

MAGAZYN W JĘZYKU ANGIELSKIM



ENGLISH MATTERS

# ENGLISH MATTERS

**PHRASALS**  
WITH COME

**HUMANS & NATURE**  
**CYCLES**

**CONVERSATION**  
**MATTERS:**  
SPEAK FLUENT  
FUNERAL

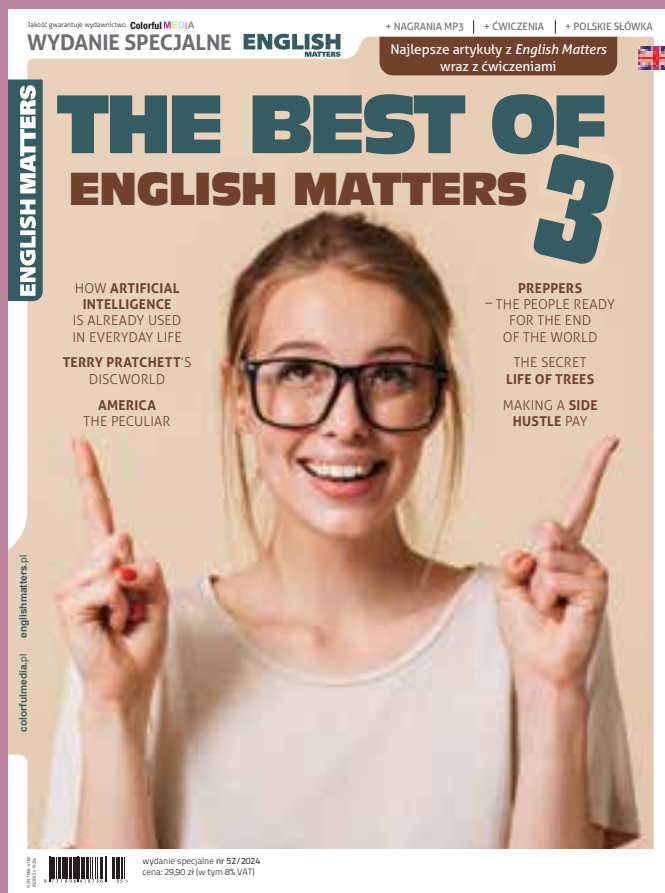
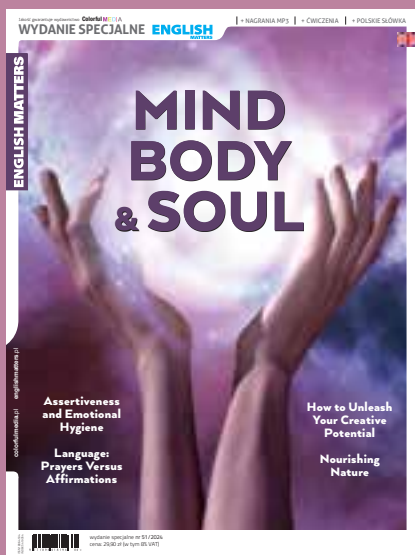
**SWIFTMANIA:**  
**THE**  
**TAYLOR**  
**SWIFT**  
**STORY**

**UNDERSTANDING**  
**PROCRASTINATION**



Jakość gwarantuje wydawnictwo **Colorful MEDIA**

# NOWE WYDANIA SPECJALNE ENGLISH MATTERS



kiosk.colorfulmedia.pl

# Językowo najlepsi!



KUP TERAZ

INSIDE 109/2024

9

16

38

# LISTA SŁÓWEK, MP3 ORAZ WORKSHEET

DO POBRANIA  
ZE STRONY  
ENGLISHMATTERS.PL

WORKSHEET

## THIS AND THAT

4 This & That

## SOUND & SPEECH

6 Phonemic Symbols: /dʒ/

## PEOPLE AND LIFESTYLE

9 Swiftmania: The Taylor Swift Story

13 James McAvoy

16 Investigating Prefabs

20 Humans v. the Cycles of Nature

23 Understanding Procrastination:  
Causes and Strategies  
for Overcoming It

26 Scouting Today: The Evolution  
of a Century-Old Movement

## LANGUAGE

30 Phrasals with Come

## CONVERSATION MATTERS

32 Speak Fluent Funeral

## TRAVEL

36 Majestic Menorca

## LEISURE

41 Rack Your Brain

## PEOPLE AND LIFESTYLE

Taylor Swift's Eras Tour has been a record-shattering success that has enshrined her status as an iconic cultural phenomenon. But at the start of the 2010s, success of such magnitude didn't seem likely. *English Matters* discovers how Taylor Swift has transcended the music industry.

## ENGLISH MATTERS

magazyn dla uczących się  
języka angielskiego  
dwumiesięcznik

### Redakcja:

ul. Lednicka 23, 60-413 Poznań  
redakcja@colorfulmedia.pl  
tel. 61 833 63 28,

Colorful  
MEDIA

Wydawca: ul. Lednicka 23,  
60-413 Poznań, colorfulmedia.pl

Redakcja nie ponosi odpowiedzialności za treść ogłoszeń i reklam.

Redaktor naczelna  
Hanna Danielczak-Ziadi

Zespół  
Ewelina Błońska  
Kamil Drożdżyk  
Agnieszka Fortuna  
Paul Martin  
Jonathan Moore  
Joanna Naporowska  
Jonathan Sidor  
Owen Williams  
Grzegorz Mucha

Korekta  
Graham Crawford

Czytelnik testowy  
Jakub Nowak

Nagrania MP3  
Graham Crawford

Studio DTP  
Sławomir Kinał  
Michał Sobański

Projekt okładki/zdjęcie:  
Sławomir Kinał

Dział reklamy:  
Małgorzata Stawecka  
kom. 661 996 690  
m.stawecka@colorfulmedia.pl

Dział prenumeraty, sprzedaż:  
Karolina Mazurkiewicz  
tel. 61 833 63 28  
tel. 663 242 433  
k.mazurkiewicz@colorfulmedia.pl  
prenumerata@colorfulmedia.pl

Layout magazynu  
Sławomir Kinał



Dołącz do nas na:  
facebook.com/ematters



Skanując kod QR w magazynie szybko i bez podawania naszej adresy otrzymasz plik MP3 na swój smartfon! Wyślij wiadomość z aplikacją "aparat" – obiektyw należy skierować na kod. Przy starszych wersjach systemów Android czy iOS, należy pobrać odpowiednią darmową aplikację. Znajdziesz ją pod adresem: [www.colorfulmedia.pl/czytnik](http://www.colorfulmedia.pl/czytnik)



# DIRTY ELECTRICITY

Although the word “radiation” often carries negative connotations, we are constantly surrounded by it, and our bodies have adapted to natural radiation. It’s emitted by cosmic rays, the air, sunlight, and even by ourselves. However, it’s the electromagnetic radiation emitted by human-made devices that is often blamed for having negative effects on people’s health. Some electronic devices emit radio waves powerful enough to travel thousands of kilometers, even through solid objects like buildings and the Earth’s crust.

Although it hasn’t been scientifically proven, some individuals claim to be particularly sensitive to electromagnetic fields and believe that exposure to low-level electromagnetic radiation (emitted by sources such as power lines, electrical wiring, cell phone towers, and common appliances) causes various symptoms, including headaches, low mood and insomnia.

The World Health Organization (WHO), however, denies that low-level electromagnetic fields affect well-being. It’s possible that people who believe electromagnetic radiation harms their health may be influenced by confirmation bias. After all, how can one definitively determine whether a headache is caused by a nearby cell phone tower, or by low blood pressure, fatigue, or caffeine withdrawal?

although | chociaż

radiation | promieniowanie

cosmic rays | promienie kosmiczne

however | jednak/że

device | urządzenie

to be blamed for sth | być winnym czegoś, być obwinianym o coś

solid | stały

Earth’s crust | skorupa ziemiska

scientifically proven | naukowo potwierdzony

sensitive to sth | wrażliwy na coś

exposure to sth | narażenie na coś

electrical wiring | okablowanie elektryczne

cell phone tower | wieża telefonii komórkowej

common | powszechny

appliance | urządzenie

including sth | włącznie z czymś

insomnia | bezsenność

to deny | zaprzeczać

well-being | samopoczucie

to harm sth | szkodzić czemuś

confirmation bias | tu: potwierdzenie

wynikające z nastawienia, efekt potwierdzenia

after all | w końcu

definitively | niezaprzeczalnie

whether | czy

low blood pressure | niskie ciśnienie krwi

fatigue | zmęczenie

caffeine withdrawal | odstawienie kofeiny



## FAST FASHION

Fast fashion is a business model employed by clothing companies to rapidly replicate designer clothing and sell it at retail stores while demand is high. The concept sounds appealing: it allows people from all walks of life to stay trendy at an affordable price. However, there is a dark side to fast fashion.

Companies using the business model often exploit low-cost labourers in factories, particularly in developing countries. Additionally, the quick production of vast quantities of clothing, driven by the constant pursuit of new trends, generates excessive waste and harms the environment.

The question is – don’t designer brands do the same? While some may, not all companies operate the same way. In today’s information age, it’s increasingly difficult for clothing companies to conceal unethical practices. With a bit of research, you can identify and support the ethical clothing brands.

employed | tu: stosowany

to replicate sth | powielać coś

retail store | sklep detaliczny

demand | popyt

from all walks of life | z różnych środowisk

at an affordable price | za rozsądną cenę

to exploit sb | wykorzystywać kogoś

laborer | robotnik

quantity | ilość

pursuit of sth | dążenie do czegoś

to conceal sth | ukrywać coś





## METATHESIS

In linguistics, metathesis refers to the swapping of sounds or syllables in words and sentences. In English, metathesis often leads to pronunciation errors. For example, the word “prescription” (/prɪˈskrɪpʃən/) might be pronounced as “perscription” (/pərˈskrɪpʃən/), and “permanent” (/ˈpɜːmənənt/) might be pronounced as “pernament” (/ˈpɜːnəmənt/). Words with certain letter combinations are more prone to mispronunciation. For instance, “r” is often confused with “l,” and “m” is sometimes switched with “n.” Metathesis has even caused some English words to change their pronunciation over time. For example, the word “bird” was pronounced “brid” in Old English, and “frost” was once pronounced “forst.”

