre of Edinburgh. The oldest parts of the castle date back to about 1100. A

special tourist attraction is the Edinburgh Military Tattoo which takes place annually on the grounds of the castle. This spectacular military parade lasts three weeks in August and September and is an impressive display of marching, military music and fireworks.

Another event which draws thousands of visitors to the capital of Scotland is the famous Edinburgh Festival. This international arts festival started in 1947 and since that time it annually brings to Edinburgh the finest performers and productions from all over the world. It is held at various centres of Edinburgh at the same time as the Tattoo and includes theatre, music, opera, dance and comedy. The unofficial part of the Edinburgh Festival is called the Fringe and it has a reputation for its experimental or avant-garde productions. In fact, more plays and concerts take place on the Fringe than at the official festival.

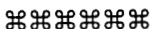
Edinburgh is full of beautiful historical buildings. One of them is Holyrood House, a large mansion built in the early 16<sup>th</sup> century and used as the official residence of the Queen whenever she is in Edinburgh. Another well-known building is Lady Stair's House dating from 1622 and containing literary relics of Robert Burns, Sir Walter Scott and Robert Louis Stevenson. Most of the old buildings in Edinburgh stand along the Royal Mile, the ancient street leading from the castle.

## FAMOUS BRITISH AND AMERICAN CITIES



One more place worth visiting in Edinburgh is Calton Hill. Rising to 335 ft, it offers an impressive view of the city centre (especially the wide busy Princes Street) and Firth of Forth (a gulf on the North Sea). On the top there is a collection of monuments, including the National monument (a partly completed copy of the Greek Parthenon) and the Nelson monument.

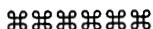
Edinburgh is the cultural centre of Scotland. The city's pride are numerous art galleries, theatres, museums, old university (1582) and the Edinburgh Academy.



### VOCABULARY A

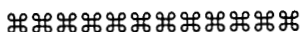
commercial - handlowy  
tourist destination - cel turystyczny  
imposing structure - imponująca budowla  
castle - zamek  
fortress - forteca, twierdza  
on a hill - na wzgórzu  
to date back - pochodzić z (danego okresu)  
on the grounds - na terenie  
spectacular - widowiskowy  
display - pokaz, popisy

fireworks - pokazy sztucznych ogni  
to draw - przyciągać  
visitor - zwiedzający  
arts festival - festiwal sztuki  
avant-garde - awangardowy  
mansion - rezydencja  
literary relics - literackie pamiątki  
gulf - zatoka  
monument - monument, pomnik  
city's pride - duma miasta



### SPEAKING

1. Which city would you prefer to visit: London or Edinburgh? Why?
2. Which event would you most like to take part in if you visited Edinburgh?
3. What do you know about Scottish people and culture?



## 6.3. Cardiff - the Welsh capital

Cardiff is the capital city of Wales. It lies on the southeast coast of Wales on the Bristol Channel. Although Cardiff is not a metropolis (its current population is only about 300.000), it is an important administrative, commercial, cultural and industrial centre and port.

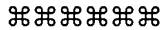


Cardiff is a city of contrasts. The famous Cardiff Castle dating back to Roman times, stands alongside a modern shopping centre with many fashionable shops, excellent restaurants and hotels. The Castle, built in 1090, is the greatest tourist attraction.

Cardiff is also known for its beautiful parks covering hundreds of acres in the city. The major commercial buildings are found around Cathays Park. Cardiff has also one of the world's great Civic Centres including the Law Courts; the University College; the National Museum of Wales with an astonishing range of exhibits in natural science, archeology, botany, zoology and art; and the Welsh Industrial and Maritime Museum housing a collection of boats and railway vehicles.

Visitors to Cardiff may also admire Llandaff Cathedral built in the late Gothic style, and the richly decorated building of City Hall.

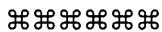
Although Cardiff is not so exciting as London, it is still an attractive and interesting place to see.



### VOCABULARY A

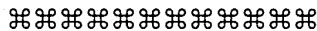
coast - wybrzeże  
current population - obecne zaludnienie  
shopping centre - centrum handlowe  
tourist attraction - atrakcja turystyczna  
civic centre - centrum administracyjne miasta

law court - sąd  
astonishing - zadziwiający  
exhibit- eksponat  
collection of boats - kolekcja łodzi  
city hall - ratusz



### SPEAKING

1. If you had a choice, would you to go England, Scotland or Wales?  
Why?
2. What is Wales famous for?
3. Do you find Cardiff an attractive city?

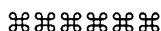
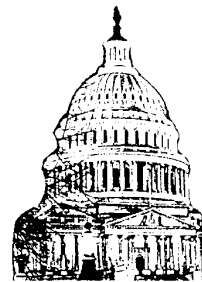


## 6.4. Washington, D.C.

The city of Washington, in the District of Columbia along the Potomac River, is the capital of the United States. It was designed by the French architect Pierre L'Enfant in the late 18<sup>th</sup> century and was the world's first city especially planned as the national capital.

Washington, D.C. is outside the jurisdiction of any state and governed directly by Congress. Having been planned as a center of the Federal government and foreign affairs, it includes the representative government buildings. The most famous one is the White House, the official presidential headquarters built in the classical style. Another noble pile is the National Capitol, the seat of the Federal Congress and a symbol of American democracy. Visitors to Washington may also admire the beautiful buildings of the Law Courts, the Library where the Declaration of Independence and the Constitution of the United States are kept, the Lincoln Memorial, and the monuments to such great men as George Washington (the first President), Thomas Jefferson or Tadeusz Kościuszko.

Washington is a very beautiful city and an important cultural and educational center (six universities!). It is the 10<sup>th</sup> largest city in the United States with a population of over 3.5 million. An interesting fact about Washington is that about 70 per cent of the residents are black.

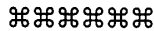


## FAMOUS BRITISH AND AMERICAN CITIES

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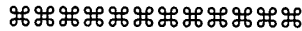
### VOCABULARY A

capital - stolica	National Capitol - Kapitol (siedziba Kongresu)
district - okręg	seat - siedziba
jurisdiction - jurysdykcja, kompetencje władzy sądowej	law court - sąd
state - stan	Declaration of Independence - Deklaracja Niepodległości
federal government - rząd federalny (ogólnokrajowy)	memorial - pomnik
foreign affairs - sprawy zagraniczne	monument - monument, pomnik
presidential headquarters - kwatera prezydenta	population - ludność
noble pile - imponujący gmach	resident - stały mieszkaniec



### SPEAKING

1. What do you know about the capital of the United States?
2. In what sense is Washington different from other capital cities?
3. What would be some of the advantages and disadvantages of living in Washington, D.C.?



## 6.5. New York

New York is on most tourists' lists of places to visit. This largest American city, often called 'the Big Apple', is the financial and cultural center of the world. New York was first known as New Amsterdam but it was taken over from the Dutch in 1664.



When we think of New York, we usually associate it with the Statue of Liberty, a gift from the French to the people of the United States to commemorate the centennial of the American Revolution. This colossal monument portrays Liberty as a crowned woman stepping from broken shackles and holding a burning torch and a tablet representing the Declaration of Independence. The Statue is the greatest symbolic structure in the United States, a gateway to the New World of freedom, unlimited opportunities and a good life.



New York is composed of five big boroughs: Manhattan, Brooklyn, the Bronx, Richmond and Queen's which are joined with each other by immense bridges and tunnels.

The most famous borough is Manhattan Island with the greatest concentration of office skyscrapers in the world. They are clustered around Wall Street which is considered to be the financial center of the world.

The tallest building in New York is the Empire State Building, from the top of which tourists may admire the magnificent panorama of the city. Visitors may also be impressed by the modern World Trade Center which serves as a center for every kind of international business;



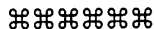
## FAMOUS BRITISH AND AMERICAN CITIES

the headquarters of the United Nations composed entirely of glass; a complex of buildings known as the Rockefeller Center with a large golden statue of Prometheus in front of it; and Carnegie Hall - a huge and splendid concert hall.

The city's main artery is Broadway, the theatrical district where visitors have a unique opportunity to see the most popular plays and musicals.

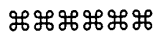
New York is not only 'glass and steel' constructions. It also includes more picturesque and quiet places such as Central Park (although sometimes it is dangerous to walk there alone), Greenwich Village, 'Little Italy' or Chinatown.

New York is a cosmopolitan city. Its inhabitants come from almost every corner of the world. This mosaic of cultures and races makes New York more varied and for many Americans more exciting than any other city.



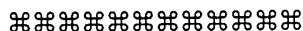
### VOCABULARY A

to take over - przejąć	to commemorate - upamiętnić
the Dutch - Holendrzy	centennial - stulecie
Statue of Liberty - Statua Wolności	shackles - okowy, pęta
gift - podarunek, dar	burning torch - paląca się pochodnia
tablet - tablica	main artery - główna arteria
symbolic structure - symboliczna budowla	theatrical district - dzielnica teatralna
gateway - brama wjazdowa, przejście	opportunity - sposobność, okazja
borough - dzielnica	glass and steel constructions - konstrukcje ze szkła i stali
concentration - skupisko	
bridge - most	picturesque - malowniczy
skyscraper - drapacz chmur	cosmopolitan city - kosmopolityczne miasto
clustered - skupione, zgromadzone	mosaic - mozaika
headquarters - kwatera główna	race - rasa
composed of glass - stworzony ze szkła	varied - zróżnicowany
statue - posąg, statua	exciting - ekscytujący
concert hall - sala koncertowa	



### SPEAKING

1. What do you usually associate New York with?
2. Would you like to visit New York? Why/Why not?
3. Why is New York a cosmopolitan city?



## 6.6. San Francisco and Los Angeles - the cities of dreams



California, one of the most wonderful states on the West Coast, is famous for its two cities: San Francisco and Los Angeles.

In 1776, San Francisco was a small Spanish settlement which expanded rapidly with Gold Rush in the 1840s. In 1906, the city suffered from a severe earthquake which destroyed nearly 30,000 buildings and killed more than 500 people. The city was then completely rebuilt and took on a new shape. Nowadays it is regarded as one of the most beautiful American cities, often called 'the Golden City'.

San Francisco is first of all famous for its two bridges: the Oakland Bay Bridge, two kilometres of which make it the longest steel bridge in the world, and the Golden Gate Bridge, which is suspended on two huge towers and considered a marvel of technology.

Another attraction is Alcatraz Island which for many years served as a federal prison. The harsh régime and impossibility of escape made the island notorious, but the prison was closed in 1963.

San Francisco is also famous for a hundred year old cable car, the most winding road in the world known as Lombard Street, and the colourful sights of Chinatown where Oriental shops and restaurants crowd the street and the largest Chinese community outside Asia finds its home.

San Francisco is regarded to be the cultural center of California. However, Los Angeles has overtaken its northern rival in size and significance. With a population of 13 million, it is considered the major city in California and the second largest metropolitan area in the United States.

Los Angeles downtown is full of luxurious and modern hotels, banks and offices towering above the city. The walls of the buildings are made of glass reflecting the sunshine.

The greatest tourist attraction, however, is Hollywood, the glamorous center of the film industry with numerous studios and movie theatres.

Visitors are also attracted by Disneyland, a fabulous playground for children and adults.

Los Angeles, with its mild climate, unique atmosphere and interesting sights, is one of the favourite holiday destinations for all American tourists. And not only for tourists as many rich and famous people decide to settle down in the elegant Beverly Hills district, Malibu or the Santa Monica suburb known for its beautiful beach, clean air and relaxing atmosphere.

Not far away from Santa Monica is Fisherman's Village, a well-preserved complex of old buildings with a 60-foot tall lighthouse on the coast.

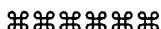
Shopping in Los Angeles is an experience on Venice Boulevard full of stalls and fast-food outlets, and Olivera Street where the Mexican influence is strongest. The city has also its own Chinatown known for numerous restaurants and colourful shops.

One more place worth seeing in Los Angeles is the magnificent Memorial Coliseum, a huge stadium which hosted the Olympics in 1984.

The great variety and fine scenery of Los Angeles and San Francisco still continue to attract vast numbers of tourists from America and abroad for whom sightseeing is an exciting experience.

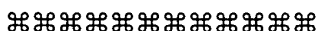
## VOCABULARY A

wonderful - cudowny	cable car - kolejka
West Coast - zachodnie wybrzeże	winding - kręta
settlement - osada	to overtake - prześcignąć
to expand - rozrosnąć się	significance - znaczenie, ważność
Gold Rush - gorączka złota	downtown - centrum
earthquake - trzęsienie ziemi	to tower - górować, dominować
rebuilt - przebudowany	glamorous - wspaniały, fascynujący
new shape - nowy kształt	fabulous playground - bajeczny, fantastyczny plac zabaw
bridge - most	
to suspend - zawiesić	to settle down - osiedlić się
tower - wieża	district - dzielnica
marvel of technology - cud techniki	beach - plaża
prison - więzienie	lighthouse - latarnia morska
harsh régime - surowy reżim, dyscyplina	stall - stragan
impossibility of escape - niemożność ucieczki	magnificent - wspaniały
notorious - głośny, znany	huge stadium - ogromny stadion



## SPEAKING

1. Which American city would you most like to visit? Why?
2. What makes San Francisco and Los Angeles such attractive cities?



## SPEAKING PRACTICE 6

1. Które miasto wybrałbyś, gdybyś mógł zamieszkać w Nowym Jorku, San Francisco, Los Angeles czy Waszyngtonie? Uzasadnij.
2. Które z brytyjskich miast odwiedziłbyś najchętniej? Dlaczego?
3. Zaproponuj koledze, który jedzie do Londynu, obejrzenie paru najciekawszych miejsc.
4. Zaproś przyjaciół na wycieczkę do Kalifornii. Powiedz im, co tam warto zobaczyć.
5. Zachęć kolegów do odwiedzenia Edynburga pod koniec sierpnia.
6. Powiedz, dlaczego chciałbyś jechać na wycieczkę do Nowego Jorku.

## MY NOTES:

## 7. LITERATURE



### 7.1. The British classics

**7.1.1. William Shakespeare** is considered the greatest British playwright. He was born at Stratford-on-Avon in 1564. He was educated at Grammar School in Stratford which was known for its high standards of teaching. In 1582, he married Anne Hathway and they had three children. In 1592, Shakespeare left his family and went to London. He quickly made friends with the best contemporary actors and set up his own theatre, the Globe. His company, known as the King's Men, performed most of his plays at the Globe. Shakespeare occasionally appeared as an actor himself but he was much better at writing plays. About 1610, he came back to Stratford, where he died in 1616.

The greatest of Shakespeare's contributions to literature was creating a new form of drama which did not abide by the rules of classical poetics. He wrote plays for the average theatre-goer. They reflected "the very age and body" of his epoch and showed a great understanding of human activities of all kind. His plays are roughly divided into comedies, tragedies and histories. The most popular ones are *Hamlet*, *Macbeth*, *King Lear*, *Romeo and Juliet*, *Much Ado about Nothing* and *The Taming of the Shrew*.

It is less known that Shakespeare was also one of the most accomplished of Britain's poets. His Sonnets show his extraordinary powers of expression and his deep understanding of human nature.

**7.1.2. George Gordon Lord Byron** was one of the most distinguished Romantic poets. He was born in 1788 in an aristocratic family and his life was stormy and eventful. He was considered a rebel who defied all social conventions. Branded as a man deprived of all moral norms, he left England forever in 1816 and travelled widely across Europe. He died of fever in 1824, fighting for Greek independence.

In his poems, lyrics and drama, Byron created a type of a 'romantic hero' personifying the fundamental conflicts of the epoch. A typical example of a 'Byronic' hero was Childe Harold from his poem *Childe Harold's Pilgrimage*. He also wrote the poetical poems *Giaour* and *Don Juan*, and a drama, *Manfred*.

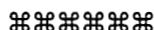
**7.1.3. Charles Dickens** was the most popular novelist in the 19<sup>th</sup> century. He came from a poor family and was not well educated. He left school at the age of twelve and worked in a factory. His novels often tell stories about young children who have to work hard to escape poverty, for example *Oliver Twist*.



Dickens was the main representative of realism in literature. In his novels he mocked and denounced the social evils and all sorts of deplorable things which were part of the Victorian scene. Still, his works are generally rather optimistic, saturated with humour and sentimentality. His best-known novels are *The Posthumous Paper of the Pickwick Club*, *A Christmas Carol*, *David Copperfield*, *Great Expectations* and *A Tale of Two Cities*.

**7.1.4. Charlotte, Emily and Ann Brontë** were the most distinguished women writers in the 19th century. They were the daughters of a parish priest. They grew up in a sparsely populated and dismal Yorkshire moorland. The unique atmosphere of that place had a great influence on their writing.

The sisters wrote under pseudonyms because at that time it was improper for 'good' women to write. The best known novel of Ann's was *Agnes Gray*, a sentimental romance. Charlotte's greatest literary achievement was *Jane Eyre*, a moving story about the life of a sensitive and romantic governess. However, all the critics agree that Emily surpassed her sisters. Her famous novel, *Wuthering Heights*, is considered a literary masterpiece. It tells a romantic story of love, hatred, passion and destruction. The novel was later made into two film versions.



### VOCABULARY A

classic - klasyk  
 playwright - dramaturg  
 to make friends - zaprzyjaźnić się  
 to set up - założyć  
 company - tu: grupa teatralna  
 to perform plays - odgrywać sztuki  
 contribution - wkład, zasługa  
 to abide by - przestrzegać  
 classical poetics - klasyczna poetyka  
 to reflect - odzwierciedlać  
 "Much Ado about Nothing" - "Wiele hałasu o nic"  
 "The Taming of the Shrew" - "Poskromienie  
 złośnicy"

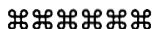
accomplished - znakomity, utalentowany  
 sonnet - sonet  
 power of expression - siła wyrazu  
 human nature - natura ludzka

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 distinguished - wybitny  
 stormy - burzliwy  
 eventful - urozmaicony, burzliwy  
 rebel - buntownik  
 to defy - lekceważyć, ignorować  
 convention - konwenans  
 branded - napiętnowany  
 to deprive - pozbawić  
 to travel widely - dużo podróżować  
 poem - poemat  
 lyric - wiersz liryczny

drama - dramat  
 romantic hero - romantyczny bohater  
 to personify - uosabiać  
 fundamental - podstawowy  
 epoch - epoka  
 poetical poem - powieść poetycka

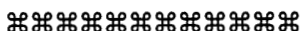
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 novelist - powieściopisarz  
 poverty - ubóstwo  
 representative - przedstawiciel  
 to mock - wyśmiewać, wykpić  
 to denounce - demaskować, obnażać coś  
 social evils - krzywdy społeczne  
 deplorable - godny pożałowania  
 to saturate - przesycać  
 sentimentality - sentymentalność  
 "A Christmas Carol" - "Opowieść wigilijna"  
 "Great Expectations" - "Wielkie nadzieje"

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 parish priest - pleban  
 sparsely populated - słabo zaludniony  
 influence - wpływ  
 pseudonym - pseudonim  
 sentimental romance - sentymentalny romans  
 literary achievement - literackie osiągnięcie  
 moving - wzruszający  
 governess - guwernantka  
 "The Wuthering Heights" - "Wichrowe Wzgórze"  
 literary masterpiece - arcydzieło literackie



## **SPEAKING**

1. Which is your favourite British classic?
2. What do you know about Shakespeare's plays?  
Have you ever read or watched any of them?
3. Which is your favourite literary genre?



## 7.2. Modern British writers

Modern British literature is so varied that it is not possible to characterize it in a few sentences. Probably the best known names are Joseph Conrad, James Joyce, Virginia Woolf, Aldous Huxley, Graham Green, Kingsley Amis and John Fowles. Although they were all remarkable writers, they were not awarded the Nobel Prize for Literature. This honour belonged to Rudyard Kipling (1907), George Bernard Shaw (1925), John Galsworthy (1932), Thomas Stearns Eliot (1948), and William Golding (1983).



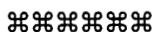
**7.2.1. John Galsworthy** (1879-1933) made his name as the author of a series of realistic novels entitled **The Forsyte Saga**. This family chronicle enjoyed great popularity, and the name 'Forsyte' became a symbol of the English bourgeoisie. Galsworthy depicted in his novels the social and moral changes of the British middle class at the turn of the 19<sup>th</sup> and 20<sup>th</sup> century. Although he criticized the bourgeoisie for the superficiality of its culture, hypocrisy, materialism, practical sense, eagerness for gain and lack of resilience, he remained a 'humanitarian moralist' who held an optimistic view of human nature.

*The Forsyte Saga* originally included three novels: *The Man of Property*, *In Chancery* and *To Let*. Later Galsworthy wrote another series of novels about a new generation of the Forsytes, entitled *The Modern Comedy*.

**7.2.2. William Golding** is one of the most distinguished writers of the post-war period. Educated at Oxford, he was for many years a teacher in Wiltshire. His literary output has a moralizing and even didactic character. By means of allegories and symbols, he emphasizes the maladies of our civilization. His novels bear some resemblance to moral parables or myths.

In his first and most successful novel, *Lord of the Flies*, Golding depicts the gradual disintegration of human values as experienced by a group of young boys forced to live on a desert island. The book is an allegory of contemporary human society, its cruelty and evil instincts. The novel warns of the real possibility of mass annihilation. Golding is also the author of the novels *The Spire*, *The Inheritors* and *Alexandria Quartet*.

In 1983, William Golding was awarded the Nobel Prize for Literature, and in 1988 he was knighted.



**VOCABULARY A**

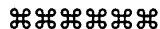
modern - współczesny  
 to characterize - scharakteryzować  
 remarkable - znakomity, wybitny  
 to award - przyznać (nagrodę)  
 family chronicle - kronika rodzinna  
 bourgeoisie - burżuazja  
 to depict - zobrazować  
 novel - powieść  
 middle class - klasa średnia  
 at the turn - na przełomie  
 superficiality - powierzchowność  
 eagerness for gain - dorobkiewiczostwo  
 lack of resilience - brak elastyczności  
 humanitarian moralist - humanitarny moralista  
 "The Man of Property" - "Posiadacz"  
 "In Chancery" - "W matni"  
 "To Let" - "Do wynajęcia"

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 post-war - powojenny  
 literary output - twórczość literacka  
 moralizing - moralizujący  
 didactic - pouczający  
 to emphasize - uwypuklać  
 malady - choroba  
 to bear a resemblance - być podobnym  
 parable - moralitet  
 myth - mit  
 disintegration - rozpad  
 to warn - ostrzegać  
 mass annihilation - masowa zagłada  
 "The Spire" - "Wieża"  
 "The Inheritors" - "Spadkobiercy"  
 "Alexandria Quartet" - "Kwartet Aleksandryjski"

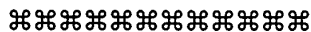
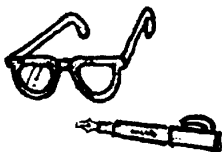
**VOCABULARY B**

genre - rodzaj literacki  
 fiction - beletrystyka  
 non-fiction - literatura faktu  
 science fiction - fantastyka naukowa  
 short story - krótkie opowiadanie  
 novella - nowela  
 adventure story - powieść przygodowa  
 detective story - powieść detektywistyczna  
 historical novel - powieść historyczna  
 tale - opowieść  
 diary - pamiętnik  
 biography - biografia

epic - utwór epicki  
 poem - wiersz, poemat  
 lyric - wiersz liryczny  
 blank verse - wiersz biały (bez rymów)  
 poetry - poezja  
 drama - dramat  
 dramatist, playwright - dramaturg  
 satirist - satyryk  
 absorbing / moving / boring book - absorbująca /  
 wzruszająca / nudna książka  
 a book about/on - książka o

**SPEAKING**

1. Do you often read British literature?
2. Which is your favourite modern British writer or book?
3. Make a list of Poland's most famous novelists.
4. What characteristics does Polish literature have in common with British literature?
5. What are the differences?

**7.3. American writers**

It is very difficult to decide on writers who represent American literature. An average reader usually associates it with such names as Mark Twain, Jack London, Francis Scott Fitzgerald, Margaret Mitchell, Irwin Shaw, Joseph Heller, Kurt Vonnegut, Ken Kesey, Jerome David Salinger or John Updike.

So far, nine Americans have won the Nobel Prize for Literature: Sinclair Lewis (1930), Eugene O'Neill (1936), Pearl Buck (1938), William Faulkner (1949), Ernest Hemingway (1954), John Steinbeck (1962), Saul Bellow (1976), Isaac Bashevis Singer (1978), and Toni Morrison (1993). Because of limited space, only three of them have been presented here.

### 7.3.1. Sinclair Lewis (1885-1951).

Sinclair Lewis was the first American to receive the Nobel Prize for Literature. He was one of the representatives of the "revolt from the village" movement and his success as a novelist resulted from his unusual ability to satirize the American middle class. Lewis' works express the attitude of rebellion against a limited life, stagnation and the oppressive atmosphere of the provincial American towns in the first decades of the 20<sup>th</sup> century. The writer himself came from the Midwest, often referred to as the "heartland" of America, and inhabited by hard-working but conservative, narrow-minded, dull and self-complacent people.

*Babbitt* is usually considered as the best of Lewis' works. The hero of this novel, *Babbitt*, is a businessman in a small city. He is a typical representative of the American middle class with all its limitations and drawbacks, such as moral hypocrisy, intellectual mediocrity, conformism and devotion to making money. Although he rebels against the banality of everyday life, he is unable to break away from the confines and conventions of his class.

The American middle class has also been satirized in Lewis' *Main Street*. This time the protagonist is an ambitious college graduate who tries to reform the local community. However, all her attempts to evoke certain intellectual aspirations in people are in vain. Ultimately, she gives in and surrenders to ordinariness.

In his next major novel, *Arrowsmith*, Lewis ridiculed the medical profession, and in *Elmer Gantry* he attacked religious institutions. In all his works, Sinclair Lewis seemed to sum up what small-town America was all about.

### 7.3.2. John Steinbeck (1902-1968)

Steinbeck is often described as a California regionalist. Indeed, the action of his novels is often set in the Californian countryside. He represents the realistic and romantic current in American literature. His novels and short stories also contain symbolic, metaphysical and naturalistic elements.

In Steinbeck's early works, for example *Tortilla Flat*, the protagonists are happy people, free from greed for money, spontaneous, carefree and living according to natural ethics. Later, Steinbeck gets more involved in social issues. His greatest novel, *The Grapes of Wrath*, tells a story of poor farmers from Oklahoma who head west to the Promised Land of California in search for a better life. The novel is the major Steinbeck's statement about the Depression and an important document of social protest in the 1930s. The last major Steinbeck's work, *East of Eden*, is a family saga. The main motif of the novel is the Biblical parable of Cain and Abel personifying right and wrong. Steinbeck is also the author of a collection of short stories *The Pastures of Heaven*, and a novelette *Of Mice and Men*.

Although not all critics are convinced of Steinbeck's literary genius, they agree that he is a superb storyteller.



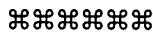
### 7.3.3. Ernest Hemingway (1899-1961)

Hemingway's whole life was a great adventure. As a journalist, he travelled widely. He took part in World War I and in the Spanish Civil War. His literary works often reflect his rich experiences.

Hemingway's first novel, *The Sun Also Rises*, places him among the novelists known as *The Lost Generation*. It captures the spiritual lameness and disillusionment of the post-war generation. *A Farewell to Arms*, Hemingway's novel of World War I, reveals the inhumanity and pointlessness of war. *For Whom the Bell Tolls*, a story of an American fighting for the Spanish cause, confirms Hemingway's affirmative statement about the death for the idea. The writer's humanistic credo has been fully expressed in his short story *The Old Man and the Sea* for which he was honoured with the Nobel Prize in 1954. The essence of Hemingway's philosophy is the conviction that man can be destroyed but never defeated. The story of the old fisherman's struggle with a marlin is the greatest Hemingway's literary achievement. On a symbolic level, it is a universal fable of human life.

Hemingway's power of expression has been achieved by his characteristically tense and carefully restrained 'journalistic' language lacking in flowery terms or complex sentence structures.

Ernest Hemingway committed suicide in 1961. Still, his works have given him immortality. Together with William Faulkner, he is considered the greatest American writer.



### VOCABULARY A

average reader - przeciętny czytelnik  
 Nobel Prize - Nagroda Nobla  
 "revolt from the village" - "bunt wsi"  
 to satirize - przedstawiać w satyryczny sposób  
 middle class - klasa średnia  
 rebellion - bunt  
 limited life - ograniczone życie  
 oppressive atmosphere - duszna atmosfera  
 heartland of America - serce Ameryki  
 narrow-minded - ograniczony  
 self-complacent - zadowolony z siebie  
 limitations and drawbacks - ograniczenia i wady  
 intellectual mediocrity - intelektualna przeciętność  
 devotion - poświęcenie  
 to break away from sth - uciec od czegoś  
 confines - ograniczenia  
 protagonist - protagonista  
 attempt - próba, usiłowanie  
 to evoke - wywoływać  
 to give in - poddać się  
 ordinariness - przeciętność  
 to ridicule - ośmieszyć  
 to sum up - streścić

-----  
 action of a novel - akcja powieści

realistic / romantic current - realistyczny / romantyczny nurt  
 symbolic / metaphysical / naturalistic elements - symboliczne / metafizyczne / naturalistyczne elementy  
 greed for money - chciwość na pieniądze  
 to get involved in - angażować się w  
 social issues - sprawy społeczne  
 "The Grapes of Wrath" - "Grona gniewu"  
 to head - zdążać  
 statement - deklaracja, wypowiedź  
 depression - kryzys  
 family saga - saga rodzinna  
 parable - przypowieść  
 to personify - uosabiać  
 novelette - opowiadanie  
 collection - zbiór  
 critic - krytyk  
 literary genius - geniusz literacki  
 storyteller - pisarz posiadający dar opowiadania

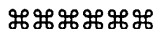
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 lost generation - stracone pokolenie  
 to capture - uchwycić  
 spiritual lameness - duchowe okaleczenie  
 disillusionment - rozczarowanie

## LITERATURE

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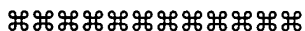
to reveal - odsłaniać  
pointlessness - bezcelowość  
cause - sprawa  
affirmative - twierdzący  
humanistic credo - humanistyczne credo  
essence - istota, sedno  
conviction - przekonanie  
marlin - marlin (ryba)  
literary achievement - osiągnięcie literackie

symbolic level - poziom symboliczny  
fable - bajka, opowieść  
power of expression - siła wyrazu ekspresji  
tense - napięty  
restrained - powściągliwy  
journalistic - dziennikarski  
flowery terms - kwieciste określenia  
to commit suicide - popełnić samobójstwo



### SPEAKING:

1. Which American writer do you consider the best one?
2. Do you find American literature interesting?
3. What American novel have you read recently?