As for the reasons behind metathesis, there isn’t a decisive answer to explain this phenomenon. However, factors such as misreading, mishearing, making words easier to pronounce, and avoiding phonotactic constraints (the rules governing syllable formation) when borrowing words from other languages all contribute to this linguistic occurrence.

<b>metathesis</b>	<b>frost</b>   szron
metateza	<b>phenomenon</b>
<b>to swap sth</b>	zjawisko
zamieniać coś	<b>to avoid sth</b>   unikać
<b>to lead to sth</b>	czegoś
prowadzić do czegoś	<b>phonotactic</b>
<b>prescription</b>   recepta;	fonotaktyczny
przepis	<b>constraint</b>
<b>permanent</b>   trwały	ograniczenie
<b>prone to sth</b>	<b>to govern sth</b>
podatny na coś	rządzić czymś
<b>confused with sth</b>	<b>occurrence</b>
mylony z czymś	zdarzenie



## SMART INSULIN

Currently, people suffering from type 1 diabetes may need up to ten insulin injections a day to keep their sugar levels at bay. However, thanks to glucose-responsive insulin (GRI), commonly referred to as “smart” insulin, diabetics could soon go an entire week without worrying about frequent injections. This innovative treatment is designed to monitor glucose levels in the patient’s blood and activate automatically when needed.

Such a development would be invaluable for diabetics, who presently have to constantly track their glucose levels and carry insulin with them at all times.

Although still in development, “smart” insulin is a promising advancement that could improve the lives of diabetics worldwide sooner than expected.

**currently** | obecnie  
**diabetes** | cukrzyca  
**injection** | zastrzyk  
**without sth** | bez czegoś  
**invaluable** | bezcenny

**constantly** | stale  
**to track sth** | monitorować coś  
**at all times** | zawsze  
**advancement** | postęp  
**to improve sth** | poprawiać coś



## TOLKIEN'S LANGUAGES

Have you ever heard of Quenya, Sindarin, or the Avarin language family? If you’re a die-hard Tolkien fan, you probably have. These are constructed languages featured in The Lord of the Rings, created by J.R.R. Tolkien to expand his literary universe. The author was a philologist, which explains his knack for languages. There is, however, a difference between learning about an existing language and creating your own from scratch.

Although the writer is credited with creating as much as fifteen elvish dialects, two of those, Quenya and Sindarin were developed exceptionally well. Quenya is largely inspired by Finnish, while certain aspects of Sindarin draw from Welsh. These languages are so well-developed that they have their own distinct phonologies, grammar rules, and extensive vocabularies. To add to that, Tolkien went the extra mile and created multiple scripts that allowed him to transcribe the artificial languages using rune-like symbols. Remarkable dedication!

**die-hard** | zagorzały  
**to expand sth** | rozszerzać coś  
**knack for sth** | talent do czegoś  
**from scratch** | od podstaw, od zera  
**to be credited with sth** | mieć na swoim koncie coś

**to draw from sth** | czerpać z czegoś  
**Welsh** | walijski  
**extensive** | rozległy  
**to add to that** | na dodatek, ponadto  
**to go the extra mile** | zrobić coś ponad swoje obowiązki





– Judge /'dʒʌdʒ/ ... I mean, Your Honour. I'd like to apologise /ə'pɒlədʒaɪz/. I didn't mean to steal the jewels /'dʒu:əlz/. In fact, it was just /dʒʌst/ a joke /dʒəʊk/. I don't want to go to jail /dʒeɪl/.

jewels | klejnoty

age

/eɪdʒ/  
wiek

badge

/bædʒ/  
odznaka

budget

/'bʌdʒɪt/  
budżet

giant

/'dʒaɪənt/  
gigant

injury

/'ɪndʒəri/  
uraz, kontuzja

language

/'læŋɡwɪdʒ/  
język

luggage

/'lʌɡɪdʒ/  
bagaż

– Private Julian /'dʒu:liən/ Jefferson /'dʒɛfəsən/? The general /'dʒɛnərəl/ wants you to deliver a message /'mesɪdʒ/ to major /'meɪdʒə/ Jim /dʒɪm/ Jackson /'dʒæksən/. It's a dangerous /'deɪndʒərəs/ mission, so I suggest /sə'dʒɛst/ you prepare.

private | szeregowy

**POBIERZ NAGRAANIA MP3**

KOD DOSTĘPU:  
**eb46**

LUB ODSŁUCHAJ  
NA STRONIE  
englishmatters.pl

POBIERZ CZYTNIK KODÓW:  
COLORFULMEDIA.PL/CZYTNIK

/dʒ/

It's time to learn yet another consonant sound from the International Phonetic Alphabet. The /dʒ/ sound is known to linguists as the voiced palato-alveolar sibilant affricate. What does it tell us? Thanks to its complicated name, we know that in order to make this consonant, we have to vibrate our vocal cords and that it's made by creating friction between the top teeth and the highest part of the mouth. In English, the sound is usually represented with the letter *j* (just /dʒast/, Johnny /'dʒɒni/), or with the *dge* cluster (bridge /brɪdʒ/, hedge /hedʒ/). It can also appear as *ge* (college /'kɒlɪdʒ/, page /peɪdʒ/), or *gi* (rigid /'rɪdʒɪd/, legion /'li:dʒən/). In words such as energy /'enədʒi/ and biology /baɪ'ɒlədʒi/, the sound appears simply when the letter *g* is connected with the *y* vowel. In the word soldier /'sɔːldʒə/, the sound is hidden behind the letters *di*.

The consonant is prominent in a linguistic phenomenon called assimilation. In everyday speech, when you pronounce words ending with the letter *d* followed by the word starting with the /j/ sound, the assimilation makes their pronunciation differ from their pronunciation in the vacuum. For example, the words *did* and *you* are separately pronounced as /dɪd/ and /ju:/, but when we pronounce them right after each other, they sound more like /dɪdʒu:/. Although assimilation is mostly noticeable when we link words (would you /wʊdʒu:/, could you /kʊdʒu:/, should you /ʃʊdʒu:/), it can also be observed in single words – like in the word *education*, which can be pronounced either as /,ɛdʒə'keɪʃən/, or as /,ɛdʒə'keɪʃən/.

As for its position within a word, the sound can appear either at the beginning (general /'dʒenərəl/, job /dʒɒb/), in the middle (refrigerator /rɪ'frɪdʒəreɪtə/, management /'mænɪdʒmənt/), or at the end (large /lɑːdʒ/, huge /hjuːdʒ/).

Time to practice the pronunciation of the sound. The tip of your tongue should be placed closely behind the ridge on your hard palate. Once it's done, vibrate your vocal cords, and push air out between the narrow gap you've just created. The air should create friction between your tongue and palate. This friction is the /dʒ/ sound. Repeat the exercise until you get the hang of it.

## Sound & Speech

**consonant** | spółgłoska  
**voiced palato-alveolar sibilant affricate**  
 | dźwięczna sycząca spółgłoska  
 zwarto-szczelinowa (podniebienno-dziąsłowa)  
**in order to** | aby  
**vocal cords** | struny głosowe  
**friction** | napięcie, tarcie  
**cluster** | zbitka  
**hedge** | żywopłot  
**vowel** | samogłoska  
**prominent** | wyrazisty  
**phenomenon** | zjawisko  
**assimilation** | asymilacja  
**to differ from sth** | różnić się od czegoś  
**in the vacuum** | w próżni  
**to pronounce sth** | wymawiać coś  
**although** | chociaż  
**noticeable** | zauważalny  
**either... or...** | albo... albo...  
**within sth** | w obrębie czegoś  
**to appear** | pojawiać się  
**in the middle** | w środku  
**tip of your tongue** | czubek języka  
**ridge** | krawędź, brzeg  
**hard palate** | podniebienie twarde  
**to push sth out** | wypychać coś  
**to get the hang of sth** | załapać o co chodzi







**POBIERZ** **NAGRANIA MP3**



KOD DOSTĘPU:  
**eb46**

LUB ODSŁUCHAJ  
NA STRONIE  
[englishmatters.pl](http://englishmatters.pl)

POBIERZ CZYTNIK KODÓW:  
[COLORFULMEDIA.PL/CZYTNIK](http://COLORFULMEDIA.PL/CZYTNIK)

# Swiftmania: The Taylor Swift Story



by Paul Martin from [www.go-native.pl](http://www.go-native.pl)

Taylor Swift's Eras Tour has been a record-shattering success that has enshrined her status as an iconic cultural phenomenon. But at the start of the 2010s, success of such magnitude didn't seem likely. Paul Martin discovers how Taylor Swift has transcended the music industry.

## Rising Slowly

Taylor Swift's early life unfolded not amidst the glow of stage lights but within the whispering pines of a Christmas tree farm in Wyomissing, Pennsylvania (later the subject of a 2019 Christmas single). Her father, Scott, a successful stockbroker, had acquired the farm from a client, and young Taylor's task was to ensure the trees remained free of pests that might invade customers' homes.

From a young age, Swift displayed a talent for music,

following in the footsteps of her grandmother, a professional opera singer. However, Taylor's musical inclinations leaned less toward classical and more toward country, with songs from genre legends like Shania Twain and Dolly Parton providing the backing tracks for her at-home karaoke sessions.

With her talent evident, Swift took up the guitar. Then, aged 14, the family made a significant strategic move, relocating to Nashville, Tennessee – the home of country

**o record-shattering** | bijący rekordy

**to enshrine sth** | uświęcić coś

**phenomenon** | zjawisko

**to transcend sth** | wykraczać poza coś

**1 to unfold** | rozwijać się  
**amidst the glow of stage lights** | w blasku scenicznych świateł

**within the whispering pines of a Christmas tree farm** | wśród szepczących sosen na plantacji choinek

**stockbroker** | makler giełdowy

**to acquire sth** | nabyć coś

**to ensure** | zapewnić

**to remain free of sth** | pozostać wolnym od czegoś

**pest** | szkodnik

**to invade sth** | atakować coś

**to display sth** | pokazać coś

**2 musical inclinations** | zdolności muzyczne

**to lean toward sth** | skłaniać się ku czemuś

**genre legends** | legendy gatunku

**backing track** | podkład muzyczny

**to take up the guitar** | zacząć grać na gitarze

music. It was here, in this vibrant musical hub, that the first sparks of Taylor's future superstardom began to ignite. Swift honed her songwriting skills, performed at local venues and made connections within the industry. Her perseverance paid off when she signed a record deal with Big Machine Records (more on them later), and in 2006, Swift released her eponymous debut album to critical and commercial acclaim. She was 17 years old.