## 7.4. A book review



Recently I have read a very interesting book by a Polish-born American writer, Jerzy Kosiński. The novel is entitled *Being There*, and it was first published in 1971. It may be read as an extended metaphor of the power of television.

The action of the book is restricted to seven days during which its hero, mentally deficient Chance, makes a staggering career as the man of the moment, all without his comprehension.

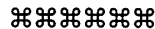
When the novel opens, Chance lives peacefully in a rich Old Man's garden. Nobody knows who his father was, and his brain-damaged mother died when he was born. Sheltered by the Old man, Chance lives happily devoting his time to working in the garden. His existence, however, has not been recorded in any documents. He has neither name nor birth certificate. He can neither read nor write and all his knowledge about the world comes from television which he constantly watches.

There is a turning point in the novel when the Old man dies and Chance is asked to leave the house and the garden. Dressed in the Old Man's suit, he steps outside the garden and takes to the streets for the first time in his life. Almost immediately he becomes a victim of a car accident. He is injured and invited to stay in the house of Benjamin Rand, one of the most influential and wealthy people in America. He quickly wins the close friendship of Mrs Rand by "repeating to her the parts of her own sentences, a practice he observed on TV". He also gains admiration of Mr Rand himself for giving simple comments on life in the garden which are perceived as elaborate metaphors and optimistic pronouncements about the American economy undergoing a serious crisis at the moment. Chance's statements please the President who comes to visit Benjamin Rand. He uses one of Chance's metaphors in his speech and almost immediately the protagonist is acknowledged as an "economic prophet and presidential advisor". Without seeking or even realizing it, he joins the circle of the rich and the influential. He becomes a national figure and a hero of the American media. However, he is a great enigma. Nobody knows who he really is and where he comes from. "I have read a lot about you", a French diplomat boasts although he has

never heard of Chance. The protagonist is courted by beautiful women and admired by wealthy businessmen. No one notices Chance's idiocy which infects larger and larger circles of power. The climax comes when Chance is named a presidential candidate, just because he is a man from nowhere and with no background, therefore he "cannot be objectionable to anyone".

The question arises how a mentally-disturbed Chance manages to succeed. The answer seems to be obvious. Kosiński sees Americans as "a nation of videots" and suggests that it is television that bears the blame for creating a passive and unthinking society which, in turn, enables idiots like Chance to rise to dizzy heights. He satirizes and criticizes mass media for turning people into robots, and believes that collective media are a dangerous form of manipulation. Chance is not denounced only because he imitates the patterns he observed on television.

*Being There* is an absorbing book which, once you have started, is impossible to put down.



### VOCABULARY A

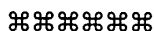
review - recenzja  
 "Being There" - "Wystarczy być"  
 to publish - wydawać, opublikować  
 extended metaphor - rozbudowana metafora  
 to restrict - ograniczyć  
 mentally deficient - upośledzony umysłowo  
 staggering career - oszałamiająca kariera  
 comprehension - pojmowanie, zrozumienie  
 brain-damaged - upośledzony na umyśle  
 sheltered - chroniony  
 to devote one's time - poświęcać swój czas  
 to record - zapisywać (w rejestrze)  
 birth certificate - świadectwo urodzenia  
 turning point - punkt zwrotny  
 to take to the streets - udać się na ulice  
 victim - ofiara  
 to win the friendship of sb - pozyskać sobie  
 czyjaś przyjaźń  
 to gain admiration - zyskać (sobie) podziw  
 comment - komentarz  
 elaborate metaphor - wyszukana metafora  
 pronouncement - wypowiedź  
 to acknowledge - uznać

the circle of the rich - krąg (środowisko) bogaczy  
 enigma - zagadka, zagadkowy osobnik  
 to boast - chwalić się  
 to court - nadskakiwać (komuś), zalecać się  
 idiots - niedorozwój umysłowy, idiotyzm  
 to infect - zarażać  
 circles of power - kręgi władzy  
 climax - punkt kulminacyjny  
 objectionable - niepożądany, nie na miejscu  
 mentally-disturbed - upośledzony umysłowo  
 to bear the blame - ponosić winę  
 passive - bierny  
 to enable - umożliwiać  
 idiot - idiota  
 dizzy heights - zawrotne wyżyny  
 to satirize - przedstawiać w satyrycznym świetle  
 to criticize - krytykować  
 collective media - zbiorowe media (środek  
 przekazu)  
 to be denounced - być zdemaskowanym  
 to imitate the patterns - naśladować wzory  
 absorbing book - absorbująca książka  
 to put down - odłożyć

### VOCABULARY B

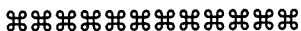
plot - wątek  
 fable - fabuła  
 introduction - wstęp  
 prologue - prolog  
 epilogue - epilog  
 preface - przedmowa

title - tytuł  
 subtitle - podtytuł  
 chapter - rozdział  
 hero - bohater  
 heroine - bohaterka  
 illustration - ilustracja



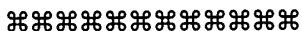
## **SPEAKING**

1. Which is your favourite book? What is it about?
2. Have you seen any good film or play lately?  
How would you recommend it?
3. Which novel would you like to read?
4. Although Kosiński was born in Poland and emigrated to the USA, do you consider him Polish or American writer? Why?



## **SPEAKING PRACTICE 7**

1. Czy lubisz czytać? Dlaczego? (Dlaczego nie?)
2. Wolisz książkę czy film? Uzasadnij.
3. Dlaczego twoim zdaniem ludzie często wolą literaturę klasyczną od współczesnej?  
Jakie są twoje preferencje?
4. Wymień swoje ulubione gatunki literackie.
5. Zachęć kolegę / koleżankę do przeczytania książki, która ci się bardzo podobała.
6. Którego amerykańskiego lub brytyjskiego pisarza najbardziej cenisz i dlaczego?
7. Wymień kilku amerykańskich i brytyjskich pisarzy, którzy zdobyli Nagrodę Nobla w dziedzinie literatury.



## **MY NOTES:**

## 8. THE WORLD OF MUSIC



### 8.1. Music of the young

Before the Beatles, there had been no music addressed directly to young people. The radio broadcasted mawkish, sentimental songs which were lacking in naturalness, sincerity and vigour. The Beatles offered the young generation something new, fresh, spontaneous and completely different from anything else in form and delivery. That was a real turning point in the history of British music. At the same time the Beatles caused a revolution in youth culture. Their innovative music symbolized the rejection of the ideas and morality of the older generation. Young people immediately began to treat it as their own music which expressed their experiences, joys and sorrows. They suddenly realized that they did not want to be lectured any more; they wanted to be the power, the energy and the generation which had something important to say.

Although many people feel that no group since the Beatles has achieved the same excellence, some groups stood out in the 1960s. One of them was the Rolling Stones. The Rolling Stones were deliberately provocative and anti-establishment. Their public behaviour was rude and shocking. The most popular group's hit "I Can't Get No Satisfaction" fully summarized their philosophy of frustration, decadence and ferocity. Their uninhibited music contributed to the development of Britain's alternative society.

Another artist considered as the most original British musician after the Beatles and Rolling Stones in the late 1960s was David Bowie. His early songs reflected the feelings of frustration and loneliness experienced by many young people at that time. There is no denying that Bowie with his many surrealistic costumes and "images" exerted a strong influence on the entire generation of rock'n'roll stars.

In the 1970s, rock seemed to lose its almost revolutionary power. Still, many groups and artists became very popular, among others Pink Floyd, Deep Purple, Genesis, Yes or Electric Light Orchestra.

Nowadays there are so many different types of music and groups that it is almost impossible to list them all. The more recent styles are reggae, rap, heavy metal, hardcore, hip-hop or trance. Because of this variety, it is sometimes difficult for groups to have lots of fans or to stay long in the list of best-selling records.

The latest style which enjoys great popularity among young people is techno music. Contrary to rock, techno is not the expression of any rebellion but rather a form of relaxation and approval for technology and automation. Techno parties, often called cyberparties, are held in big discotheque halls and attract hundreds of young yuppies wearing plastic mantles, fluorescent T-shirts and silvery boots. The main motifs of techno telediscs are robots, space craft and computers. The music is generated by means of synthesizers and samplers, and saturated with the sounds of military commands or roar of engines. The fans of techno claim that this kind of music helps liberate serotonin, a hormone of happiness. They believe that rock has the opposite effect - it stimulates the body to generate adrenaline which causes anxiety and aggression.

## THE WORLD OF MUSIC

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### **VOCABULARY A**

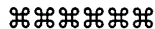
to broadcast - nadawać  
mawkish - cikliwy, sentymentalny  
vigour - moc, energia, wigor  
turning point - punkt zwrotny  
youth culture - kultura młodzieżowa  
rejection - odrzucenie  
joys and sorrows - radości i smutki  
to lecture - udzielać nagany, robić wymówki  
excellence - doskonałość  
to stand out - wyróżnić się  
deliberately - celowo  
public behaviour - zachowanie publiczne  
to summarize - streścić  
decadence - dekadentyzm  
ferocity - dzikość  
uninhibited - bez zahamowań  
musician - muzyk  
to reflect - odzwierciedlać  
there is no denying - niezaprzeczalnie  
image - wizerunek  
to exert a strong influence - wywrzeć duży wpływ  
star - gwiazda  
revolutionary power - rewolucyjna siła  
variety - różnorodność

fan - fan, miłośnik, entuzjasta  
best-selling record - najlepiej sprzedająca się płyta  
to enjoy great popularity - cieszyć się dużą popularnością  
rebellion - bunt  
relaxation - relaks  
approval - aprobata, pochwała  
automation - automatyzacja  
mantle - tu: kufajka  
fluorescent - odblaskowy  
silvery - srebrzysty  
teledisc - teledysk  
space craft - pojazdy kosmiczne  
to generate - wytwarzać, produkować  
synthesizer - syntetyzator  
sampler - sampler  
military command - komenda wojskowa  
roar of engines - ryk silników  
to liberate - uwolnić  
opposite effect - przeciwne działanie  
to stimulate - stymulować  
anxiety - lęk, niepokój

### **VOCABULARY B**

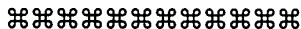
modern music - muzyka współczesna  
classical music - muzyka klasyczna  
disco music - muzyka dyskotekowa  
folk music - muzyka ludowa  
orchestral music - muzyka orkiestralna  
to compose - komponować  
to play the piano - grać na pianinie  
guitar - gitara  
trumpet - trąbka  
violin - skrzypce  
percussion - perkusja  
cello - wiolonczela  
saxophone - saksofon

composer - kompozytor  
conductor - dyrygent  
group leader - lider zespołu  
soloist - solista  
virtuoso - wirtuoz  
longplay (LP record) - płyta długogrająca  
single - singiel  
compact disc - płyta kompaktowa  
melody, tune - melodia  
to have a good ear - mieć dobry słuch  
to play by ear - grać ze słuchu  
to give a concert - dać koncert



### **SPEAKING**

1. Are there any contemporary musical forms that you do not like? Why?
2. Do you think there is any music that has a real negative or positive influence today? Explain.
3. Are the older music groups outdated today, or are they as important as they were before?





## 8.2. The Beatles

For many fans of pop music, the Beatles is a legendary group. Although they broke up many years ago, their influence is still enormous and their albums enjoy great popularity.

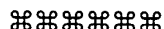
The four boys from Liverpool made their name in the 1960s. Their music was considered a real revolution. After their first single "Love Me Do" was released, it became immediately clear that the style of music and lyrics they produced were startlingly different from anything else on the pop scene of that time. Their records were consistently top of the pop music lists in the mid sixties. Their first hit was the song "Please Please Me". It was followed by "She Loves You" and "I Wanna Hold Your Hand" which sold over 1 million copies in a year.

In the beginning, the Beatles performed music which was influenced by American rock'n'roll and rhythm-and-blues. In the process of time, however, Lennon and McCartney's songs became more and more sophisticated and experimental. They developed their own characteristic style, and their imaginative lyrics and memorable melodies put them in a class of their own. One of the most successful and unique albums at that time was "Sergeant Pepper's Lonely Hearts Club Band" released in 1967.

The late sixties brought a slight change in the Beatles' style. Their music, influenced by Indian mysticism and drugs, became softer and more reflective. A good example of this change is the song "The Long and Winding Road" from the album "Let It Be" (1970):

*The long and winding road that leads to your door  
Will never disappear, I've seen that road before.  
It always leads me here, leads me to your door.  
The wild and windy night that the rain washed away  
Has left a pool of tears crying for the day.  
Why leave me standing here, let me know the way.  
Many times I've been alone and many times I've cried,  
Anyway you'll never know the many ways I've tried,  
but Still they lead me back to the long and winding road,  
You left me standing here a long, long time ago.  
Don't leave me waiting here, lead me to your door.  
Dada, da da...*

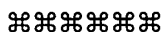
The Beatles broke up in 1971. The strongest individual of the group, John Lennon, was murdered in New York in 1980. Paul McCartney, George Harrison and Ringo Starr still record music and have their own groups but they are not so popular as they used to be in the 1960s.



### VOCABULARY A

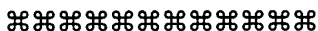
pop music - muzyka popularna  
to break up - rozpaść się  
influence - wpływ  
single - singiel  
to release - wypuścić (na rynek)  
startlingly different - wstrząsająco odmienny  
contemporary - współczesny  
record - płyta  
to perform music - wykonywać muzykę  
sophisticated - wyszukany, wyrafinowany  
to develop own one's style - rozwinąć swój własny styl

enormous - ogromny  
album - album  
to make one's name - zdobyć sławę  
lyrics - słowa piosenki  
memorable melodies - pamiętne melodie  
mysticism - mistycyzm  
drugs - narkotyki  
winding road - kręta droga  
pool - kałuża  
individual - indywidualność  
to record - nagrywać



### SPEAKING

1. Do you like the Beatles' music?
2. Which is your favourite song of the group?
3. Why do you think the Beatles' music has lasted so long? Why is it still so attractive?
4. Who do you think was the most influential member of the Beatles? Explain.



## 8.3. Music in America

Music in America is extremely varied. Concert halls across the country daily offer performances of jazz, rock, blues, folk, country and pop bands as well as symphony orchestras and opera.

It had taken a long time before America developed its own original styles of music. The early settlers brought to their new homeland European music. The orchestras played Mozart, Bellini, Weber or Strauss, people sang folk songs, psalms and hymns, and they danced to polkas or minuets.

In the beginning of the 19<sup>th</sup> century the minstrel show emerged. It was the first typically American form which included songs, dances, storytelling and banter. The main representative of the minstrel show was Stephen Foster, considered America's first great folk composer. Some of his songs are still popular and known by heart, for example "Oh, Suzanna". Minstrel shows gave rise to musicals, so popular in American culture.

The late 19<sup>th</sup> century brought ragtime - rhythmic piano music which combined European classical romanticism with American folk. Ragtime had some associations with the blues, slow and mournful music which enjoyed great popularity in America.

Out of the blues came jazz, the only music form considered to be truly American. Jazz was first played by black brass bands at parades and funerals. By 1920 it spread from the South and began to take hold around the country. The main centre of jazz was New Orleans, the birthplace of the first well-known jazz musician - Louis Armstrong (1900-1971). Armstrong was not only a popular trumpeter but also a brilliant jazz singer. Another great jazz composer, pianist, band-leader and arranger was Duke Ellington (1899-1974). In the 1960s some new and more sophisticated forms of jazz were popularized by trumpeter



Miles Davis and saxophonist John Coltrane. In the 1970s jazz was blended with rock music.

Jazz, with its spontaneous improvisation and "scat" singing, has been America's greatest contribution to the world's music. It has also had an enormous influence on the whole range of American music. One of the most popular American composers of the 20<sup>th</sup> century, George Gershwin, incorporated in his works the elements of jazz together with African music and contemporary dance. His concerto "Rhapsody in Blue" and opera "Porgy and Bess" are known all over the world.

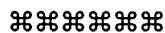
For most people America is first of all the country of rock and roll. Before rock'n'roll, one of the most important American musicians was Frank Sinatra, the popularizer of swing. He sang easy, melodious, lyrical songs which everybody liked. When rock and roll began to gain popularity, many people complained that it ruined songs by coarsening them. Still, it was rock and roll that produced some of the century's greatest songs. This new music form was originally a mixture of gospel, country music and black rhythm and blues. It was first popularized in the 1950s by Bill Haley and the Comets. One of their songs, "Rock around the Clock" established the term 'rock and roll'. Soon, it became the most widespread and popular kind of music. It was "a second language" for American youth. The greatest rock musician and a cult figure of that time was Elvis Presley, the "King of Rock'n'Roll".

In the 1960s rock and roll was replaced by rock. The greatest rock venture was the famous Woodstock festival in 1969. It attracted such stars as Bob Dylan, Bing Crosby or Janis Joplin. Some of them performed folk music and protest songs rather than rock. Woodstock caused a revolution in men's hairstyles, the way of dressing, and established the image of the uninhibited, free-spirited and defiant hippy.

Another famous live concert held in 1986 in Philadelphia was Live Aid. It gathered almost all top pop and rock musicians who united in an effort to raise money for starving Africa.

Nowadays, the greatest American rock stars are Bruce Springsteen, Stevie Wonder, Tina Turner and Michael Jackson.

The description of American music would not be complete without mentioning country and western music popularized by such stars as Dolly Parton or Tommy Wymette. The centre of country music is Nashville, Tennessee.



## **VOCABULARY A**

pop band - zespół grający muzykę popularną  
 symphony orchestra - orkiestra symfoniczna  
 settler - osadnik  
 homeland - ojczyzna  
 folk songs - piosenki ludowe  
 gallopade - galopada (dawny taniec)  
 minstrel - minstrel  
 banter - żarty, kpiny  
 composer - kompozytor  
 by heart - na pamięć  
 rag-time - synkopowany rytm taneczny  
 mournful - ponury, żałobny  
 music form - forma muzyczna  
 brass band - orkiestra dęta

parade - parada  
 funeral - pogrzeb  
 jazz musician - muzyk jazzowy  
 trumpeter - trębacz  
 band-leader - lider grupy (zespołu)  
 arranger - aranżer  
 sophisticated - wyszukany  
 saxophonist - saksofonista  
 to blend - połączyć, zmieszać  
 spontaneous improvisation - spontaniczna  
 improwizacja



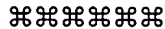
to incorporate - włączyć  
 "scat" singing - śpiewanie nonsensownych sylab  
 zamiast słów

## THE WORLD OF MUSIC

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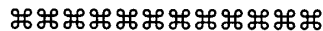
concerto - koncert  
popularizer - popularyzator  
to gain popularity - zdobywać popularność  
to coarsen - stać się szorstkim, ordynarym  
mixture - mieszanina  
gospel - ewangelia  
widespread - rozpowszechniony  
American youth - amerykańska młodzież  
cult figure - kultowa postać  
rock venture - przedsięwzięcie rockowe

hairstyle - fryzura  
uninhibited - bez zahamowań  
free-spirited - wyzwolony  
defiant - buntowniczy, prowokujący  
live concert - koncert na żywo  
to unite in an effort - połączyć się w wysiłku  
to raise money - zebrać pieniądze  
starving - głodujący  
rock star - gwiazda rockowa



### **SPEAKING**

1. When you think of jazz, what sort of images do you have about the musicians, listeners, and atmosphere?
2. Why do people's musical tastes usually become softer and more conservative as they grow older?
3. What kind of music is your favourite one? Why do you like it?



## 8.4. Elvis Presley



Elvis Presley was the first American singer to be given near-mythical status. He emerged as a leading rock'n'roll star in the 1950s. Before Presley, the most renowned American stars had been Frank Sinatra, Dean Martin and Bing Crosby. Their songs made pleasant listening but they were not particularly original or thrilling. Sluggish America needed a shot of sincerity, dynamism and ardour.

Elvis Presley had never dreamt of becoming a singer. He came from a very religious and poor family which moved from the small village of Tupelo in Mississippi to Memphis in search for employment. Only after Elvis had graduated from secondary school, did he find a job as a lorry driver. In 1953, he recorded two amateurish songs as a present for his mother's birthday. This event, however, did not make him famous. In 1954, he performed a song of a black blues singer "That's All Right, Mama" in the Sun Records Company. That was a real turning point in his life. The record made him popular almost overnight. During the first day the song was broadcast several times on the radio. People went crazy about its new and dynamic rhythm.

What was it that made an unknown nineteen-year old boy into a famous star? The answer lay not only in his expressive songs but also in his voice. Critics wrote that it was throaty, vibrating, feverish and as thick as syrup. That voice was a real revelation.

After Presley had recorded his second song "Good Rockin' Tonight", he became well-known. Soon he began to give concerts which were attended by crowds of screaming fans. On stage he was like a volcano and had a peculiar power to drive the audience mad. Young people went into ecstasies over his voice, his unique songs and his manners. For some time he was even called "Elvis - the Pelvis" for the characteristic swinging of his hips.

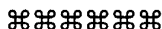
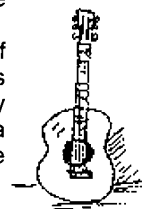
Many older people found Presley disgusting, perverse and vulgar. The young, however, adored him. The singer was the embodiment of the gulf separating the pious,

rigid, self-complacent and materialistic old generation from the carefree but affectionate and sensitive young generation. Presley involuntarily became a "rebel" who started a cultural and sexual revolution. He gave American youths a sense of identity and encouraged them to be more active and liberated.

In 1958, Presley was called up. When he left the army, he recorded two longplays, "G.I. Blues" and "Elvis is Back" which made him even more popular. Soon after he also recorded many beautiful and moving ballads, religious songs and carols. His "Blue Christmas" won the hearts of all Americans. Since that time they began to call him the "King".

For twenty years Presley was number one on the world list of singers. He sold the highest number of records ever - over 500 million! However, the phenomenon of Elvis Presley lay not only in his music but also in his personality. Although he was a superstar, he was very modest and good-hearted. He was also a model husband and father. What is more, he was very generous. He made countless donations to hospitals, charities and almshouses. He was very sensitive to poverty. He endowed thousands of unknown people with valuable gifts, including even cars. All that changed, however, when his beloved wife Priscilla left him. He was eating his heart out longing for her and his daughter - Liza. Loneliness ruined his life and dazzling career, and gradually killed him. He began to smoke, drink alcohol, take drugs and overeat. He had no longer the power or inspiration to record new songs. In 1977 he died of a heart attack in his house in Memphis. He was 42 years old.

Presley's death was a great shock for all Americans. Crowds of weeping people came to the funeral to mourn their "King". The cult of Elvis Presley has lasted till today. As someone put it, old rockers never die; they live through their music. Presley's mansion in Memphis is visited by half a million people every year. They pay tribute to the memory of one of the greatest world-class stars.



## VOCABULARY A

singer - piosenkarz  
 mythical status - mityczny status  
 leading star - gwiazda pierwszej wielkości  
 renowned - uznany  
 thrilling - porywający, emocjonujący  
 sluggish - ospały  
 shot - zastrzyk  
 ardour - żar, ogień  
 in search for employment - w poszukiwaniu zatrudnienia  
 amateurish song - amatorska piosenka  
 to make sb famous - uczynić kogoś sławnym  
 turning point - punkt zwrotny  
 overnight - nagle, z dnia na dzień  
 to broadcast - nadawać (przez radio)  
 dynamic rhythm - dynamiczny rytm  
 voice - głos  
 throaty - gardłowy  
 feverish - gorączkowy  
 as thick as syrup - gęsty jak syrop  
 revelation - objawienie  
 to give concerts - dawać koncerty  
 volcano - wulkan

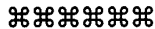
power - moc  
 to drive the audience mad - doprowadzić publiczność do szaleństwa  
 to go into ecstasies - rozpyływać się nad czymś, wpadać w zachwyt  
 the swinging of hips - kołysanie biodrami  
 to find sb disgusting - uważać kogoś za odrażającego  
 perverse - perwersyjny  
 vulgar - wulgarny  
 to adore sb - uwielbiać kogoś  
 embodiment - ucieleśnienie  
 gulf - przepaść  
 pious - pobożny  
 rigid - sztywny  
 self-complacent - zadowolony z siebie  
 carefree - bez troski  
 affectionate - czuły, Kochający  
 sensitive - wrażliwy  
 rebel - buntownik  
 liberated - wyzwolony  
 to be called up - być powołanym

## THE WORLD OF MUSIC

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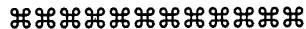
longplay - płyta długogrająca  
moving ballad - wzruszająca ballada  
carol - kolęda  
to win the hearts - podbić serca  
phenomenon - fenomen  
personality - osobowość  
modest - skromny  
good-hearted - o dobrym sercu  
model husband - wzorowy mąż  
generous - hojny  
countless donations - niezliczone darowizny  
charity - datek na cele dobroczynne  
almshouse - przytułek  
sensitive - wrażliwy  
poverty - bieda

to endow sb with sth - obdarzyć kogoś czymś  
valuable gift - cenny prezent  
to eat one's heart out - umierać z tęsknoty  
to long - tęsknić  
loneliness - samotność  
dazzling career - oszałamiająca kariera  
to take drugs - brać narkotyki  
to overeat - przejadać się  
to record new songs - nagrywać nowe piosenki  
crowd - tłum  
weeping - płaczący  
to mourn sb - opłakiwać kogoś  
cult - kult  
to pay tribute - oddawać hołd  
world-class star - światowej klasy gwiazda



### SPEAKING

1. Is Elvis Presley's music still strong today, or has it not aged so well? Explain.
2. How do you think Elvis Presley's music has influenced later music?
3. Why do you think Presley was given a near-mythical status?

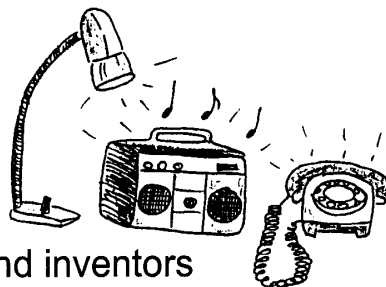


### SPEAKING PRACTICE 8

1. Powiedz, jaki jest twój ulubiony rodzaj muzyki.
2. Jakiej muzyki nie lubisz i dlaczego?
3. Zachęć kolegę do posłuchania piosenek zespołu the Beatles.
4. Skrytykuj koncert muzyki młodzieżowej.
5. Zaproponuj koledze/koleżance pójście na koncert muzyki klasycznej w wykonaniu znanego wirtuoza.
6. Przedstaw najpopularniejsze gatunki muzyczne w Ameryce.
7. Opowiedz krótko historię muzyki jazzowej.
8. Opowiedz o legendzie Elvise Presleya.

### MY NOTES:

## 9. SCIENCE



### 9.1. American scientists and inventors

The United States is unquestionably the leader in science and technology. Americans have always been known as very practical people. They have the greatest record of applied science and technology achievements in the world. Among the Nobel Prize winners are more American scientists than scientists of all other nations combined. They have been awarded for their outstanding work in physics, chemistry and medicine. It would not be an exaggeration to say that American scientists and inventors have transformed the world.

In the 18<sup>th</sup> century the leading American scientist was Benjamin Franklin who conducted a series of experiments in electricity and found that some substances were conductors and others resistors. That discovery enabled him to invent the lightning rod to protect homes and public buildings. Franklin also invented the bifocal glass and a kind of lamp for street lighting.

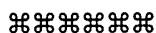
In the 19<sup>th</sup> century, Alexander Graham Bell made his name by inventing the telephone. However, the most outstanding American applied scientist in the 19<sup>th</sup> century was Thomas Alva Edison, who contributed over a thousand practical devices. His most important invention was the electric lamp with a light bulb. Soon, he created an entire electrical generating system which enabled people to light their homes.

At the beginning of the 20<sup>th</sup> century, the Wright brothers constructed a powered flying machine, which marked the beginning of aviation. In 1948, three Americans, W.Shockley, J.Bardeen and W.Brittain, invented the transistor which revolutionized electronics.

Ten years later, the invention of the integrated circuit enabled scientists to construct a computer. Nowadays, computers play more and more important role. They have revolutionized science, industry, medicine, and they also have a great impact on our everyday life. This American invention has undoubtedly created the computer age.

Another important contrivance was the laser (Light Amplification by Stimulated Emission of Radiation) invented by Charles H.Townes. Today, the laser has numerous applications. It is used to cut through steel, to repair damaged eyes or to cut away brain tumours.

From the very beginning, American science has had a practical side. American scientists and inventors have always been driven by a desire to improve the quality of human life and to provide benefits for vast numbers of people. The statistics confirm that they have considerably outstripped other nations in achieving this aim.



#### **VOCABULARY A**

scientist - naukowiec

inventor - wynalazca

unquestionably - bez wątpienia, bezsprzecznie

leader - lider

applied science - nauka stosowana

achievement - osiągnięcie

## SCIENCE

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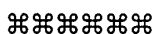
awarded - nagrodzeni  
outstanding - wybitny  
exaggeration - przesada  
to transform - zmienić, przeobrazić  
experiment - eksperyment  
electricity - elektryczność  
substance - materiał, substancja  
conductor - przewodnik  
resistor - opornik  
lightning rod - piorunochron  
to protect - chronić  
bifocal glass - dwuogniskowa soczewka  
to contribute - wnosić udział (wkład)  
practical device - praktyczne urządzenie  
light bulb - żarówka świetlna  
electrical generating system - system  
wytwarzający elektryczność  
powered flying machine - maszyna latająca  
o napędzie mechanicznym

aviation - lotnictwo  
transistor - tranzystor  
integrated circuit - obwód scalony  
to construct - skonstruować  
industry - przemysł  
great impact - wielki wpływ  
contrivance - wynalazek, urządzenie  
amplification - wzmocnienie  
emission - emisja  
radiation - naświetlenie, promieniowanie  
application - zastosowanie  
to cut through steel - przecinać stal  
to cut away - wycinać  
brain tumour - guz mózgu  
to improve - ulepszyć, udoskonalić  
benefit - korzyść  
to outstrip - wyprzedzić, zdystansować

## **VOCABULARY B**

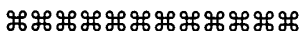
science - nauka  
physical sciences - nauki fizyczne  
exact sciences - nauki ścisłe  
natural sciences - nauki przyrodnicze  
pure sciences - nauki teoretyczne  
knowledge - wiedza  
findings - odkrycia naukowe  
invention - wynalazek  
discovery - odkrycie  
research - badania naukowe  
hypothesis - hipoteza

study - studium  
theory - teoria  
practice - praktyka  
in theory - w teorii  
in practice - w praktyce  
exception - wyjątek  
trial - wypróbowanie  
conclusion - wniosek  
thesis - teza  
breakthrough - przełom

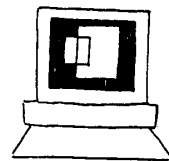


## **SPEAKING**

1. Why do you think America is a world leader in science and technology?
2. Do you know any other American inventions?
3. Can you think of some names of famous Polish scientists or inventors?