## Rising Swiftly

As the 2010s dawned, Swift was still primarily a country music star, which, frankly, has a ceiling. To capture a global audience, Swift needed to pivot towards a more universally appealing pop sound. Her 2010 album *Speak Now* integrated more pop elements, that broadened her appeal, and by the time 1989 was released in 2014, Swift had fully embraced a synth-pop style. Chart-topping hits like *Shake It Off*, *Blank Space*, and *Bad Blood* firmly established Swift as a powerhouse in the pop music industry, and she has continued to evolve her sound with each album, or *Era*, as fans refer to them.

Throughout her career, Swift's sharp songwriting skills have remained central to her appeal. Her ability to weave experiences from her own life into her music keeps original fans loyal while attracting new devotees. One of her most effective strategies has been the use of Easter eggs – hidden messages and clues embedded in her lyrics, music videos and social media posts. These Easter eggs create a truly immersively intimate fan experience, encouraging



**musical hub** | muzyczny ośrodek  
**spark** | iskra  
**to ignite** | rozpałić  
**within the industry** | w branży  
**perseverance** | wytrwałość  
**to pay off** | opłacić się  
**record deal** | kontrakt płytowy  
**to release sth** | wydać coś  
**eponymous** | o tym samym tytule  
**acclaim** | uznanie  
**to dawn** | świtać  
**frankly** | szczerze

**to have a ceiling** | osiągnąć górny limit  
**to pivot towards sth** | skrócić w kierunku czegoś  
**appealing** | atrakcyjny  
**to broaden sth** | poszerzyć coś  
**to embrace sth** | przyjąć coś  
**synth-pop style** | styl synth-pop  
**to establish sb** | ustanowić kogoś  
**to evolve sth** | rozwijać coś  
**to weave experience from her own life into sth** | wplatać

doświadczenia z własnego życia w coś  
**to attract sb** | przyciągnąć kogoś  
**devotee** | entuzjasta  
**Easter egg** | *tu*: ukryty element  
**clue** | wskazówka  
**embedded in sth** | osadzony w czymś  
**lyrics** | tekst piosenki  
**to encourage sb to do sth** | zachęcić kogoś do zrobienia czegoś



WARTO  
ZAPAMIĘTAĆ!

chink in the armour

szczelina w zbroi,  
słaby punkt, błąd

4 to uncover sth | odkryć coś  
veiled | zakamuflowany  
boundary | granica  
5 to shatter records | bić rekordy  
the most streamed | najczęściej  
streamowany  
ongoing | ciągły  
outright | całkowity  
blockbuster | superprodukcja,  
hit  
ticket demand | popyt na bilety  
to scramble for sth | rzucać się  
na coś  
equally | równie

net worth | wartość netto  
to exceed sth | przekraczać coś  
impact on sth | wpływ na coś  
actually | w rzeczywistości, tak  
naprawdę  
to compete | konkurować  
to host sb | gościć kogoś  
to boost sth | zwiększać coś  
hospitality | gościnność  
surge | wzrost  
increasingly | coraz bardziej  
support for sb | wsparcie dla  
kogoś  
to endorse sb | popierać kogoś

repeated listens and views  
as fans eagerly dissect her  
work to uncover their veiled  
meanings.

## Swiftmania

Fast-forward to 2024, and we're now in a moment of Swiftmania, a cultural phenomenon that has begun to transcend the boundaries of the music and entertainment

industries. The numbers tell their own story. Her tenth album, *Midnights*, shattered records as the most streamed album in a single day on Spotify, became the best-selling album of 2022, and uniquely placed Swift as the first artist ever to fill the entire top 10 spots of the Billboard chart at the same time.

Her ongoing Eras tour has been an outright, record-shattering blockbuster. Ticket demand was so high that it controversially crashed Ticketmaster's systems during a pre-sale, with 3.5 mln fans scrambling for early access tickets. Swift's personal financial success is equally staggering, with her net worth projected to exceed USD 1 bln, with her live shows and music rights valued at around USD 600 mln.

Her concerts also have a profound economic impact on the cities she visits, a phenomenon often referred to as "Swiftonomics." Cities actually compete to host the superstar and her legions of fans for the guarantee of boosting local businesses, particularly in the hospitality sector, who experience a surge in activity. When Swift brought the Eras tour to Toronto, Canada, searches for hotels in the city that week rose by 8,000 percent versus the weeks prior. In the US alone overall net consumer spending associated with the tour is estimated at USD 4.6 bln.

## Wider Influence

Swift has increasingly become a cautious political figure, too, particularly in her support for Democratic candidates and causes. In 2018, she publicly opposed Republican Marsha Blackburn and endorsed Democratic

candidates in Tennessee, prompting a significant spike in voter registration. During the 2020 election cycle, Swift endorsed Joe Biden and Kamala Harris, going on record with her political stance against Donald Trump, whom she criticised for his divisive rhetoric. Swift's political endorsements are impactful due to her ability to mobilise her large and diverse fanbase, and her influence is such that right-wing figures have spread conspiracy theories about her being a "Pentagon asset" intended to sway elections.

Swift has also fought landmark battles on the issue of music rights, setting a precedent for artists seeking to reclaim their work. When her former record label, Big Machine Records, was sold to music manager Scooter Braun in 2019, the sale included the master recordings of Swift's first six studio albums, which she did not own. Swift publicly

criticised the sale, describing Braun as an "incessant, manipulative bully" and expressed her discontent over not being able to purchase her masters under favourable terms.

In a fighting response, Swift re-recorded her early albums, a move that was legally possible due to the fact that she does own the publishing rights to her songs. By re-recording these albums, Swift could regain control over her music and create new master recordings, dubbed "Taylor's Version." This approach not only allowed her to own the new recordings but also diminished the value of the original masters.

## Chinks in the Armour?

Swift is a remarkably clean-cut figure, but one major area of criticism has been her extensive use of private jets. In 2022, Swift topped the list of

celebrities with the highest carbon emissions from private jet travel, reportedly emitting 8,300 tonnes of CO<sub>2</sub>, significantly higher than the average person's annual emissions. This has led to backlash, even from her fanbase, and criticism for her perceived disregard for environmental impacts despite her claims of offsetting these emissions through carbon credits.

Darkly, Swift's concerts and fan events have increasingly been targeted by a series of alarming incidents. In August 2024, a planned terrorist attack led to the cancellation of her Vienna Eras shows. This followed a tragic stabbing incident during the same month at a Swift-themed dance class in Southport, England, where three young girls were fatally attacked by a crazed

knifeman. Both incidents say something chilling about the vulnerabilities that surround such big artists.

## She is the Music Industry

Folksy, inoffensively relatable, and All-American. It's easy to see Taylor Swift's broad, transcendent appeal. But she's savvy, strategic and enormously talented, too, with the success of her musical evolution only matched by a handful of artists, perhaps The Beatles, Michael Jackson and Beyoncé.

Almost 20 years ago, Taylor Swift entered the music industry. Now, it seems, as many of her fans declare: she is the music industry.

6 to prompt sth | skłonić do czegoś

spike | wzrost, skok

to go on record with sth

| publicznie oświadczyć coś

political stance against sb

| stanowisko polityczne przeciwko komuś

divisive | powodujący podziały

endorsement | poparcie

impactful | wpływowy

due to sth | z powodu czegoś

right-wing | prawicowy

to spread sth | rozsiewać coś

Pentagon asset | zasób

Pentagonu

to sway elections | wpływać na wybory

landmark | tu: punkt przełomowy

to reclaim sth | odzyskać coś

former | były

to include sth | zawierać coś

7 incessant | nieustanny

bully | tyran

discontent | niezadowolenie

under favorable terms | na korzystnych warunkach

to re-record sth | nagrać coś ponownie

to regain control over sth

| odzyskać kontrolę nad czymś

dubbed | nazwany

to diminish sth | zmniejszać coś

chink in the armour | szczelina w zbroi, słaby punkt, błąd

major | główny

8 average | średni

annual | roczny

backlash | gwałtowna reakcja, ostry sprzeciw

disregard for sth | lekceważenie czegoś

despite sth | pomimo czegoś

to offset sth | zrównoważyć coś

to lead to sth | prowadzić do

czegoś

stabbing incident | incydent

z udziałem noża

fatally | śmiertelnie

9 vulnerability | podatność

folksy | ludowy, prosty

inoffensively | nieszkodliwie

relatable | zrozumiały

savvy | bystry

## In Numbers

**118 Guinness World Records:** As of 2024, Taylor Swift holds 118 Guinness World Records, showcasing her unparalleled achievements in music and entertainment.

**Eras Tour Revenue:** The Eras Tour is projected to be the highest-grossing tour ever, with estimated earnings of approximately \$2.165 billion.

**14 Grammy Awards:** Swift has won 14 Grammy Awards, including four for Album of the Year, the most by any artist.

**26.1 Billion Spotify Streams:** From January to November 2023, Swift's music was streamed 26.1 billion times on Spotify, making her one of the platform's top artists.

**50 Million Albums Sold:** Swift has sold over 50 million physical albums and 150 million singles worldwide, cementing her status as a top-selling artist.

**Seismic Concerts:** Swift's concerts have been so energetic that they generated seismic activity equivalent to a 2.3 magnitude earthquake during her Seattle shows in 2023.

**Highest-Grossing Concert Film:** "Taylor Swift: The Eras Tour" became the highest-grossing concert film, generating \$37 million in presales on its opening day.

**POBIERZ**  
WORKSHEETS  
for teachers  
available at:  
[englishmatters.pl](http://englishmatters.pl)

**POBIERZ** NAGRANIA  
**MP3**  
KOD DOSTĘPU:  
**eb46**  
LUB ODŚLUCHAJ  
NA STRONIE  
[englishmatters.pl](http://englishmatters.pl)  
POBIERZ CZYTNIK KODÓW:  
COLORFULMEDIA.PL/CZYTNIK

**WARTO ZAPAMIĘTAĆ!**  
*to hone sth  
szlifować coś*

# James McAvoy



by Paul Martin from [www.go-native.pl](http://www.go-native.pl)

The Scottish actor James McAvoy has gained critical acclaim as a highly versatile actor with the common touch. Paul Martin profiles this humble generational talent.