## 9.2. The Internet



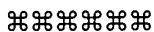
1995 was the year of Internet. According to recent estimates, about 80 million people in the world make use of this international network of computers. Many analysts hold the opinion that this medium will soon change the way we communicate, shop, study, conduct business and publish. The Internet has unlimited possibilities. In an hour's time the users of the Net can send an important message to one hundred thousand people, visit the most beautiful places all over the world, buy a computer, look over official documents about Vatican, study the weather report, and even get married!

The most popular way of using the Net is e-mail (electronic mail). The system enables the holder to send information to the other hemisphere in just a second (of course on the condition that the addressee has also access to the Internet). This telegram costs only as much as a local telephone connection and is the fastest in the world.

On the basis of e-mail, people of common interests form groups and discuss politics, fish-culture, feminism, modern art and numerous other issues. Businessmen use the Internet to obtain the latest information from the Stock Exchange. Scientists acquaint themselves with the latest achievements and novelties in all branches of science. Some American associations dealing with the adoption of orphans use the Internet to spread information about children waiting for new parents. In medicine, the Internet is used in so called tele-surgery. Incredibly enough, the Internet makes it possible for a doctor to perform surgical operations on patients by remote control. The power of the Internet is almost infinite. However, the Net is sometimes used for less praiseworthy purposes. Some holders exhibit pornographic pictures or insert vulgar texts on it.

Many analysts believe that the Internet will soon change the whole idea of commerce. They suppose that in the year 2000, about 8 per cent of world trade will be carried on via the Internet. Nowadays, approximately about one third of the Net users do the shopping on a computer. Some companies in the West already specialize in selling products in this system, for example Quelle or Otto. Buying in virtual shops is comfortable (no need to go out, to park a car, or to queue) and cheap (the ordered goods are not stored so their price is lower). What is more, intermarkets offer a greater variety of products than supermarkets. In the United States people even order pizza, and children buy LEGO bricks through the Internet.

The range of the network services is indeed impressive. However, although being a member of the Internet family is undoubtedly very advantageous, the system itself is saddled with such problems as slowness, security, underregulation and potential overload.



### VOCABULARY A

international network - międzynarodowa sieć  
 analyst - analityk  
 medium - środek przekazu  
 to communicate - porozumiewać się  
 to conduct business - przeprowadzać interesy  
 to publish - publikować  
 unlimited possibilities - nieograniczone możliwości  
 user - użytkownik  
 to send an important message - przesłać ważną wiadomość

electronic mail - poczta elektroniczna  
 holder - posiadacz  
 hemisphere - półkula  
 access - dostęp  
 telephone connection - połączenie telefoniczne  
 common interests - wspólne zainteresowania  
 fish-culture - hodowla rybek  
 to obtain - uzyskać  
 Stock Exchange - giełda  
 to acquaint oneself with sth - zapoznać się z czymś

## SCIENCE

---

novelty - nowość

branch of science - gałąź nauki

to spread information - rozpowszechniać  
informacje

tele-surgery - telechirurgia

to perform surgical operations - przeprowadzać  
operacje chirurgiczne

remote control - zdalne kierowanie (nadzór)

power - moc, możliwości

less praiseworthy - mniej chwalebne

to exhibit - pokazywać, przedstawiać

to insert - umieszczać

commerce - handel

world trade - światowy handel

to specialize in sth - specjalizować się w czymś

virtual shop - wirtualny sklep

stored - przechowywane, magazynowane

intermarket - internetowy sklep

variety - różnorodność

to order - zamawiać

range - zakres, skala

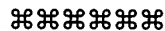
member - członek

saddled with - obarczony, obciążony

slowness - powolność

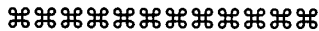
security - bezpieczeństwo

potential overload - potencjalne przeciążenie



## SPEAKING

1. Why is the Internet so popular nowadays?
2. What do you think of the idea of virtual shops?
3. What are the advantages of being a Net user?
4. What are the disadvantages?



### 9.3. Computers in Poland

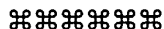
About ten years ago, the computer in Poland was a novelty and a requisite of modernity. Poland lagged behind other European countries which were already undergoing a computer revolution. Polish people seemed to be conservative and unwilling to innovate. However, times and attitudes have changed.

Since the beginning of the 1990s, computers have been used more and more frequently. Today, many Polish people use them every day. According to recent statistics, every fifteenth Pole has contact with a computer at work. The ability to operate at least some basic computer programmes is a major requirement when applying for a job as an accountant, secretary or an administrative clerk. A lot of older people often have to learn new skills to be able to stay in their jobs.

Access to personal computers is also growing. The number of people who purchase them is gradually increasing. Although today only 2 per cent of Polish families have a computer at home, 8 per cent more are planning to buy one in the nearest future.

Computers in Poland are being increasingly used in numerous walks of life. They are revolutionizing the design, printing, manufacturing, accountancy, banking, telecommunication, energetics, mining industries and the railway system.

The computer is no longer an object of fascination only but an absolute necessity. Many analysts are of the opinion that in a few years' time the inability to operate a computer will be treated as a kind of civilization illiteracy.





**VOCABULARY A**

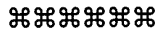
novelty - nowość  
 requisite - rekwizyt  
 modernity - nowoczesność  
 to lag behind - zostawać w tyle  
 to undergo - przechodzić  
 computer revolution - rewolucja komputerowa  
 unwilling - niechętny  
 to innovate - wprowadzać zmiany, innowacje  
 to operate a computer programme - obsługiwać program komputerowy  
 major requirement - główny wymóg  
 to apply for a job - ubiegać się o pracę  
 accountant - księgowy

clerk - urzędnik  
 new skills - nowe umiejętności  
 access - dostęp  
 personal computer - komputer osobisty  
 to purchase - kupić  
 walk of life - dziedzina życia  
 design - tu: sporządzanie projektów  
 printing - drukowanie  
 manufacturing - produkowanie  
 accountancy - księgowość, rachunkowość  
 mining industry - górnictwo  
 object of fascination - obiekt fascynacji  
 absolute necessity - absolutna konieczność

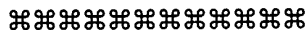
**VOCABULARY B**

computer network - sieć komputerowa  
 portable computer - komputer przenośny  
 computer game - gra komputerowa  
 spreadsheet - arkusz kalkulacyjny  
 data base - baza danych  
 data processing - przetwarzanie danych  
 computer hardware - sprzęt komputerowy  
 computer software - oprogramowanie komputerowe  
 word processor - edytor tekstów  
 screen - ekran

keyboard - klawiatura  
 mouse - mysz  
 floppy disc - dyskietka  
 printer - drukarka  
 scanner - skaner  
 microprocessor - mikroprocesor  
 programme - program  
 memory - pamięć  
 virus - wirus (komputerowy)  
 code - kod  
 computer freak - fanatyk komputerowy

**SPEAKING**

1. Have you got a computer at home? If not, would you like to have one?
2. Why is it often said that we live in a computer age?
3. How have computers made your life easier? If you do not have a computer, how do you think it can make your life easier?

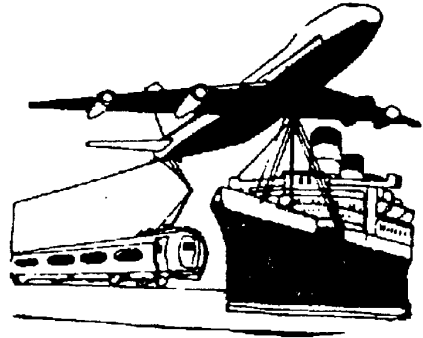
**SPEAKING PRACTICE 9**

1. Wymień najbardziej znane wynalazki amerykańskie.
2. Opowiedz o korzyściach bycia użytkownikiem Internetu.
3. Odpowiedz, w jaki sposób komputery zmieniają nasze codzienne życie.
4. Czy uważasz, że komputer to dobry wynalazek? Uzasadnij.
5. Które wynalazki uważasz za najważniejsze w dziejach ludzkości?

**MY NOTES:**

## 10. TRAVEL

### 10.1. Travelling in the United States



The most popular means of transport in the United States is the car. Americans can do without many things; they may live in a sleazy apartment, never go to a dentist or eat the cheapest junk food but they cannot do without a car. They love cars more than anything in the world, especially the big and comfortable ones. A car for Americans has always been an expression of an individual's freedom and the ability to move around.

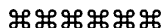
Having a car in the U.S. is not a sign of wealth but absolute necessity. Life without a car would not be possible, as Americans as a nation tend to be quite mobile. Over a five year period one family in ten moves to a new state in search of a better life. For the majority of Americans living in the suburbs, an automobile is indispensable to commute to work in the city. Some of them cover a distance of a hundred or even more kilometres a day, and they do not find it a big problem.

The mass ownership of cars resulting in heavy traffic has been the factor determining the fast development of the federal interstate highways, state 'super highways' and city expressways. The highways and roads connect virtually every city and town in the United States. To serve Americans 'on the move', there is a multitude of service areas beside the roads, including motels, drive-in movies, take-away restaurants and other facilities.

It is often said that Americans love speed. Indeed, the most common offence is exceeding the speed limit. However, drivers in America are more careful than those in Europe and the death rate in the U.S. is the lowest in the world.

America is predominant not only in mass car ownership but also mass air travel. Apart from cars, aeroplanes are the most popular means of transport. In fact, they have almost completely eliminated trains in the United States. Americans travel a lot on business, to visit family, or to reach some holiday destination. Planes are the fastest and the most comfortable form of travelling. A trip by car from coast to coast takes five to six days while a plane covers the distance in a few hours.

Travelling by plane is rather expensive, so many Americans take buses to get to some place. Buses are the cheapest means of public transport and very convenient, too. Many long-distance coaches are equipped with a toilet and a self-service bar. The most popular line in the U.S. is Greyhound. Greyhound buses reach almost every part of America and, what is more, give possibility of touring that vast country.



**VOCABULARY A**

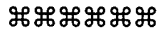
means of transport - środek transportu  
 to do without sth - obyć się bez czegoś  
 comfortable - wygodny  
 expression - wyraz (wyrażenie)  
 individual's freedom - wolność jednostki  
 to move around - przemieszczać się  
 sign of wealth - znak bogactwa  
 absolute necessity - absolutna konieczność  
 mobile - tu: ruchliwy, przemieszczający się  
 suburbs - przedmieścia  
 indispensable - nieodzowny, konieczny  
 to commute - dojeżdżać  
 to cover a distance - pokonać odległość  
 mass ownership of cars - masowe posiadanie samochodów  
 heavy traffic - duży ruch (uliczny)  
 fast development - szybki rozwój  
 interstate highway - wewnątrzstanowa droga szybkiego ruchu  
 super highway - autostrada

sleazy apartment - liche mieszkanie  
 junk food - mało wartościowe jedzenie  
 expressway - czteropasmowa autostrada  
 to connect - połączyć  
 on the move - w ruchu  
 service area - centrum usługowe  
 facilities - udogodnienia  
 to exceed the speed limit - przekroczyć dopuszczalną prędkość  
 death rate - tu: odsetek ofiar śmiertelnych  
 predominant - dominujący  
 air travel - podróż samolotem  
 to eliminate - wyeliminować  
 destination - cel (podróży)  
 from coast to coast - od wybrzeża do wybrzeża  
 convenient - dogodny  
 long-distance coach - autobus międzymiastowy  
 equipped with - wyposażony w  
 self-service bar - barek samoobsługowy  
 to tour - objeżdżać, zwiedzać (kraj)

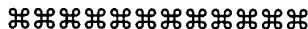
**VOCABULARY B**

motorway, speed-way - autostrada  
 turnpike (am.) - autostrada płatna  
 fast lane - pasmo szybkiego ruchu  
 flyover - przejazd dwupoziomowy  
 underpass - przejazd dołem  
 slow lane - pasmo wolnego ruchu  
 roundabout - rondo

intersection - przecięcie dróg  
 dual carriageway - droga dwupasmowa  
 junction, crossroads - skrzyżowanie  
 one-way street - ulica jednokierunkowa  
 by-pass - obwodnica  
 cul-de-sac - ślepy zaułek

**SPEAKING**

1. Why are Americans often called "a nation on the move"?
2. What are the advantages of travelling by plane?
3. Which is your favourite means of transport?

**10.2. Driving in Britain**

One of the most enjoyable ways of seeing Britain is by driving. The country has a very extensive network of modern motorways and A roads linking all its main cities. When visiting Britain, the motorist from abroad should remember about a number of differences in using the roads. In contrast to other countries, cars in Britain travel on the left hand side of the road and overtake on the right, which may cause some problems, especially if the

## TRAVEL

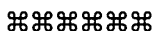
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traveller's car has right hand drive. It should also be remembered that priority must always be given to cars coming from the right, particularly on roundabout.

In spite of dense traffic on almost all British roads, the country has one of the lowest number of road deaths in Europe. There are a few reasons for this. First, British drivers are known for their courtesy and consideration. Second, both drivers and front-seat passengers obligatorily wear seat-belts. Third, there are very strict rules against drinking and driving. A drunken person can be banned from driving for two or three years, fined heavily (up to £5000), or even imprisoned. Fourth, the maximum permitted speed in towns and built-up areas is only 30 mph (about 50 km/h).

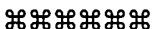
According to recent estimates, about 70 per cent of British families own one or more cars. For that reason, driving in big cities is often frustrating with frequent hold-ups and crowded streets. However, motorists can avoid traffic jams if they refrain from driving during rush hour (between 8 and 9 o'clock a.m. and between 5 and 6 o'clock p.m.). Heavy traffic is not the only inconvenience in big cities. Many drivers have problems with parking, especially in the centre. Infringement of parking regulations can result in fines, wheel clamps or even the removal of a vehicle by the police.

Driving is more enjoyable on modern motorways on which drivers may maintain a speed of 70 miles an hour (112 km/h). If they are tired of driving, they may stop at any motorway service centre beside the road. It usually includes a cafeteria, parking space, a motor hotel and a shop where newspapers, sweets, soft drinks, books and souvenirs can be bought. If travellers have more time to spare, they may leave the motorway at almost any exit and within a radius of 3 miles enjoy the quiet English countryside and the hospitality of local people.