**versatile** | wszechstronny  
**with the common touch** | *tu:* z naturalnym talentem do nawiązywania kontaktu z publicznością  
**humble** | skromny



## Early Life

Born in 1979 in Glasgow, Scotland, actor James McAvoy had a tumultuous childhood marked by the divorce of his parents when he was just seven years old. Subsequently raised by his maternal grandparents in the rough-and-ready Drumchapel area, he found love, stability and resilience in this supportive environment. Whilst an early Catholic education at St. Thomas Aquinas Secondary School initially sparked thoughts of the priesthood; McAvoy's life took a dramatic turn when veteran actor David Hayman visited the school to speak with the students, awakening McAvoy's thespian instinct.

Determined to pursue his newfound calling, McAvoy enrolled at the prestigious Royal Scottish Academy of Music and Drama, where he honed his craft before graduating in 2000. Before that, in 1995, aged 16, he made his professional debut alongside mentor Hayman in the film *The Near Room*, where he played a minor role as a teenage hustler.

## On the Box

As with many burgeoning acting talents, McAvoy cut his teeth in television. In *Early Doors*, a cult BBC sitcom set in a northern English pub, he played the roguish student boyfriend of the grumpy landlord's daughter. This role, although not as central as his later characters, provided McAvoy with an opportunity to display his comedic timing and charm.

However, it was his role in *Shameless*, the critically acclaimed Channel 4 series about a dysfunctional Manchester family, the Gallaghers, that truly began to turn heads. Starring as Steve McBride, a charismatic car thief who falls in love with the matriarchal, headstrong Fiona Gallagher, played by Anne-Marie Duff, their on-screen chemistry was undeniable; so much so that the pair's relationship extended off-screen, and to marriage in 2006.

McAvoy's career reached new heights with *State of Play*, a political thriller series in which he portrayed Dan Foster, a London-based journalist embroiled in a web of intrigue and conspiracy. This role established McAvoy's reputation as a

versatile actor, by deviating from the primarily working-class northern characters he had been associated with. *State of Play* opened up new opportunities for McAvoy to showcase his talents on the big screen.

## Major Roles

Since making his Hollywood breakthrough as the mythical faun Mr. Tumnus in the family-fantasy flick *The Chronicles of Narnia* (2005), McAvoy has enjoyed a stellar film career that has become characterised by a chameleon-like ability to adapt to diverse roles.

In *Wanted* (2008), McAvoy turned action-hero by playing Wesley Gibson, a meek account manager turned assassin; whilst his recurring role in the *X-Men* series (2011-) as Charles Xavier, a powerful mutant leader, has added obligatory superhero kudos to his showreel.

McAvoy's capacity for drama and deep character study is equally impressive. His portrayal of Robbie Turner in *Atonement* (2007) is a poignant example, earning him

critical acclaim for his complex performance in this romantic war drama, and, similarly, in *The Last King of Scotland* (2006), McAvoy played the intense role of Dr. Nicholas Garrigan, a character swept naively into the dangerous orbit of Ugandan dictator Idi Amin, played by Hollywood star Forest Whitaker.

More recently, McAvoy has continued to challenge himself. In the psychological thriller, *Split* (2016), he portrayed Kevin Wendell Crumb, a man with 23 distinct personalities, a role that he reprised in the sequel, *Glass* (2019). Elsewhere, he starred in the science fiction horror film *Victor Frankenstein* (2015) alongside Harry Potter actor Daniel Radcliffe, where he played the iconic role of Victor Frankenstein, adding a modern twist to a classic character.

## Treading the Boards

McAvoy's stage work has also been critically acclaimed. In 2013, he took on the immense challenge of playing Shakespeare's Macbeth at the Trafalgar

1 **childhood** | dzieciństwo  
**divorce** | rozwód  
**subsequently** | następnie  
**rough-and-ready** | prosty, praktyczny  
**resilience** | odporność  
**initially** | początkowo  
**to spark thoughts of sth** | wywoływać myśli o czymś  
**priesthood** | kapłaństwo  
**to awake sth** | budzić coś  
**thespian** | aktorski  
**newfound calling** | nowe powołanie  
**to enroll at sth** | zapisać się na coś  
**to hone sth** | szlifować coś  
**craft** | rzemiosło  
**to graduate** | ukończyć  
**minor role** | rola drugoplanowa  
**teenage hustler** | nastoletni oszust  
**on the box** | w telewizji  
**burgeoning** | rozwijający się  
**roguish** | przebiegły  
**grumpy** | zrzędlawy  
**landlord** | właściciel lokalu  
**to display sth** | pokazać coś  
**comedic timing** | poczucie humoru  
**critically acclaimed** | uznany przez krytyków  
**to turn heads** | zwracać uwagę  
**to fall in love with sb** | zakochać się w kimś

**headstrong** | uparty  
**undeniable** | niezaprzeczalny  
**to extend off-screen** | rozciągać się poza ekran  
**embroiled in sth** | zaangażowany w coś  
**2 to showcase sth** | zaprezentować coś  
**major** | główny  
**breakthrough** | przełom  
**stellar film career** | znakomita kariera filmowa  
**meek** | łagodny  
**account manager** | kierownik ds. sprzedaży  
**to turn assassin** | zostać zabójcą  
**recurring** | powracający  
**kudos** | pochwała, uznanie  
**showreel** | *tu:* filmografia  
**atonement** | zadośćuczynienie  
**poignant** | wzruszający, poruszający  
**3 to sweep into sth** | wkraczać w coś  
**to challenge oneself** | rzucić sobie wyzwanie  
**to reprise sth** | powtórzyć coś  
**alongside sb** | u boku kogoś  
**to add a modern twist to sth** | dodać współczesny styl do czegoś  
**to tread the boards** | występować na scenie  
**stage work** | praca sceniczna  
**immense** | ogromny

Studios in London. Directed by Jamie Lloyd, his raw and visceral portrayal of the tortured Scottish king was praised for its physicality, youthful energy, and ability to deeply embody the complex character. The intense performance marked a stark departure from his more polished film roles and showcased a grittier side to his acting.

Following Macbeth, McAvoy continued his stage success with his 2022 run as Cyrano de Bergerac at the Playhouse Theatre in London. Directed again by Jamie Lloyd, his contemporary take blended eloquence with raw emotion in Edmond Rostand's classic tale.

## Personal Life

In 2016, after nearly a decade of marriage, McAvoy and Anne-Marie Duff announced their decision to divorce, expressing their mutual sadness and commitment to co-parenting their son with love and respect.

In 2022, McAvoy confirmed that he had married American Lisa Liberati in a private ceremony. The couple had earlier met on the set of the film Split in 2016, where Liberati was working as a personal assistant to director M. Night Shyamalan.

They began a relationship a couple of years later before eventually tying the knot.

Outside of his acting career, McAvoy is known for his charitable endeavours and personal hobbies, and has been a consistent participant in Soccer Aid, an annual charity football match broadcast on British television that raises money for UNICEF UK.

McAvoy's views on fame and the entertainment industry are notably grounded. McAvoy has spoken about the importance of maintaining a level of normalcy and not letting his acclaim define his personal identity or sense of self. He has often expressed a certain ambivalence towards the renown that has come with his success, telling a Belgian audience that: "Fame serves me at times, and it hurts me at times. It's just part of the job".

## Where to Find Him?

Recently, McAvoy has continued captivating audiences with dynamic performances, particularly his acclaimed role as the fiercely ambitious Lord Asriel in the TV adaptation of Philip Pullman's His Dark Materials trilogy (2019-). His

portrayal was pivotal to the show's success, with the third and final season concluding in December 2022.

Looking ahead, McAvoy is set to embark on an exciting new chapter by making his directorial debut in an as-yet untitled project. Based on the true story of Gavin Bain and Billy Boyd, two Scottish lads who conned the music industry by pretending to be a Californian rap duo, Silibil N' Brains, the project is set to begin filming this year and promises to be a celebration of the Scottish spirit, underlining McAvoy's commitment to using Scottish talent both behind and in front of the camera.

Additionally, McAvoy is reteaming with Blumhouse for the horror film Speak No Evil, a remake of a Danish thriller, which is set to open in cinemas in 2024. This project marks another collaboration between McAvoy and the production company following their successful partnerships on Split and Glass.

Now, as one of the most talented and intriguing actors of his generation steps behind the camera for the first time, fans and critics alike eagerly anticipate the new dimensions that James McAvoy will undoubtedly add to a glittering career.

### 4 raw | surowy

visceral | emocjonalny

to be praised for sth | być chwalonym za coś

to embody sth | uosabiać coś

to mark sth | oznaczać coś

stark | ostry, surowy

departure | odejście

polished | wypolerowany, wyczyszczony

grittier side to his acting | bardziej surowa strona jego aktorstwa

contemporary | współczesny

take | tu: wersja

to blend sth with sth | połączyć coś z czymś

to announce sth | ogłosić coś

mutual | wzajemny

commitment to sth | zaangażowanie w coś

to confirm | potwierdzić

### 5 eventually | w końcu

to tie the knot | wziąć ślub

endeavour | staranie

consistent | spójny

broadcast | nadawany

notably | wyraźnie

grounded | ugruntowany

acclaim | uznanie

personal identity | tożsamość osobista

sense of self | poczucie własnej wartości

ambivalence | ambiwalencja

renown | sława

to captivate sb with sth | oczarować kogoś czymś

fiercely | zaciekle

### 6 pivotal | kluczowy

to embark on sth | rozpocząć coś

as-yet | jak dotąd

to con sb | oszukać kogoś

to underline sth | podkreślić coś

to reteam with sth | ponownie połączyć się z czymś

alike | podobnie

eagerly | niecierpliwie

to anticipate sth | oczekiwać czegoś

undoubtedly | niewątpliwie

glittering | tu: błyskotliwy

REKLAMA

**Kurs angielskiego online z lektorem na żywo!**

**S beata.mastersolution**

**+48 721 303 026**

Zapisy: wyślij maila na adres: [biuro@mastersolution.pl](mailto:biuro@mastersolution.pl) o treści: English Matters wraz z numerem kontaktowym

[www.mastersolution.pl](http://www.mastersolution.pl)

Z tym numerem lekcja próbna gratis



# Investigating Prefabs

by Kamil Drożdżyk

The global real estate market is looking pretty grim at the moment. House prices are at their highest in most parts of the globe, and even though the numbers constantly fluctuate, the term affordable housing appears to be but a distant memory. Since houses are such a big investment, it's important to do research and choose the best option. English Matters is considering whether prefabs are worth the hassle.





**P**refabs, prefabricated homes, modular homes – there are a few names you can use, but they all refer more or less to the same type of building: one that is manufactured off-site, and then transported and assembled on-site.

Although it's a trendy term, the idea of prefabs is actually quite old. Take a look at this excerpt from the 12th-century chronicle *Roman de Rou* written by Norman poet Wace: "Then they [the Normans] cast out of the ships the materials, and drew them to land, all shaped framed and pierced to receive the pins which they had brought, cut and ready in large barrels; so that before evening had well set in, they had finished a fort." If Wace's account is to be believed, the Normans were able to erect a full-sized fort within a day using pre-made materials they had brought to England on ships. Impressive.

This excerpt is believed to be one of the earliest recorded mentions of a prefab building, but the history of prefabs goes even further back. Temporary Roman military forts from the previous era, called *castra*, took just a few hours to construct. Each legionary would carry some of the necessary materials and tools, such as stakes, cloth used to cover tents, or shovels. Speed was crucial when an enemy attack was imminent, and soldiers needed to quickly build fortifications.

Prefabricated buildings have been around for a long time, and often for a good reason. After World War II, over

150,000 prefab houses were constructed in the UK in an attempt to combat the housing shortage. For the same reason, but on a smaller scale, the so-called Lustron and Leisurama prefab houses were constructed in post-war USA.

Looking at the history of prefabricated architecture, one might think that the idea was born out of necessity, that prefab buildings were meant to be quickly assembled in case of an emergency, and that they weren't really intended to last... Which begs the question: are prefabs viable?

## Types of Prefabs

Prefab is an umbrella term used to refer to a house that's manufactured elsewhere, and assembled on-site. Prefab houses can be further divided into three main categories.

The first category is manufactured houses. These houses were initially constructed to be easily moved, functioning as mobile homes. Over time, however, manufactured houses have lost some of their initial appeal, and nowadays the term simply refers to a house constructed on steel beams and then transported to the desired location for quick assembly, but not in a way that would allow for later relocation. In some cases, an entire manufactured house is built and nearly fully assembled in a factory, making the final step – placing it onto the foundation – an extremely quick process.



The second category of prefabs is modular houses. Modular houses offer the greatest variety, as individual modules can typically be placed side by side, end to end, or even stacked. This means that if you choose a modular house, you can choose the exact layout. Want the kitchen to connect both to the living room and the bedroom? No problem. It's worth mentioning that nowadays, parts of modules can be 3D printed, which speeds up and reduces the costs of the process of manufacturing modules. A special kind of modular architecture is cargotecture – a building method based on modifying and connecting shipping containers, which act as modules. Similarly to traditional modules, they also can be freely combined to form whichever layout is needed or wanted.

Last, but not least, there are kit homes. Kit homes are essentially DIY homes. When you buy one, you receive all the necessary parts and are expected to assemble them yourself. It's like assembling

**o** **prefab** | prefabrykat  
**real estate market** | rynek nieruchomości  
**grim** | ponury, mroczny  
**even though** | chociaż, nawet jeśli  
**to fluctuate** | wahać się, zmieniać się  
**affordable housing** | mieszkania przystępne cenowo  
**worth sth** | wart czegoś  
**hassle** | kłopot, problem  
**1 a few** | kilka  
**manufactured off-site** | wyprodukowany poza miejscem budowy  
**assembled on-site** | montowany na miejscu budowy  
**actually** | w rzeczywistości, tak naprawdę  
**excerpt** | fragment  
**to cast out sth of sth** | wyrzucić coś z czegoś  
**shaped** | ukształtowany

**framed** | oprawiony  
**pierced** | przebity  
**pin** | *tu*: sworzeń  
**account** | *tu*: relacja  
**within a day** | w ciągu dnia  
**pre-made** | gotowy  
**temporary** | tymczasowy  
**previous** | poprzedni  
**stake** | *tu*: pal, słup  
**shovel** | łopata  
**imminent** | bliski, nadchodzący  
**2 in an attempt to do sth** | w próbie zrobienia czegoś  
**to combat sth** | zwalczać coś  
**housing shortage** | niedobór mieszkań  
**to last** | trwać  
**viable** | wykonalny, możliwy do realizacji  
**umbrella term** | termin ogólny  
**divided into sth** | podzielony na coś

**initially** | początkowo  
**nowadays** | obecnie, dzisiaj  
**steel beam** | belka stalowa  
**to allow for sth** | pozwalać na coś  
**3 variety** | różnorodność  
**side by side** | obok siebie  
**stacked** | ułożony w stos  
**layout** | układ, rozmieszczenie  
**it's worth mentioning** | warto wspomnieć  
**cargotecture** | architektura kontenerowa  
**shipping container** | kontener transportowy  
**combined** | połączony  
**last, but not least** | na koniec, ale nie mniej ważne  
**kit home** | dom z prefabrykatów  
**DIY** | „zrób to sam”  
**to assemble sth** | składać coś

furniture, but on a much larger scale. If the idea of building a house alone seems overwhelming, you can hire someone else (often the company that sells the kit) to do it for you, or with you. Kit homes are typically not the type of houses you would live in year-round; they are more often used as log cabins or vacation homes.

## The Pros

If you've researched prefabs before, you may feel a bit confused. It's easy to be misled when looking up information on the Internet. Naturally, prefab construction companies will sing the praises of prefab architecture – it's their business. On the other hand, traditional building contractors will try to convince you that prefabricated houses are simply not worth it. *English Matters* has no stakes in any of these businesses, so let's try to review prefabs as an impartial participant.

Let's start with the pros. The first advantage is speed. Prefab houses can be assembled very quickly. It typically takes 3 to 4 months to fully construct such a house, whereas traditional construction methods may take up to a year. Hold on – if it took the Romans just a few hours to build an entire fort, and the Normans managed to construct a small castle on the day they arrived in England, why does it still take weeks to complete the construction of a simple home in the 21st century?

Keep in mind that it's unknown how long it took the Romans and the Normans

to actually manufacture the necessary parts. Additionally, neither the Romans nor the Normans were required to obtain numerous building permits, pass rigorous inspections, and, well, they likely viewed their constructions as disposable, so they didn't feel the need to invest too much effort into them. Considering these things, 3 to 4 months is about as fast as it gets when it comes to the construction of a house.

Another advantage prefabs have over so-called stick-built houses is that they are generally less expensive. First of all, fewer people are involved in constructing prefabs, so some money is saved on labour costs alone. Another reason for the lower price is that prefab construction companies buy the necessary materials in bulk, which is usually cheaper. However, the final cost depends on the company's pricing, and sometimes the price of building a prefab may be artificially inflated, making it comparable to that of stick-built houses.

It's also argued that prefab homes are of higher quality. The individual components are manufactured in factories under stable conditions, protected from the elements, and monitored by quality assurance – at least in an ideal scenario. Since most prefab companies offer only a limited range of house designs, they tend to develop a high level of expertise in manufacturing their products. You can typically be confident that your exact house design has been built before, possibly hundreds of times, and if it endures elsewhere, it will likely stand the test of time on your property as well.

Some people associate quick construction with poor craftsmanship, but this is a myth. By using screws instead of nails, applying glue to joints, and incorporating up to 10% more lumber in construction, modular homes are designed to be more durable than traditional ones.

## The Cons

Now, let's move on to the drawbacks of prefabs. They generally offer less customisation. Typically, you choose from a set of options offered by the company, and that's it. It's often not possible to make any changes to existing models. Would you like to have a children's room here, and a kitchen there? No can do. Stick-built houses offer far more flexibility, allowing for potential layout changes even during construction. However, this entire point can be disregarded if you're planning to build a modular home specifically. In modular homes, you can often freely exchange and rearrange modules to suit your needs. Just remember that the modules are still prefabricated, so there are limits to customisation.

Limited – or even a complete lack of – customisation also means that your house may look just like many others. Some people believe that a house must have a unique *soul* or atmosphere to truly feel like home, and, most importantly, to feel like their own home. Of course, the owner can still furnish and decorate the interior, but the basic layout, exterior walls, and

4 to seem | wydawać się  
overwhelming | przytłaczający  
pros | zalety  
confused | zdezorientowany  
misled | wprowadzony w błąd  
to sing the praises of sth | zachwalać coś  
on the other hand | z drugiej strony  
to convince sb | przekonać kogoś  
to have a stake in sth | mieć w czymś udział finansowy  
impartial | bezstronny  
advantage | przewaga  
whereas | podczas gdy, natomiast  
to take up to a year | zajmować nawet rok  
hold on | czekaj  
to keep sth in mind | mieć coś na uwadze  
5 actually | w rzeczywistości, tak naprawdę  
neither...nor... | ani...ani...

to be required to do sth | być zobowiązanym do zrobienia czegoś  
numerous | liczny  
disposable | jednorazowy  
when it comes to... | jeśli chodzi o...  
so-called | tak zwany  
first of all | przede wszystkim  
fewer | mniej  
to be involved in sth | być zaangażowanym w coś  
in bulk | hurtowo  
to depend on sth | zależeć od czegoś  
pricing | wycena, cennik  
artificially | sztucznie  
inflated | zawyżony  
comparable to sth | porównywalny do czegoś  
stick-built | budowany tradycyjną metodą szkieletową  
at least | przynajmniej

confident | pewny  
to endure | wytrzymać  
6 craftsmanship | kunszt, rzemiosło  
screw | wkręt, śruba  
instead of sth | zamiast czegoś  
nail | gwoździć  
joint | *tu*: połączenie  
lumber | drewno konstrukcyjne  
cons | wady  
drawback | wada  
customisation | dostosowanie  
flexibility | elastyczność  
disregarded | zignorowany  
to suit one's needs | odpowiadać czymś potrzebom  
lack of sth | brak czegoś  
to furnish sth | wyposażać, umeblować coś  
interior | wnętrze  
exterior | zewnętrzny

overall design will look identical to many other houses built by the same company. If this lack of uniqueness bothers you and you'd rather have full creative control over your dream home, on-site construction may be the better choice.