### VOCABULARY A

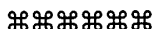
network - sieć	traffic jam - korek uliczny
motorist - kierowca, automobilista	to refrain from driving - powstrzymać się od jazdy samochodem
to overtake - wyprzedzać	rush hour - godzina szczytu
drive - tu: napęd	heavy traffic - duży ruch uliczny
priority - pierwszeństwo	inconvenience - niedogodność
roundabout - rondo	infringement - pogwałcenie, naruszenie
road death - śmierć na drodze	parking regulations - przepisy dotyczące parkowania
courtesy - uprzejmość, kurtuazja	fine - kara pieniężna
consideration - rozważa, względy	wheel clamp - blokada koła
front-seat passenger - pasażer siedzący z przodu	removal - usunięcie
obligatorily - obowiązkowo	vehicle - pojazd
seat-belt - pas bezpieczeństwa	speed - prędkość
strict rules - surowe przepisy	motorway service centre - centrum usługowe przy autostradzie
to ban - zakazywać	parking space - miejsce do parkowania
to fine - ukarać grzywną	motor hotel - motel
to imprison - uwięzić	traveller - podróżny
permitted speed - dozwolona prędkość	(motorway) exit - zjazd (z autostrady)
built-up area - obszar zabudowany	radius - promień
30 mph (miles per hour) - 30 mil na godzinę	hospitality - gościnność
recent estimates - ostatnie szacunki	
hold-up - zator, wstrzymanie ruchu	
crowded roads - zatłoczone drogi	



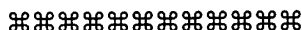
**VOCABULARY B**

gas / filling / petrol station - stacja benzynowa  
 traffic lights - sygnalizacja świetlna  
 information plate - tablica informacyjna  
 zebra crossing - zebra  
 traffic-sign - znak drogowy  
 Caution - Uwaga  
 Reduce speed now - Zmniejsz prędkość

No left / right turn - Zakaz skrętu w lewo / prawo  
 Slow - Jedź powoli  
 Danger - Niebezpieczeństwo  
 Ahead only - Tylko prosto  
 Diversion - Objazd, zmiana kierunku  
 warning - ostrzeżenie

**SPEAKING**

1. What are some of the problems of driving in Britain?
2. Why do you think Britain has the lowest number of road deaths in Europe?

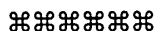


### 10.3. Riskily and speedily

A driving licence at the age of 18 and a feeling of independence. This may result in a horrible outcome. Every year about 2000 young people aged between 18 and 25 get killed on the roads. That is approximately 23 per cent of all the victims of car accidents. Experts say that the main factors responsible for such a high death-toll are:

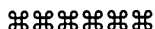
- driving too fast
- alcohol
- too little practice in driving
- irresponsibility and taking unnecessary risks.

Probably the most dangerous of all these factors is driving under the influence of alcohol. Although many young people delude themselves that a slight intoxication is harmless, research shows that the risk of causing an accident after two beers increases as many as four times.

**VOCABULARY A**

driving licence - prawo jazdy  
 feeling of independence - poczucie niezależności  
 horrible outcome - straszliwy bilans  
 to get killed - zostać zabitym  
 approximately - w przybliżeniu  
 victim - ofiara  
 car accident - wypadek samochodowy  
 expert - ekspert  
 factor - czynnik  
 high death-toll - wysoka liczba ofiar śmiertelnych  
 driving too fast - zbyt szybka jazda

too little practice - zbyt mała praktyka  
 irresponsibility - nieodpowiedzialność  
 to take unnecessary risks - podejmować  
 niepotrzebne ryzyko  
 influence of alcohol - wpływ alkoholu  
 to delude oneself - łudzić się  
 slight intoxication - lekki rausz  
 harmless - nieszkodliwy  
 to cause an accident - spowodować wypadek  
 to increase four times - wzrosnąć czterokrotnie



## TRAVEL

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### VOCABULARY B

a heavy toll of lives - długa lista ofiar

to lose one's life in a car accident - stracić  
(swoje) życie w wypadku samochodowym

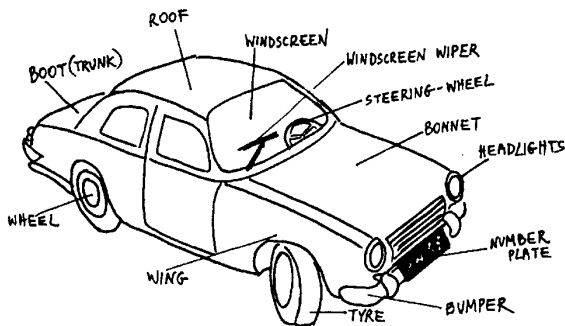
☞☞☞☞☞☞

### SPEAKING

1. Why do so many young people lose their lives in car accidents?
2. What should be done to improve road safety?
3. Why do the victims of car accidents usually die, but the drunken driver usually survives?

☞☞☞☞☞☞☞☞☞☞☞☞

## 10.4. Before setting off on a journey by car



When we plan to go by car abroad, we must remember to take the following things:

- Driving licence
- Registration book
- Insurance certificate
- Auto-atlas
- First-aid kit
- Spare wheel
- Spare petrol can
- Towing-line

☞☞☞☞☞☞

### VOCABULARY A

to set off on a journey - wyruszyć w podróż

by car - samochodem

driving licence - prawo jazdy

registration book - dowód rejestracyjny

insurance certificate - polisa ubezpieczeniowa

auto-atlas - atlas samochodowy

first-aid kit - apteczka pierwszej pomocy

spare wheel - zapasowe koło

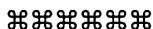
spare petrol can - zapasowy kanister

towing-line - lina holownicza

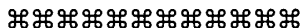
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**VOCABULARY B**

to top up the tank - uzupełnić paliwo do pełna	accelerator - pedał gazu
to fill the petrol can - napełnić kanister	horn - klakson
to wash a car - umyć samochód	turn signal - kierunkowskaz
to check the oil - sprawdzić poziom oleju	muffler - tłumik
to fix the brakes - wyregulować hamulce	rear-lights - tylne światła
to charge the battery - naładować akumulator	boot - bagażnik
to pump the tyres - napompować koła	roof - dach
to clean the plugs - oczyścić świece	windscreen - przednia szyba
to check the clutch - sprawdzić sprzęgło	windscreen wiper - wycieraczka
to take the spare parts - wziąć części zapasowe	steering-wheel - kierownica
to take the tools - zabrać narzędzia	bonnet - maska
engine - silnik	headlights - światła przednie
battery - akumulator	number plate - tablica rejestracyjna
clutch - sprzęgło	bumper - zderzak
speedometer - szybkościomierz	tyre - opona
brake - hamulec	wing - błotnik
exhaust pipe - rura wydechowa	wheel - koło

**SPEAKING**

1. What should you remember to take before setting off on a journey by car?
2. Do you like travelling by car? Why / Why not?
3. What are the advantages of having a car?
4. What are the disadvantages of having a car?

**10.5. On the road**

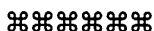
- Kate: Slow down, please. It's dark already. We can have a crash!
- Rick: Don't worry. I'm an old hand at driving.
- Kate: Maybe you are, but it doesn't mean that you should drive so fast! We are not on a motorway!
- Rick: Relax, baby. The road is empty.
- Kate: Well, it is empty now but... Look out! You idiot, you could have run into that car!
- Rick: But I didn't. I've told you that I am a born driver!
- Kate: You are a born killer! Stop the car! I want to get out!
- Rick: Don't panic. If you are so afraid of your life, you should have taken a bus!
- Kate: Next time I will. I'll never drive with you again!
- Rick: Okay, okay, I'll slow down a bit.
- Kate: Too late. Look, that's the police! They are waving to us to stop. Jam on the brakes!
- Officer: Good evening, Sir. You have a problem, I am afraid. Your driving licence and registration book, please.
- Rick: Here you are, Officer.

## TRAVEL

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Officer: You drove very carelessly. Don't you know that you expose yourself and other drivers to danger? Now, you have to pay a ticket for exceeding the speed limit.

Kate: You see, Rick, I told you not to drive like a maniac...

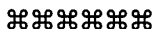


### VOCABULARY A

to have a crash - mieć poważne zderzenie (wypadek)	to wave to sb to stop - dawać sygnał komuś, żeby się zatrzymał
to be an old hand at driving - być doświadczonym w prowadzeniu samochodu	to jam on the brakes - gwałtownie zatrzymać samochód
to drive fast - jechać szybko	driving licence - prawo jazdy
to relax - rozluźnić się	registration book - dowód rejestracyjny
Look out! - Uważaj!	to drive carelessly - jechać nieostrożnie
to run into a car - najechać na samochód	to expose oneself to danger - narazić się na niebezpieczeństwo
to be a born driver - być urodzonym kierowcą	to pay a ticket - zapłacić mandat
to get out - wysiąść	to exceed the speed limit - przekroczyć dozwoloną prędkość
to drive with somebody - jechać z kimś	to drive like a maniac - jechać jak szalenięc
to slow down - zwolnić	

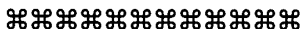
### VOCABULARY B

to go by car - jechać samochodem	to have a head-on collision - mieć zderzenie czołowe
to stick to the highway code - trzymać się przepisów ruchu drogowego	to collide with another car / bus - zderzyć się z innym samochodem / autobusem
to break the traffic regulations - popełnić wykroczenie drogowe	to hit - uderzać
to get caught for speeding - zostać zatrzymanym za przekroczenie prędkości	to hog the road - jeździć jak pirat drogowy
to speed up - zwiększyć prędkość	to write the car off - "skasować" samochód
to drive recklessly - jechać po wariacku	to pull out - ruszyć z miejsca
to be scared to death - być przerażonym	to drive on - jechać dalej
to have a knock/bump - mieć małe zderzenie	to drive safely - jeździć bezpiecznie
to crash into someone's car - najechać na czyjś samochód	to give signals - dawać sygnały
	to give way - ustąpić pierwszeństwa
	driver - kierowca
	passenger - pasażer



### SPEAKING

1. Why are there so many road accidents nowadays?
2. Have you got a driving licence? If yes, would you call yourself a good driver?
3. What qualities should a good driver have?





## SPEAKING PRACTICE 10

1. Podaj najczęstsze przyczyny wypadków samochodowych.
2. Powiedz, o czym trzeba pamiętać, wybierając się w podróż samochodem.
3. Wymień korzyści posiadania samochodu.
4. Opowiedz o swojej najciekawszej podróży.
5. Jaki środek transportu wybrałbyś, gdybyś miał wyruszyć w podróż dookoła świata?  
Uzasadnij.
6. Powiedz, o czym należy pamiętać, podróżując samochodem w Wielkiej Brytanii.
7. Powiedz, co twoim zdaniem sprawia, że samochód jest podstawowym środkiem transportu w Stanach Zjednoczonych.

## MY NOTES:

# 11. SOCIAL PROBLEMS



## 11.1. Alcoholism

Alcohol abuse is the greatest Polish weakness and our national vice. Nobody knows the exact number of alcohol addicts in Poland. Some sources reveal that there are about 5 million heavy drinkers in our country, and about 1 million people require special treatment.

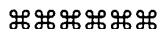
Although alcohol abuse is a serious problem, Polish society seems to be very tolerant towards drunkards. In fact, drinking alcohol is a kind of generally accepted social custom. Poles drink on every possible occasion: to celebrate a wedding day, the birth of a child, matriculation exam, first job or promotion. Alcohol is also a common "cure" for family problems, lack of money, professional failures, depression, loneliness or boredom.

There is, of course, nothing wrong in social drinking at parties or some ceremonies, but the problem is that many Poles do not know when to stop and they usually drink a lot of strong liquor instead of wine or beer. The consequences can be disastrous.

Everyone knows that alcohol destroys the health by damaging the brain, liver, heart and nervous system. At the same time, it also ruins family life. Alcohol abuse leads to quarrels, acts of violence and divorces. Often the children from an alcoholic background are emotionally disturbed and their physical development is retarded. In many cases they become heavy drinkers even before they hit the legal drinking age.

To make things worse, statistics indicate that alcoholics are dangerous to public order and safety. Recent figures show a rapid increase in the number of crimes committed under the influence of alcohol. Also the number of road accidents caused by drunk drivers is constantly growing. At the lowest estimate, about 20 per cent of all car accidents result from drunk-driving. And no one is able to say how many innocent people have lost their lives or have been injured in these accidents.

In the past, most alcoholics tried to hide their addiction. Those who had undergone treatment in anti-alcohol centres were very unwilling to admit it. It was something very embarrassing and shameful, something that should have been forgotten. However, this attitude has changed recently. Nowadays, more famous people talk openly about their alcohol addiction and encourage others to give up drinking. There are also many groups which voluntarily engage in anti-alcohol education. One of the best-known self-help groups for alcoholics is Alcoholics Anonymous operating in many cities in Poland. Both organizations and social movements provide a sign of hope for Polish people. Although they are not able to combat alcoholism altogether, they are often successful in convincing some alcohol addicts that it is better to remain sober.



### VOCABULARY A

alcohol abuse - nadużywanie alkoholu

weakness - słabość

national vice - wada narodowa

alcohol addict - człowiek uzależniony od alkoholu

heavy drinker - pijak

treatment - leczenie

drunkard - nałogowy pijak

social custom - obyczaj towarzyski

to celebrate - uczcić

cure - lekarstwo

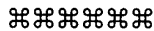
professional failures - niepowodzenia zawodowe  
 social drinking - picie towarzyskie  
 ceremony - uroczystość  
 to know no bounds - nie znać granic  
 strong liquor - mocny trunk  
 disastrous - zgubny, katastrofalny  
 to damage brain / liver - uszkodzić mózg /  
 wątrobę  
 emotionally disturbed - tu: mający zaburzenia  
 emocjonalne  
 physical development - rozwój fizyczny  
 retarded - opóźniony  
 alcoholic - alkoholik / alkoholiczka  
 public order - porządek publiczny  
 safety - bezpieczeństwo

drunk driver - pijany kierowca  
 drunk-driving - jazda po pijanemu  
 to hide one's addiction - ukryć nałóg  
 anti-alcohol centre - centrum antyalkoholowe  
 embarrassing - krępujący, żenujący  
 shameful - haniebny  
 to encourage - zachęcać  
 to give up drinking - rzucić picie  
 voluntarily - ochotniczo  
 anti-alcohol education - edukacja  
 antyalkoholowa  
 self-help group - grupa samopomocy  
 social movement - ruch społeczny  
 to combat alcoholism - zwalczyć alkoholizm  
 sober - trzeźwy

### **VOCABULARY B**

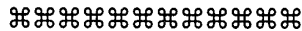
strong drinks - trunki  
 to have a drink - napić się, wypić coś  
 to take to drink - rozpić się  
 under the influence of drink - podchmielony,  
 nietrzeźwy

drinking-bout - libacja, pijatyka  
 the liquor question - zagadnienie alkoholizmu  
 the liquor trade - handel napojami alkoholowymi  
 tipsy - podchmielony, pijany



### **SPEAKING**

1. Do you think that alcoholism is a serious problem among young people in Poland?
2. Can Poles be taught to drink properly?
3. Are there any benefits in drinking in moderation?
4. Do you think that it is true that most young people in Poland feel they cannot have a good time at a party unless they are tipsy or drunk?

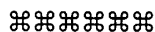


## **11.2. Unemployment**

Being unemployed these days is not a shame. In the face of rapid technological progress and economic changes, people are often made redundant.

Workers who lose their jobs have a right to receive Unemployment Benefits after they register in the Employment Office. Some people cannot claim this money. Instead, they can get Income Support but this is usually too little money to live on. Therefore, many people try to find a new job while they are "on the dole".

Most of them look for the same sort of job as they have done in the past. Others have to move to another area. The problem is, however, that they often do not have the relevant qualifications for a different occupation. In such cases they can receive special professional training provided by the Employment Office. This system enables more people to requalify or to retrain. The unemployed may also look for a full- or part-time job on their own account. To be successful, they may use such sources as the local or national newspapers and journals, private employment agencies, previous work contacts, professional associations and trade unions.