Another significant drawback is the transportation and its associated costs. Transporting raw materials to a construction site is much simpler than delivering prefabricated components. If your prop-erty is not well-connected with main

roads, you may have to burn through a considerable sum to even get your home delivered to you. The costs of transportation can drive the total price significantly higher than that of a stick-built house.

## To Build or Not to Build

As you can see, prefabs today are not necessarily that different from stick-built houses. Like on-site construction,

prefabricated homes come with their own set of pros and cons, and it's up to potential homeowners to determine how they envisage their dream home. However, the differences between the two are not that stark. If you took a walk through a residential area, could you even tell the difference between a prefab and a stick-built house? Long gone are the days of viewing prefab buildings as temporary and disposable. Both types of homes are now built to last.

**7 to bother sb** | przeszkadzać komuś  
**raw** | surowy  
**property** | nieruchomości

**8 to burn sth through** | *tu:* być zmuszonym wydać coś  
**9 to envisage sth** | wyobrażać sobie coś

**stark** | surowy, ostry  
**long gone are the days** | dawno minęły czasy

# HOUSES, CABINS, HUTS



Hut



Cottage



Bungalow



Mansion



Split-level



Terraced House



Villa



# Humans v. the Cycles of Nature

by Kamil Drożdżyk

We measure time in seconds, minutes, hours, days, months, years, decades, centuries and millennia. All these measures keep repeating, mimicking the cyclical nature of life. In this article, we'll explore how predictable nature can be, and examine whether it's possible to break these cycles.

**N**ature is self-sustaining and self-regulating. If people suddenly disappeared from the face of Earth, nature would keep thriving, repeating the cycles that keep it going. Plants would keep flourishing in spring and dying in autumn, only to be reborn the following spring and die again in autumn. Animals would keep repeating their respective cycles of lives, unbothered by human interference and living in harmony with the Plant Kingdom.

Take photosynthesis, for example – one of the crucial biological processes that produces oxygen. It happens continuously, as soon as the sun comes up, and ends at sundown, to start once again when the morning comes. Photosynthesis is undisputedly necessary, as it creates the energy that fuels all living organisms. Plants, mushrooms, animals, and last, but not least, humans, all live thanks to the process.

If somebody were to break the cyclical process of photosynthesis, soon

enough most living organisms on Earth would die because of lack of food and oxygen. It's a process we simply cannot avoid. Other cycles, however, can be broken and, depending on the cycle, results may vary.

## The Seasonal Struggle

One of the things that really gets to people is lack of sunlight. As it happens, most of the northern hemisphere can only enjoy warm sunlight between May and August. That's only four months out of the twelve that make up a whole year. The rest of the year is grey. The sun comes up late and goes down the moment you come home from school or work. The

o to measure sth | mierzyć coś  
to mimic sth | naśladować coś  
predictable | przewidywalny  
whether | czy

1 self-sustaining | samowystarczalny  
to disappear | zniknąć  
to keep thriving | nadal rozwijać się  
to keep flourishing | nadal kwitnąć  
unbothered by sth | niezaburzony przez coś

interference | ingerencja  
crucial | kluczowy  
oxygen | tlen  
undisputedly | bezspornie  
to fuel sth | napędzać coś  
last, but not least | na koniec, ale nie mniej ważne  
2 lack of sth | brak czegoś  
to avoid sth | unikać czegoś

depending on sth | w zależności od czegoś  
to vary | różnić się, być zróżnicowanym  
struggle | zmagać się  
hemisphere | półkula

**NAGRAŃIA MP3**

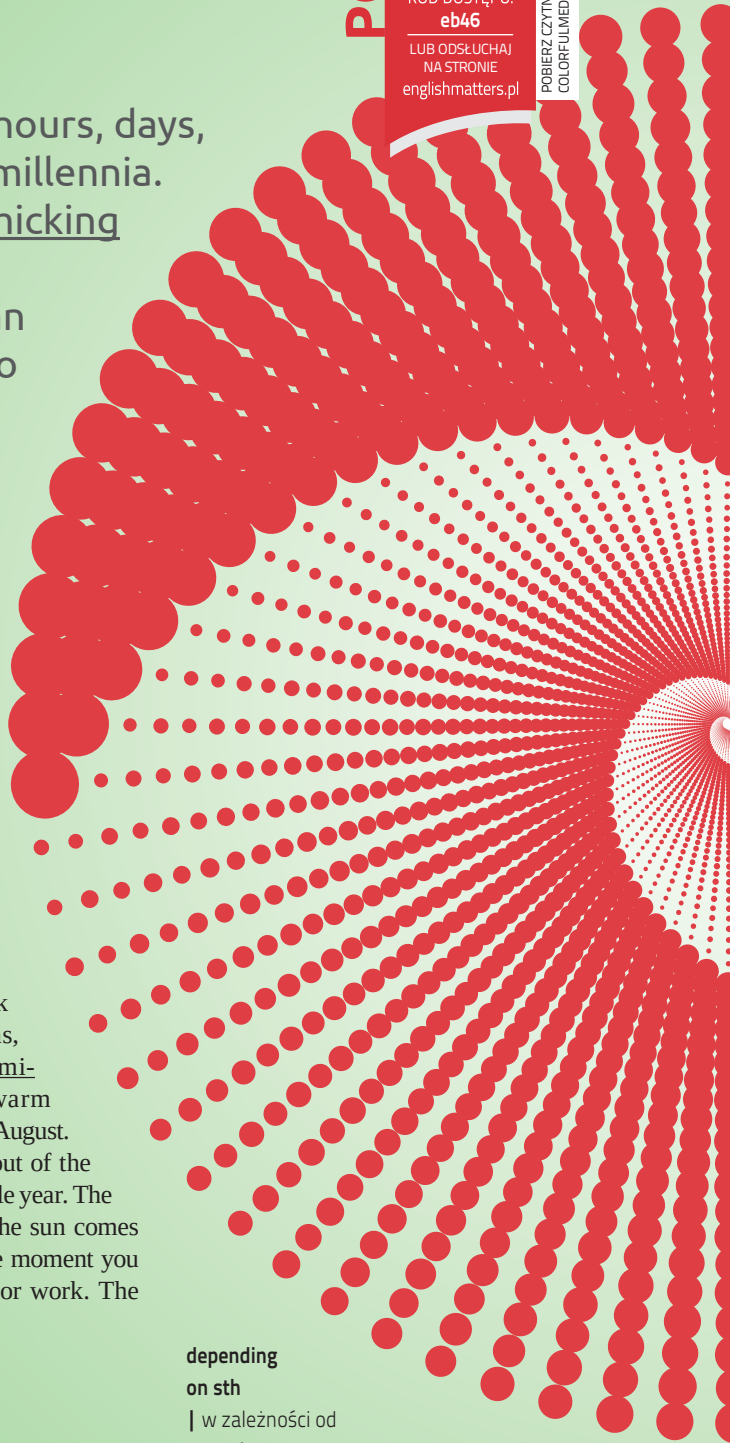
**POBIERZ**



KOD DOSTĘPU:  
**eb46**

LUB ODSŁUCHAJ  
NA STRONIE  
englishmatters.pl

POBIERZ CZYNIK KODÓW:  
COLORFULMEDIA.PL/CZYTNIK



seasonal cycle is one that humans don't necessarily enjoy.

Many people suffer from SAD (Seasonal Affective Disorder), experience low energy levels, and cite lack of motivation during winter and autumn. How can this be avoided? One of the ways is to get away from the winter weather. Although not always affordable, tropical

getaways can provide you with a hefty dose of natural sunlight. Sometimes, however, getting back to the grim reality after spending a few days in paradise may only deepen the depressing feelings.

That's why it's important to take care of yourself constantly, in case a week off doesn't cut it. One of the vital roles of the Sun is providing us with vitamin D. Thankfully, the Sun is hardly the only source of vitamin D, so you can still keep your vitamin D levels optimal by taking supplements, or eating foods that contain a lot of it, such as white mushrooms, certain types of fish (e.g. salmon and trout), eggs and red meat.

You can also invest in a lamp that, in theory, can be used to replace natural sunlight. So-called SAD lamps usually emit intense light (surpassing even 10,000 lux) which is supposed to treat depression and Seasonal Affective Disorder. Although research on the effectiveness of therapy lamps vary, it's no secret that light can improve your mood and energy levels. Even if you don't want to spend money on a lamp which may or may not bring results, it's good to roll up the blinds and regularly spend time outdoors, even in the colder months.

Autumn, winter and early spring, aren't the only seasons people actively struggle with. In the summer, we use fans, A/C units, and blinds to prevent heat-induced exhaustion. As you can see, fighting the seasonal cycle is not a foreign idea, and you've surely heard about some of the methods before, or

WARTO  
ZAPAMIĘTAĆ!

getaway  
wyjazd, wypad

even used them yourself. There is, however, only so much humans can do to escape the cycle, and during especially depressing winters, or extreme heatwaves, some of the practices simply fall flat.

However, even the universally disliked seasons play a positive part in our lives. SAD and lack of motivation aside, the brisk winter air does wonders for your circulation, and the fact that plant life essentially dies out for the winter offers a moment of respite for those who suffer from allergies. In the autumn, your skin gets the chance to recover from the holiday sunburn, and since days become shorter, you get to slow down and enjoy different types of activities than those in the summer. The four seasons keep our lives balanced, and that's not a bad thing at all.

## Combating the Circadian Cycle

A shorter cycle we all go through is the circadian rhythm. It repeats every 24 hours. The Circadian cycle is observed not only in humans, but also in animals and plants. The repeating phenomenon is there to ensure that certain biological processes only occur when it's best for them to occur. For example, we mostly feel sleepy at night, and our sense of vision

**affordable** | przystępny cenowo  
**4 getaway** | wyjazd  
**hefty** | pokaźny  
**in case a week off doesn't cut it** | w razie, gdyby tydzień wolnego nie wystarczył  
**salmon** | łosoś  
**trout** | pstrąg  
**to replace sth** | zastąpić coś  
**to surpass sth** | przewyższyć coś  
**to improve sth** | poprawić coś  
**to roll up the blinds** | podnieść rolety  
**fan** | wentylator

**A/C unit** | klimatyzator  
**heat-induced exhaustion** | wyczerpanie wywołane ciepłem, upałem  
**5 heatwave** | fala upałów  
**to fall flat** | nie odnieść sukcesu  
**moment of respite** | chwila wytchnienia  
**to recover from sth** | dojść do siebie po czymś, odzyskać siły  
**to combat sth** | zwalczać coś  
**circadian cycle** | rytm dobowy  
**phenomenon** | zjawisko  
**to ensure** | zapewnić

**3 to enjoy sth** | cieszyć się czymś  
**SAD (Seasonal Affective Disorder)**  
 | zaburzenie afektywne sezonowe  
**to cite sth** | przytaczać coś  
**although** | chociaż



is the sharpest at dusk and dawn, when we need it the most.