## SOCIAL PROBLEMS

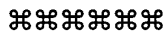
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### **VOCABULARY A**

unemployment - bezrobocie	to live on sth - żyć z czegoś
to be unemployed - być bezrobotnym	on the dole - na zasiłku (potocznie)
shame - wstyd	relevant qualifications - stosowne kwalifikacje
in the face of sth - w obliczu czegoś	occupation - zawód, zajęcie
rapid technological progress - szybki postęp techniczny	professional training - przeszkolenie zawodowe
economic changes - zmiany gospodarcze	to requalify - przekwalifikować się
to be made redundant - zostać zwolnionym	to retrain - przeszkolić się
to lose one's job - stracić pracę	the unemployed - bezrobotni
Unemployment Benefit - zasiłek dla bezrobotnych	full-time job - praca na pełny etat
to register - zarejestrować się	source - źródło
Employment Office - Biuro Zatrudnienia	employment agency - biuro zatrudnienia
to claim - domagać się	work contacts - kontakty zawodowe
Income Support - zasiłek socjalny	professional association - stowarzyszenie zawodowe
	trade union - związek zawodowy

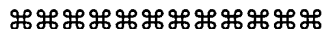
### **VOCABULARY B**

unemployment rate - stopa bezrobocia	to be accepted for a job - zostać przyjętym do pracy
vocational guidance - poradnictwo zawodowe	to be dismissed - zostać zwolnionym
references - referencje	to be sacked / fired - zostać wyrzuconym z pracy
mobility - mobilność	to get notice - dostać wypowiedzenie
unskilled worker - pracownik niewykwalifikowany	social assistance - pomoc socjalna
a full-time worker - pracownik na pełnym etacie	to work part-time - pracować na część etatu
to apply for a job - ubiegać się o pracę	unskilled job - praca nie wymagająca kwalifikacji
employment - zatrudnienie	
to be in employment - mieć zatrudnienie	



### **SPEAKING**

1. Is unemployment a serious problem in Poland?
2. What do you think it feels like to lose a job? Have your parents ever been unemployed?
3. What measures should be taken to counteract unemployment?
4. What job would you like to do in the future?
5. What qualifications do you need to do the job?



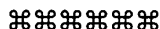
## 11.3. The handicapped

Every year thousands of people meet with accidents. And every year thousands of children are born with physical deformities and mental disorders. All the handicapped need our help and support. They do not expect our mercy but rather understanding and acceptance. They want to be treated in the same way as healthy people and be normal members of society.

Society should first of all help the handicapped develop their abilities and skills and enable them to get a job. This is the more important as work gives direction and sense to their life. Many disabled people feel redundant and rejected by society only because they cannot find a suitable occupation. Therefore, they should all be given a chance of working in special workshops or plants.

Although the situation of the handicapped in Poland is still not as good as it should be, it is constantly improving. There are more and more schools in which disabled children can learn together with fit ones. Also many public buildings have ramps for wheel chairs. In some Polish cities there are special invalid cars which enable the handicapped to enjoy greater mobility.

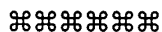
We all realize that the life of a handicapped person is much more difficult than ours. Therefore, we should do everything to make it easier and more comfortable.



### Susan R. Student:

I am a great fan of sport. Swimming is my greatest pleasure. Last year I spent my summer holidays at my grandmother's cottage in the country. One day I went with my friends to a nearby lake. Bathing was forbidden there but nobody bothered about it until something happened...

I jumped into the water and... I don't remember anything else. When I came round, I was in hospital. My father and a doctor were trying to prepare me for the bad news. My mother couldn't help crying. I learned that I had become paralysed from the waist down by breaking the spine. That was a real shock. My whole world collapsed. Even now it is very painful for me to talk about it. I will never be able to walk again and I have to cope with living in a wheel chair.



### VOCABULARY A

to meet with an accident - ulec wypadkowi  
physical deformity - kalectwo, deformacja  
fizyczna

mental disorders - zaburzenia umysłowe

the handicapped - upośledzeni

support - wsparcie

mercy - litość

member of society - członek społeczeństwa

to develop one's abilities and skills - rozwijać  
swoje zdolności i umiejętności

disabled people - niepełnosprawni ludzie

to feel redundant - czuć się zbędnym

to be rejected by society - być odrzuconym przez  
społeczeństwo

suitable occupation - odpowiednie zajęcie

workshop - warsztat

plant - zakład przemysłowy

to improve - poprawić się

fit - sprawny

ramp - podjazd dla wózków inwalidzkich

wheel chair - wózek inwalidzki

invalid car - samochód inwalidzki

mobility - tu: możliwość poruszania,  
przemieszczania się

## SOCIAL PROBLEMS

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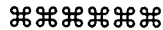
fan - miłośnik  
swimming - pływanie  
bathing - kąpiel  
to bother about sth - przejmować się czymś  
to jump into the water - skoczyć do wody  
to come round - przyjść do siebie

to become paralysed - zostać sparaliżowanym  
waist - pas  
to collapse - runąć, zawalić się  
painful - bolesny  
to cope with sth - poradzić sobie z czymś

### VOCABULARY B

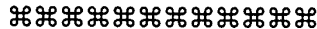
handicap - upośledzenie  
physically handicapped - upośledzony fizycznie  
mentally handicapped - upośledzony umysłowo  
mentally retarded - opóźniony umysłowo  
cerebral palsy - porażenie mózgu  
deaf - głuchy  
dumb - niemy  
deaf mute - głuchoniemy  
blind - niewidomy  
crippled - kaleki  
to fall ill with - zachorować na  
invalid - inwalida

cripple - kaleka, ułomny  
to walk on crutches - chodzić o kulach  
autism - autyzm  
deafness - głuchota  
epilepsy - padaczka  
blindness - ślepotą  
physical fitness - sprawność fizyczna  
mental fitness - sprawność umysłowa  
impairment - uszkodzenie  
visual/hearing impairment - uszkodzenie wzroku/  
słuchu



### SPEAKING

1. What is the situation of the handicapped in Poland like?
2. Do you know any handicapped people? How do they live? Where do they work? How do they spend their free time?
3. Do you know any person who met with an accident and became disabled? How does he (she) cope with his (her) life?
4. Should the handicapped be given equal opportunities in society or should they be given other special jobs?



## SPEAKING PRACTICE 11

1. Co twoim zdaniem należałoby zrobić, aby pomóc ludziom upośledzonym w większym stopniu zintegrować się ze zdrowym społeczeństwem?
2. Powiedz, jakie środki powinny być przedsięwzięte, aby zwiększyć szanse ludzi upośledzonych na rynku pracy.
3. Czy zgadzasz się ze stwierdzeniem, że praca nadaje kierunek i sens życiu każdego człowieka? Uzasadnij.
4. W jakim stopniu rząd odpowiada za bezrobocie w kraju? Jakimi środkami dysponuje, aby pomóc w zwalczaniu tego negatywnego zjawiska?
5. Co według ciebie oznacza wyrażenie "kultura picia"? Wyjaśnij.
6. Dlaczego alkoholizm uważany jest za jedno z najgroźniejszych zjawisk społecznych? Uzasadnij.

## MY NOTES:

## 12. ADDITIONAL TOPICS



### 12.1. Nuclear power

Before the Chernobyl disaster in 1986, there had been more proponents than opponents of nuclear power. However, this shocking event has changed people's attitudes and increased opposition to fission.

Supporters of nuclear power claim that mankind cannot do without this cheap source of energy. They argue that many countries could not afford to rely on costly oil, gas and coal. Besides, these traditional resources are already scarce and not generally available. Atomic energy, on the other hand, is abundant. It provides about one fourth the world's energy and only for that reason would it be irrational to reject it.

There is one more strong argument for nuclear energy: it is clean in comparison with coal and oil which pollute the natural environment by adding carbon dioxide to the atmosphere. According to some estimates, the burning of fossil fuel may lead to profound climatic changes, including an ice-free Arctic.

Critics of nuclear power have equally convincing arguments. First of all, they do not agree that fission is a 'clean' source of energy. On the contrary, they point out that thermal pollution and radiation are the principal environmental threats. In fact, nuclear power plants cast off more waste heat than any other heating plant. What is even worse, it is very difficult to deal with radioactive waste products which can last even thousands of years. As one energy analyst put it, when something is discharged into the environment, it does not simply disappear, no matter whether it is buried or stored.

The opponents of nuclear power also strongly criticize the claim that fission is cheap. In fact, it is very expensive since a single safety facility costs billions of dollars. It is also expensive in a moral sense. After the Chernobyl catastrophe, no one had doubts that the total costs in terms of lives to be paid for atomic energy far outweighed the total benefits.

According to many people, reliance on nuclear power is extremely risky. Acceptance of atomic energy inevitably leads to the spread of nuclear weapons and there is no guarantee that a nuclear bomb or other dangerous materials will not get into the hands of ignoramuses or terrorists.

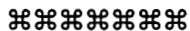
There is also a danger that some natural factor, for instance an earthquake, may bring about a nuclear catastrophe. The tragedy at Chernobyl has also demonstrated that an accident in a nuclear plant is a real possibility. The safety systems in many plants are old and equipment failure is very plausible. Governments, on the other hand, do everything to avoid expensive shutdowns.

Some people believe that mankind should look for other forms of power, for example solar energy which is cheap and environmentally safe. However, solar power provides only 8 per cent of the world's energy and it is still too early to replace fission with this alternative.

## ADDITIONAL TOPICS

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It seems that in spite of many objections to nuclear power, mankind cannot renounce it altogether. Therefore, people should concentrate their efforts to assure its safety. The best way is international legislation requiring that all nuclear plants should be located in remote areas and the reactors sited deep enough underground so that even a worst-case accident would not discharge radioactive substances into the atmosphere. Existing aboveground reactors should be protected by reliable containment structures and guarded by special squads. Only if these conditions are fulfilled, may people feel safe.

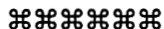


### **VOCABULARY A**

nuclear power - energia nuklearna	radioactive waste products - odpady radioaktywne
disaster - katastrofa	safety facility - tu: urządzenie zapewniające bezpieczeństwo
proponent - zwolennik	benefit - korzyść
opponent - przeciwnik	reliance - poleganie
shocking event - szokujące wydarzenie	inevitably - nieuchronnie
fission - rozszczepienie atomu	nuclear weapons - broń nuklearna
source of energy - źródło energii	ignoramus - ignorant
oil - ropa	earthquake - trzęsienie ziemi
gas - gaz	accident - wypadek
coal - węgiel	real possibility - realna możliwość
scarce - niewystarczający	safety system - system bezpieczeństwa
available - dostępny	equipment failure - awaria urządzeń
atomic energy - energia atomowa	plausible - możliwy
abundant - obfity	shutdown - zamknięcie
to reject sth - odrzucić coś	solar energy - energia słoneczna
strong argument - silny argument	alternative - alternatywa
in comparison with - w porównaniu z	to renounce - wyrzekać się
to pollute - zanieczyszczać	to assure - zapewnić
natural environment - środowisko naturalne	legislation - ustawodawstwo
carbon dioxide - dwutlenek węgla	remote area - odosobniony obszar
fossil fuel - opał kopalny	reactor - reaktor
profound climatic changes - głębokie zmiany klimatyczne	radioactive substances - substancje radioaktywne
thermal pollution - zanieczyszczenie cieplne	reliable - pewny, solidny
radiation - promieniowanie	containment structure - zbiornik, pojemnik
environmental threat - zagrożenie dla środowiska	special squads - specjalne brygady (oddziały)
nuclear power plant - elektrownia atomowa	
waste heat - nie wykorzystane ciepło	

### **VOCABULARY B**

shortage of energy - niedostatek energii	hydroenergy - energia wodna
energy crisis - kryzys energetyczny	energy situation - sytuacja energetyczna
renewable energy - energia odnawialna	contamination - skażenie



### **SPEAKING**

1. Are you for or against nuclear power? Justify.
2. What are the dangers of relying on nuclear power?
3. Suggest some alternative sources of energy.
4. Do you think Poland should have nuclear energy? Justify.



## 12.2. Animal rights



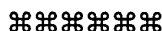
There are two tendencies concerning treating animals in contemporary society. Some people think of animals as conscious living beings while others regard them as walking sources of food and fur. These two attitudes may be considered from many points of view, among others cultural, moral or religious.

In many cultures, animals are treated with great respect. In some Indian tribes, for example, when an animal is killed, rituals are offered to the animal's spirit. Some religions, like Buddhism, have also maintained a belief in reincarnation according to which the souls of human bodies are reincarnated to inhabit animal bodies. When viewed from this perspective, eating meat may be regarded as a form of cannibalism. However, human relationships with animals vary from society to society.

In European culture we tend to look at animals from the Christian point of view and regard them as inferior beings subordinated to man. This seems to justify the treatment of animals as our resources used for food, clothes, research purposes or just for sport. Of course, there are groups opposing the above attitudes. Many animal welfare groups, such as the World Society for the Protection of Animals or The Animal Rights Movement aim at the total abolition of animal medical research, fur industry and sport hunting and trapping. They claim that although animals lack many of the abilities humans possess, they are conscious creatures feeling pleasure, anger, loneliness or suffering. Therefore, we should not consider ourselves as their superiors or masters and keep them in closed confinements, isolation or laboratories and ignore their needs, feelings and preferences. Vegetarians, for example, have even more extreme views. They renounce the use of animals in any way and give up eating meat while Greenpeace members propose to identify with mammals and claim that animals are members of oppressed groups.

However, the question arises whose rights are more important: people's or animals'? It is true that we allow animals to be used for various purposes and sometimes it is cruel but we do so in order to achieve human benefit. It seems that it is generally not wrong to raise animals because meat is an important source of protein and a rich ingredient of man's daily diet. It is also not wrong to experiment on animals as in this way medicine and science make progress. Moreover, lab animals have another important role to fulfil; they have saved many lives serving as 'guinea pigs' to test a vaccine or the effectiveness of a drug.

It seems that we recognize that animals can be treated well (it is especially the case with our pets) and treated badly. And there is no inconsistency here. Of course we should care about animals and recognize such things as animal welfare and cruelty to animals. However, as long as we are not cruel on purpose and do not commit wrongful acts that involve animals, such as thoughtless killing, starving or torturing them, we do nothing wrong. At the same time it seems obvious that animals can be used for man's benefit. It sounds as if animals had no rights at all but it is not true. They have many rights and, what is more, we have responsibilities to them. Still, they are inferior to us and cannot be viewed as our equal partners.

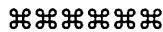


## ADDITIONAL TOPICS

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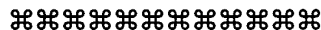
### **VOCABULARY A**

contemporary society - współczesne społeczeństwo	abilities - zdolności
conscious living beings - świadome istoty żyjące	conscious creature - świadoma istota
source - źródło	anger - gniew
food - żywność	loneliness - samotność
fur - futro	suffering - cierpienie
to treat - traktować	confinement - uwięzienie, zamknięte miejsce
great respect - duży szacunek	to ignore - ignorować
ritual - rytuał, ceremoniał	extreme views - ekstremalne poglądy
spirit - dusza	to renounce - odrzucać, odmawiać
belief - wiara	to give up - zarzucać
reincarnation - reinkarnacja	to identify with - identyfikować się z
soul - dusza	mammals - ssaki
to inhabit - zamieszkać	purpose - cel
animal bodies - ciała zwierząt	to achieve - uzyskać
meat - mięso	benefit - korzyść
cannibalism - kanibalizm	to raise animals - hodować zwierzęta
relationship - związek	daily diet - codzienna dieta
to vary - różnić się	to fulfil - spełnić
inferior being - istota podrzędna	guinea pig - świnka morska (doświadczalna)
subordinated - podporządkowany	to test a vaccine - wypróbować szczepionkę
to justify - usprawiedliwiać	effectiveness - efektywność
treatment - traktowanie	drug - lekarstwo
resource - tu: źródło	pet - zwierzę domowe
research - badania	inconsistency - nielogiczność, niekonsekwencja
welfare - dobrobyt	cruelty - okrucieństwo
abolition - abolicja, zakaz	thoughtless killing - bezmyślne zabijanie
fur industry - przemysł futrzarski	starving - głodzenie
hunting - polowanie	responsibility - obowiązek
trapping - zastawianie sidła	inferior - podrzędne
to lack - brakować	equal partner - równy partner



### **SPEAKING**

1. Do you think that using animals for experimentation in medical laboratories is cruelty? Why?/Why not?
2. How does having a dog or a pet differ from using a dog in a medical experiment?
3. How do we know that humans are superior to animals? Do we have a right to say this?
4. Should animals be used in cosmetics testing? Why or why not?



### 12.3. Compulsory military service.

The problem of conscription has always been a controversial issue. Some people strongly support the idea while others are definitely against it.

Supporters of compulsory military service believe that it is a good school of life for all young people. They claim that it provides young men with very useful experience and it gives them the possibility to study, to acquire new skills and to become strong and robust.

However, many opponents of compulsory military service maintain that conscription does more harm than good and it should be abolished for professional, personal, psychological and economical reasons.

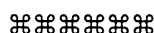
The first argument against conscription is that it is, in fact, unnecessary in the modern world. Nowadays, most countries possess high-quality military equipment as well as nuclear weapons which can be operated by a small force. That is why maintaining large permanent armies makes it no longer essential. The strength of the country does not depend on the manpower of an army but rather on the skills and knowledge of experts who are specially educated to operate complicated missiles of an intercontinental range. For this strictly professional reason armies of unskilled soldiers seem to be redundant.

There are also other important personal reasons against conscription. This experience is extremely unpleasant for most young men. They are not only afraid of it but also hate the idea of spending two precious years of their life in the army and tend to treat it as a necessary evil. In fact, if they cannot avoid it, they waste the best period of their life engaged in primitive activities. Besides, many dreams or plans of these young men are ruined. When they leave the service, they need at least a year to prepare themselves for studies or to undertake a job and again completely alter their course of life.

Another important argument against conscription is of a psychological nature. For many sensitive young men military service is hell because they are forced to do things which they hate in the name of discipline. The army requires from everyone to be obedient and submissive and all the individuals who do not want to fit into this pattern are frequently ridiculed, humiliated and treated in a very brutal way. As a result, they suffer terribly and this may lead to terrible damage to their psyche or even suicide. Therefore, from a psychological point of view, conscription may cause more evil than good.

The last reason for abolishing compulsory military service is financial. Maintaining large armies is extremely costly. Therefore, the vast sums of money spent on feeding, dressing and training unskilled soldiers should be rather offered to poor countries or spent on really important things such as education or health care.

It seems that the best solution would be forming smaller professional armies consisting of young men who like military life and who can easily adopt to hard conditions in the army. Everyone should be granted freedom of choice and not forced to do something against his plans or nature.



## ADDITIONAL TOPICS

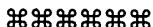
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### **VOCABULARY A**

compulsory military service - obowiązkowa służba wojskowa	to waste - marnować
conscription - pobór do wojska	to be engaged in sth - zajmować się czymś
controversial issue - kontrowersyjna kwestia	service - służba
to support - popierać	to undertake a job - podjąć pracę
new skills - nowe umiejętności	to alter - zmienić
robust - silny, krzepki	hell - piekło, piekielne męki
to abolish - znieść	obedient - posłuszny
military equipment - sprzęt wojskowy	submissive - uległy, posłuszny
nuclear weapons - broń nuklearna	to ridicule - ośmieszyć
permanent army - stała armia	to humiliate - poniżyć
strength - siła	to suffer - cierpieć
manpower - stan liczebny (armii)	damage - szkoda
missile - pocisk	suicide - samobójstwo
intercontinental range - zasięg międzykontynentalny	evil - zło
redundant - zbędny	to maintain - utrzymywać (finansowo)
precious years - cenne lata	soldier - żołnierz
necessary evil - zło konieczne	hard conditions - ciężkie warunki
	freedom of choice - prawo wyboru

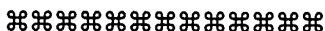
### **VOCABULARY B**

national defense - obrona narodowa	veteran - weteran
to join the army - wstąpić do wojska	rank - ranga
to be in the army - służyć w wojsku	lieutenant - porucznik
troops - wojsko	sergeant - sierżant
barracks - koszary	colonel - pułkownik
pass - przepustka	officer in command - dowódca
recruit - rekrut	to recruit - zaciągać do wojska
private - szeregowiec	to enlist - werbować



### **SPEAKING**

1. Why are so many young people against compulsory military service?
2. Do you think that conscription is necessary? Why / Why not?
3. What is your attitude to conscription?
4. Would you like to join the army?
5. Should women be conscripted?



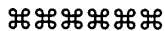
## 12.4. Transplantations

The idea of transplanting organs and parts of the body from one person to another is very old. However, the first heart transplant was conducted not until 1964 when the American scientist, J.M.Hardy, managed to implant a chimpanzee's heart into a man. Unfortunately, the patient died a few minutes after the operation.

In 1967, the first successful heart transplant was performed in Kapstadt. After this

success a remarkable progress in the field of medicine has made it possible to transplant not only hearts but also kidneys, livers or even lungs.

Although transplants are not yet routine, they are becoming more and more common. However, they still pose some serious difficulties. First of all, donor organs must match the patient's blood and tissue. Second, the patient's immune system must be treated medically to reduce the risk of rejection. The greatest problem, however, is not the operation itself but the shortage of organs. Although it is possible now to take organs without the consent of a dead person's family, their will is usually respected in case of refusal. Organs can be taken when a person is recognized as "brain-dead". One man is able to save even four other people: a taker of heart, liver and two kidneys. Usually young victims of car accidents become valuable sources of organs for transplants. Still, the demand for human organs is enormous. If only they were more readily available, a greater number of lives could be saved.



### **VOCABULARY A**

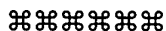
transplantation - transplantacja, przeszczep  
 organ - organ  
 part of the body - część ciała  
 heart transplant - transplantacja serca  
 to conduct - przeprowadzać  
 to implant - wszczepić  
 patient - pacjent  
 operation - operacja  
 to perform - wykonać, przeprowadzić  
 remarkable progress - nadzwyczajny postęp  
 to transplant - przeszczepić  
 kidney - nerka  
 liver - wątroba  
 lungs - płuca  
 routine - rutynowy  
 common - powszechny  
 serious difficulties - poważne trudności  
 donor organ - ofiarowany organ  
 to match - odpowiadać, dobrze pasować

blood - krew  
 tissue - tkanka  
 immune system - system odpornościowy  
 to treat medically - leczyć  
 to reduce - zmniejszyć  
 the risk of rejection - ryzyko odrzucenia  
 shortage of organs - brak organów  
 consent - zgoda  
 will - wola  
 to respect - szanować  
 refusal - odmowa  
 brain-death - śmierć mózgu  
 to save - uratować  
 taker - biorca  
 victim - ofiara  
 source - źródło  
 demand - zapotrzebowanie  
 human organ - ludzki organ  
 readily available - łatwo dostępny

### **VOCABULARY B**

to donate an organ - podarować organ  
 kidney / liver transplant - transplantacja nerki /  
 wątroby  
 implantation - wszczepienie  
 to reject the new organ - odrzucić nowy organ

medical advance - postęp medyczny  
 life support system - system utrzymujący funkcje  
 życiowe przy pomocy maszyn  
 after death - po śmierci



### **SPEAKING**

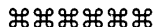
1. What are the advantages of transplantations?
2. What difficulties do transplants still pose?
3. What is your opinion about transplantations?  
 Would you be ready to donate your organs after death?

## 12.5. Sects

Sects are defined as groups which break off from a denomination and establish a new religion. Most of them have certain characteristics in common. Often the founder is a charismatic person who claims some special revelation or maintains that he is a superior being having some unique relationship with God. The members of sects consider themselves as the élite and regard other people as corrupt, perverse and demoralized. Therefore, they want to separate from the larger society. They also believe that the world tends towards a catastrophe and that they are the only ones who know how to save it.

Sects are viewed as one of the greatest dangers of the contemporary world. They usually recruit sensitive youths who are in a state of depression or in some critical situation and lavish their care upon them. The technique they use is called 'love bombing'. The next stage is 'brain-washing' by manipulating, indoctrinating, incapacitating and exerting a strong psychological pressure on the prospective members. In the process of time, many young people break with their families and old friends, and join a sect. Separated from the outer world, they live under constant control of the sect and quickly lose their own personality. They become robots who are unable to take any decisions about their life or actions. They are deprived of basic rights and have to do everything what they are told by their guru. Their everyday life is filled with work, meditation and pseudoreligious practices. They are usually forbidden to watch television, read books, attend school or even consult a doctor.

Although most members of the sect really believe that living in a community is the only way to self-realization, happiness and salvation, some of them cannot bear the harsh régime and decide to commit suicide. Those who manage to return to 'normal' society are usually spiritually and emotionally crippled.



### VOCABULARY A

sect - sekta

to break off from sth - oderwać się (odłamywać) od czegoś

denomination - wyznanie

establish - ustanowić, założyć

in common - wspólne

founder - założyciel

charismatic person - osoba z charyzmą

revelation - objawienie

to maintain - utrzymywać (twierdzić)

superior being - istota wyższa

relationship - związek

member - członek

corrupt - zepsuty, skorumpowany

perverse - zepsuty

demoralized - zdemoralizowany

to separate from - oddzielić (odseparować) się od

to tend towards sth - zmierzać do czegoś

to save - ocalić, uratować

danger - niebezpieczeństwo

contemporary world - współczesny świat

to recruit - rekrutować

sensitive - wrażliwy

to lavish one's care upon sb - otoczyć kogoś troską

love bombing - bombardowanie miłością

brain-washing - pranie mózgu

to manipulate - manipulować

to indoctrinate - indoktrynować

to incapacitate - ubezwłasnowolnić

to exert a strong psychological pressure on sb - wywierać na kimś silną presję psychiczną

prospective - spodziewany, przyszły

to break with sth - zrywać z czymś

to join a sect - wstąpić do sekty

outer world - zewnętrzny świat

personality - osobowość

to be deprived of sth - być pozbawionym czegoś

meditation - medytacja

pseudoreligious practice - pseudoreligijna praktyka

to forbid - zabraniać

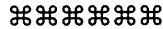
to attend school - chodzić do szkoły

to consult a doctor - zasięgnąć rady lekarza

community - tu: wspólnota (religijna)

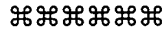
self-realization - samorealizacja  
 happiness - szczęście  
 salvation - zbawienie  
 to bear - znieść, znosić

harsh régime - surowy reżim  
 to commit suicide - popełnić samobójstwo  
 spiritually and emotionally crippled - duchowo  
 i emocjonalnie okaleczony



## **SPEAKING**

1. Why are sects regarded as a negative social phenomenon?
2. What is your attitude to sects?
3. Have you ever wanted to join any sect? Why?
4. In what sense do sects have a destructive influence on their members?
5. Do you think that sects are dangerous and, therefore, should become illegal?
6. What sort of persons join a sect?
7. What is the purpose of sects?



## **SPEAKING PRACTICE 12**

1. Wyjaśnij, dlaczego jesteś przeciwnikiem lub zwolennikiem energii atomowej.
2. Czy uważasz, że powszechna służba wojskowa powinna być zniesiona w Polsce? Uzasadnij.
3. Czy popierasz manifestacje w obronie zwierząt? Jaki jest twój stosunek do zwierząt?
4. Przedstaw swoje stanowisko w sprawie przeszczepów. Czy uważasz, że organy do transplantacji powinny być "obowiązkowym" darem każdego zmarłego?
5. Jakie jest twoje zdanie na temat sekt? Dlaczego sekty są uważane za jedno z najgroźniejszych zjawisk społecznych? Uzasadnij.
6. Dlaczego, twoim zdaniem, tak wielu młodych ludzi wstępuje do sekt?

## **MY NOTES:**

## LIST OF IRREGULAR VERBS

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### LIST OF IRREGULAR VERBS

Lista czasowników nieregularnych występujących w podręczniku

<b>Infinitive</b> Bezokolicznik	<b>Past</b> Czas przeszły	<b>Past Participle</b> Imiesłów bierny
arise	arose	arisen
be	was/were	been
bear	bore	borne
beat	beat	beaten
become	became	become
begin	began	begun
bend	bent	bent
break	broke	broken
bring	brought	brought
build	built	built
burn	burnt	burnt
burst	burst	burst
buy	bought	bought
can	could	could
catch	caught	caught
choose	chose	chosen
come	came	come
cost	cost	cost
cut	cut	cut
deal	dealt	dealt
do	did	done
draw	drew	drawn
dream	dreamt	dreamt
drink	drank	drunk
drive	drove	driven
eat	ate	eaten
fall	fell	fallen
feed	fed	fed
feel	felt	felt
fight	fought	fought
find	found	found
fly	flew	flown
forbid	forbade	forbidden
forget	forgot	forgotten
forgive	forgave	forgiven
get	got	got



LIST OF IRREGULAR VERBS

Infinitive	Past	Past Participle
give	gave	given
go	went	gone
grow	grew	grown
have	had	had
hear	heard	heard
hide	hid	hidden
hold	held	held
hurt	hurt	hurt
keep	kept	kept
know	knew	known
lay	laid	laid
lead	led	led
lean	leant	leant
learn	learnt/learned	learnt/learned
leave	left	left
let	let	let
lose	lost	lost
make	made	made
may	might	might
mean	meant	meant
meet	met	met
mistake	mistook	mistaken
mow	mowed	mown
overcome	overcame	overcome
overdo	overdid	overdone
overeat	overate	overeaten
overtake	overtook	overtaken
overthrow	overthrew	overthrown
pay	paid	paid
put	put	put
read	read	read
rid	rid	rid
ride	rode	ridden
rise	rose	risen
run	ran	run
say	said	said
see	saw	seen
seek	sought	sought
sell	sold	sold
send	sent	sent
set	set	set
sing	sang	sung
sink	sank	sunk

## LIST OF IRREGULAR VERBS

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Infinitive	Past	Past Participle
sit	sat	sat
sleep	slept	slept
speak	spoke	spoken
speed	sped	sped
spend	spent	spent
spoil	spoilt	spoilt
spread	spread	spread
stand	stood	stood
steal	stole	stolen
stick	stuck	stuck
swim	swam	swum
swing	swung	swung
take	took	taken
tear	tore	torn
tell	told	told
think	thought	thought
undergo	underwent	undergone
understand	understood	understood
undertake	undertook	undertaken
upset	upset	upset
wear	wore	worn
win	won	won
withdraw	withdrew	withdrawn
write	wrote	written

**ENGLISH. REPETYTORIUM  
TEMATYCZNO - LEKSYKALNE 2  
TO:**

**niezawodna pomoc dla maturzystów  
i zdających egzamin wstępny  
na wyższe uczelnie**

**tematy związane  
z życiem i kulturą  
Wielkiej Brytanii  
i  
Stanów Zjednoczonych**

**pomoc dla nauczycieli  
w przygotowywaniu zajęć**

**słownik tematyczny**

**zbiór pytań i reakcji językowych  
spotykanych na egzaminach**