In a perfect world, every human would wake up when their body tells them to, and go to sleep when it needs rest. In reality, however, it's often impossible. We have to get up early to get to work or school, and sometimes we have to power through tiredness to make sure we're done with all our daily tasks before we can catch some zeds.

In many cases, humans are forced to go against the Circadian rhythm. Irregular working hours, shift work, raising infants, insomnia, certain types of medicine, exposure to artificial light and frequent travelling are just some of the things that can disrupt the cycle. 'So what', you may think, 'if I lose a few hours of sleep here and there?' Well, the consequences can actually be severe.

According to an article published in the medical journal for sleep and circadian science *Sleep*, (Volume 43, 2020) titled *Health consequences of circadian disruption*, "the impact of the circadian system on health is (...) much broader" than just sleep disturbances. Long-term disruptions of the Circadian rhythm have been linked with mood disorders, cardiovascular disease, impaired cognition, hypertension, diabetes, obesity, cancer, and other health issues.

- 6 to catch some zeds | uciąć sobie drzemkę  
 to be forced to do sth | być zmuszonym do zrobienia czegoś  
 to go against sth | sprzeciwiać się czemuś  
 shift work | praca zmianowa  
 insomnia | bezsenność  
 exposure to sth | narażenie na coś  
 actually | w rzeczywistości, tak naprawdę  
 severe | poważny  
 according to sth | według czegoś  
 sleep disturbances | zaburzenia snu  
 long-term | długoterminowy  
 cardiovascular disease | choroba układu krążenia  
 impaired cognition | upośledzenie funkcji poznawczych  
 hypertension | nadciśnienie tętnicze  
 diabetes | cukrzyca  
 obesity | otyłość  
 cancer | rak, nowotwór  
 7 foetus | płód  
 teenager | nastolatek  
 intermittent fasting | przerywany post  
 longevity | długowieczność  
 alike | podobnie

## Avoiding Ageing

The human life cycle can be divided into six stages: foetus, infant, child, teenager, adult and senior. It's one of those cycles nobody can truly escape. But, theoretically, could we?

Ice baths, a daily glass of wine, an active lifestyle, breathing techniques, intermittent fasting... There have been many secrets of longevity proposed by scientists and pseudoscientists alike over the years, but so far none of them has been confirmed. Sure, staying healthy definitely helps, but even a fit organism might give in at 80 for seemingly no reason. So – staying young, or alive, forever is out of the question. How about slowing down the process of ageing?

Ageing can be described as the gradual process of deterioration of certain organs and their roles. This means it's theoretically possible to slow ageing down. The future of bionics and neuro-prosthetics looks promising. In just a few decades, it could be viable to replace worn-out joints with nearly indestructible carbon-fibre prosthetics, or "cure" stomach ulcers simply by getting a brand new stomach. Although we can't replace entire bodies (yet), it might be possible to slow down or completely eliminate ageing from certain

- definitely | zdecydowanie  
seemingly | pozornie  
gradual | stopniowy  
deterioration | pogorszenie  
bionics | bionika  
neuro-prosthetics | neuroprotezy  
viable | wykonalny, możliwy do realizacji  
worn-out | zużyty  
carbon-fibre | włókno węglowe  
prosthetics | protezy  
stomach ulcers | wrzody żołądka  
 8 to deal with sth | radzić sobie z czymś  
visible | widoczny  
to get rid of sth | pozbyć się czegoś  
wrinkle | zmarszczka  
plastic surgery | operacja plastyczna  
to mitigate sth | łagodzić coś  
check-up | badania kontrolne  
to face sth | stawiać czoła czemuś  
despite sth | pomimo czegoś  
to alter sth | zmieniać coś  
to embrace sth | przyjąć coś  
instead of sth | zamiast czegoś  
to get in tune with sth | być w zgodzie z czymś

parts of the body by replacing the fatigued organs with new ones.

For now, there are less science-fiction like methods to deal with ageing. To address visible signs of ageing, such as greying hair, you might use hair dye. To get rid of wrinkles, there are cosmetics or even costly plastic surgeries. More importantly, to mitigate the effects of ageing, some people stay active, maintain a healthy diet, and have regular check-ups. None of these, however, guarantee longevity.

## Face the Cycle

From the changing seasons to daily rhythms, nature operates in a continuous cycle. Despite humanity's best efforts to alter, mitigate, or simply escape these cycles, the core rhythms of nature remain unchanged. An alternative to resisting these natural patterns is adapting and living in harmony with them. Embracing these cycles can lead to a healthier, more balanced and organised life. Perhaps, instead of escaping the inevitable, it's best to get in tune with nature and join the cycle.

### Idioms with Cycles, Circles, and Loops

- to break the cycle – to stop participating in an unhealthy or wrong behaviour  
*My great-grandfather smoked, my grandfather smoked, and so did my father. Me? I've never even touched a cigarette! It was time to break the cycle.*
- to be in/out of the loop – to be/not to be well-informed about something  
*What's going on with Anne? I'm out of the loop.*
- to go around in circles – to repeat doing the same thing without results  
*My application got rejected again. It feels like I'm going around in circles.*
- to go full circle – to end up in the same position as before after a series of events  
*Once again I'm in New York, looking for a flat to rent. I've gone full circle.*



# Understanding Procrastination: Causes and Strategies for Overcoming It

by Ewelina Błońska

Are you a planner or a procrastinator? Do you generally do things ahead of time, or tend to leave things until the last minute? If you tend to postpone undesirable assignments, read our article and try to find effective strategies to combat it.

**procrastination** | zwlekanie, odkładanie czegoś na później, prokrastynacja  
**to overcome sth** | pokonać, przezwyciężyć coś  
**to postpone sth** | odłożyć coś  
**undesirable** | niepożądany  
**assignment** | zadanie  
**to combat sth** | zwalczać coś



**P**rocrastination, the act of delaying or postponing tasks, is a common phenomenon experienced by individuals across various walks of life. It often involves putting off important or unpleasant tasks in favour of more pleasurable activities or distractions. While occasional procrastination may seem harmless, chronic procrastination can significantly impact productivity, efficiency, and overall well-being. Understanding the root causes of procrastination and implementing effective strategies to combat it are essential for personal and professional success.

Procrastination stems from a combination of psychological, emotional, and situational factors. One primary cause is the fear of failure, or perfectionism. Individuals may avoid starting or completing tasks because they fear they won't meet their own high standards or fear criticism from others. Similarly, the fear of success can also lead to procrastination, as individuals may worry about the increased expectations or responsibilities that come with achievement.

Moreover, procrastination can be fuelled by poor time management skills and a lack of clear goals or priorities. Without a clear plan or sense of direction, individuals may struggle to allocate their time effectively, leading to procrastination as they attempt to navigate their workload. Additionally, tasks that are perceived as boring, tedious, or overwhelming are

more likely to be postponed in favour of more enjoyable or stimulating activities.

To address procrastination, it's essential to identify and address its underlying causes. Cultivating self-awareness and understanding your thought patterns and habits is the first step towards change. By recognising the triggers that lead to procrastination, individuals can develop strategies to counteract them effectively. Let's take a look at some examples:

## 1. Get organised

Remember that poor organisation may lead to procrastination. Write a to-do list and prioritise tasks. Part of the reason we put off particular tasks is because they seem too daunting. Therefore, it's a lot easier to get started on a project when you establish simple, reachable goals rather than a big, vague plan.

## 2. Commit to the task

Once you've motivated yourself, focus on doing, not avoiding. Write down the tasks that you need to complete, and specify a time for doing them. This will help you to proactively tackle your work. Moreover, identify when you're most effective, and do the tasks that you find most difficult at these times.

## 3. Set a deadline

So many procrastinators get trapped in the cycle of "Someday, I'll organise my notes," or "I'll get to that ironing eventually." The truth is that "someday" and "eventually" never come. It's important to set a specific date for when you want your goals to be accomplished.

## 4. Take a break!

You cannot study or work non-stop. It is advisable to take a 10-minute break after 60 or 90 minutes of hard work. Listen to music, go for a walk – anything that allows you to wind down. It will undoubtedly improve your effectiveness and efficiency. There is nothing worse than burning out after being forced to pull an all-nighter in order to get your plans done.

## 5. Promise yourself some incentives

It's crucial to give yourself a reward. So, if you complete a difficult task on time, indulge your taste buds with a treat, such as a slice of cake or a coffee from your favourite coffee shop. You will realise then how tasty they really are.

**1 to delay sth** | opóźnić coś  
**phenomenon** | zjawisko  
**across various walks of life** | w różnych dziedzinach życia, z różnych środowisk  
**to involve sth** | obejmować coś  
**to put sth off** | odkładać coś  
**unpleasant** | nieprzyjemny  
**in favor of sth** | na rzecz czegoś  
**distraction** | rozproszenie  
**to seem** | wydawać się  
**harmless** | nieszkodliwy  
**to impact sth** | mieć wpływ na coś  
**efficiency** | wydajność  
**well-being** | samopoczucie  
**root cause** | główna przyczyna  
**to implement sth** | wdrożyć coś  
**to stem from sth** | wynikać z czegoś  
**fear of failure** | strach przed porażką  
**to avoid sth** | unikać czegoś  
**to lead to sth** | prowadzić do czegoś  
**increased** | zwiększony  
**fuelled by sth** | napędzany przez coś

**time management skills** | umiejętności zarządzania czasem  
**lack of sth** | brak czegoś  
**without sth** | bez czegoś  
**to struggle** | zmagać się  
**to allocate sth** | przydzielić coś  
**tedious** | żmudny  
**overwhelming** | przytłaczający  
**2 postponed** | odłożony  
**underlying cause** | ukryta przyczyna  
**to cultivate sth** | rozwijać coś  
**self-awareness** | świadomość siebie  
**trigger** | wyzwalacz  
**to counteract sth** | przeciwdziałać czemuś  
**to-do list** | lista rzeczy do zrobienia  
**daunting** | zniechęcający  
**therefore** | dlatego  
**to establish sth** | ustanowić coś  
**vague** | niejasny  
**to commit to sth** | zobowiązać się do czegoś  
**to focus on sth** | skupić się na czymś  
**to write sth down** | zapisać coś

**to tackle sth** | zająć się czymś  
**3 to set a deadline** | wyznaczyć termin  
**to get trapped in sth** | utknąć w czymś  
**eventually** | w końcu  
**to be accomplished** | zostać osiągniętym  
**to take a break** | zrobić sobie przerwę  
**it is advisable** | jest wskazane, doradzane  
**to wind down** | odpocząć  
**to improve sth** | poprawić coś  
**to burn out** | wypalić się  
**to be forced to do sth** | być zmuszonym do zrobienia czegoś  
**to pull an all-nighter** | siedzieć do białego rana  
**in order to** | w celu, aby  
**incentive** | zachęta  
**to indulge sth with sth** | rozpieszczać się czymś  
**taste buds** | kubki smakowe  
**treat** | przyjemność  
**to realise sth** | zdać sobie sprawę z czegoś

## 6. Minimise distractions

Turn off your notifications from social media as well as avoid sitting anywhere near a television while you work! If you don't want to get needlessly sidetracked halfway through your task, get rid of all potential disruptions before you begin.

This may involve breaking tasks down into smaller, more manageable steps, setting realistic goals, and challenging negative self-talk or perfectionistic tendencies.

## 7. Stay positive

Moreover, cultivating a positive mindset and practicing self-compassion are essential in overcoming procrastination. Instead of dwelling on past failures or setbacks, individuals should focus on the present and approach tasks with a growth mindset, viewing challenges as opportunities for learning and growth. Additionally, practicing self-compassion involves being kind and forgiving towards oneself, acknowledging that setbacks are a natural part of the learning process.

In conclusion, procrastination is a common challenge that many individuals face, but it is not insurmountable. By understanding the underlying causes of procrastination and implementing effective strategies to address them, individuals can enhance their productivity, achieve their goals, and experience greater satisfaction in their personal and professional lives. With self-awareness, discipline, and perseverance, procrastination can be overcome, paving the way for success and fulfilment.

4 **needlessly** | niepotrzebnie

**to get sidetracked halfway through** | rozpraszać się, zostać rozproszonym w połowie czegoś

**manageable** | możliwy do opanowania

**mindset** | nastawienie

**self-compassion** | współczucie dla siebie

**instead of sth** | zamiast czegoś

**to dwell on sth** | zastanawiać się nad czymś

**past** | przeszły, z przeszłości

**failure** | porażka

**setback** | niepowodzenie

**to approach sth with sth** | podchodzić do czegoś z czymś

**to acknowledge sth** | uznać coś

**insurmountable** | nie do

przezwyciężenia

**to enhance sth**

| poprawić coś

**perseverance**

| wytrwałość

**to pave the way**

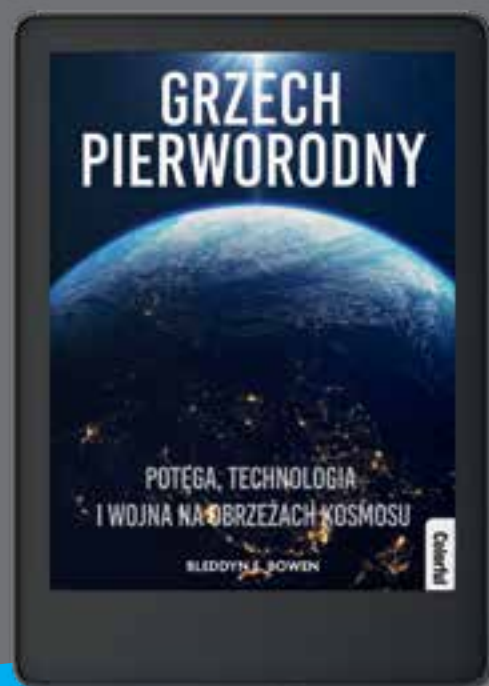
**for sth** | utorować

drogę

dla czegoś



Colorful  
BOOKS



**PROPOZYCJE KSIĄŻKOWE  
COLORFUL BOOKS**

**ZNAJDZIESZ NA:  
KIOSK.COLORFULMEDIA.PL**



Colorful



# Scouting Today: The Evolution of a Century-Old Movement

by Owen Williams

From its humble beginnings on Brownsea Island, to a global phenomenon involving millions of Scouts, the Scout Movement is home to adventure and education for young people around the world.

**W**hile remaining true to its core values and sticking closely to its foundations of outdoor learning and personal development, Scouting continuously adapts to the changing needs of society. Join *English Matters* in this follow-up article, as we explore how Scouting has grown in the UK and worldwide. Follow us on this adventure through Scouting's relevance today, looking at its structure and badge scheme, and examination of its commitment to inclusivity and diversity.

## Modern Scouting in the UK

Scouting is more than just camping trips and tying knots; it is about building character, fostering community and preparing young people to make a positive impact on the world. The UK Scout Association, which started with Robert Baden-Powell's visionary ideas, now boasts over 400,000 members. Scouting in the UK remains under the patronage of the monarchy, with King Charles III continuing the tradition. The movement operates across the country, engaging young people from all walks of life, providing them with opportunities to develop life skills, resilience,



**o humble** | skromny  
**phenomenon** | zjawisko  
**involving sb** | włączający kogoś, dotyczący kogoś  
**1 to stick to sth** | trzymać się czegoś  
**relevance** | trafność, znaczenie  
**badge scheme** | system odznak, program wyróżnień  
**commitment to sth** | zaangażowanie w coś

**inclusivity** | inkluzywność  
**diversity** | różnorodność  
**tying knots** | wiązanie węzłów  
**to foster sb/sth** | wspierać kogoś/coś  
**impact on sth** | wpływ na coś  
**to boast sb/sth** | chwalić się kimś/czymś  
**from all walks of life** | z różnych środowisk  
**to provide sb with sth** | dostarczać komuś coś  
**resilience** | odporność

teamwork and leadership, discovering their strengths and passions while gaining self-confidence and friends.

## The Role of Inclusivity in Scouting

One of the remarkable aspects of Scouting is its commitment to inclusivity. Since that first trip to Brownsea Island (as described in previous edition), the movement has welcomed individuals from diverse backgrounds, striving for inclusivity in its programmes and membership. The UK Scout Association has maintained this ethos, welcoming members from different ethnicities, religions and social backgrounds – it has even allowed for changes in the wording of its promise to allow individuals to promise to any god or faith, or none at all. Additionally, Scouting has been a leader in promoting gender equality, allowing girls to join the movement since 1976. Today, girls make up nearly a quarter of all Scouts in the UK.

## The Global Reach of Scouting

Scouting's appeal is truly global. The World Organization of the Scout Movement (WOSM) coordinates Scouting activities in over 170 countries, with a membership of more than 57 million Scouts globally. Each country tailors its Scouting programme to meet local

needs while adhering to the fundamental principles laid down by Baden-Powell. The international reach of Scouting is showcased at events like the World Scout Jamboree, a gathering that brings together tens of thousands of Scouts from different cultures to share experiences, learn from one another, and celebrate common values.

## The Structure of Scouting in the UK

Scouting in the UK is structured to support young people at every stage of their development. It is divided into various sections based on age groups:

- **Beaver Scouts** (ages 6-8): The youngest section, where children start their Scouting journey by engaging in activities that build their confidence and sense of adventure. Beavers earn badges for achievements and learn the basics of Scouting.
- **Cub Scouts** (ages 8-10½): Moving up from Beavers, Cubs have more structured activities, including outdoor adventures, camping and community service projects. They continue earning badges and learning about teamwork and leadership.
- **Scouts** (ages 10½-14): The core section of the movement, Scouts are introduced to more challenging activities, including hiking, survival skills and international events. The Scout Promise and Law become central to their experience, emphasising duty to self, others and the community.



- **Explorer Scouts** (ages 14-18): Explorers enjoy greater independence and are encouraged to plan their own activities and expeditions. They can earn the prestigious King's/Queen's Scout Award and participate in international Jamborees.
- **Scout Network** (ages 18-25): The oldest youth section, Scout Network members focus on personal development, leadership and community service. They

## What is WOSM?

The World Organization of the Scout Movement (WOSM) is the largest international Scouting organisation, representing millions of Scouts from over 170 countries. WOSM works to support Scout programmes worldwide, ensuring they align with the principles and values of the Scouting movement.

to ensure sth | zapewniać coś

to align with sth | być zgodnym z czymś

## The World Scout Jamboree

The World Scout Jamboree is a global Scouting event held every four years. It brings together tens of thousands of Scouts from around the world for a festival of friendship, cultural exchange and learning. The event promotes global citizenship and unity among Scouts of different nationalities, religions and backgrounds.

cultural exchange | wymiana kulturowa

- 2 **self-confidence** | pewność siebie  
**remarkable** | niezwykły  
**background** | *tu*: pochodzenie  
**to strive for sth** | dążyć do czegoś  
**ethos** | duch, charakter  
**to allow for sth** | pozwalać na coś  
**faith** | wiara  
**at all** | w ogóle  
**gender equity** | równość płci  
**to allow sb to do sth** | pozwalać komuś coś zrobić  
**to make up sth** | wymyślać coś, tworzyć coś  
**quarter** | kwartał, ćwierć  
**appeal** | atrakcyjność, urok  
**to tailor sth to sth** | dostosować coś do czegoś  
3 **to adhere to sth** | przestrzegać czegoś  
**to showcase sth** | prezentować coś, pokazywać coś

- gathering** | zgromadzenie, spotkanie  
**divided into sth** | podzielony na coś  
**beaver** | bóbr  
**confidence** | pewność siebie  
**sense of adventure** | poczucie przygody  
**to earn sth for sth** | zasłużyć na coś za coś  
**badge** | odznaka  
**achievement** | osiągnięcie, sukces  
**cub** | młode zwierzę, *tu*: junior, młody człowiek  
**including sth** | włącznie z czymś  
**hiking** | wędrówka, piesza wycieczka  
**to emphasise sth** | podkreślać coś  
4 **to be encouraged to do sth** | być zachęcany do czegoś  
**award** | nagroda  
**to focus on sth** | skupiać się na czymś

## The Scout Law

The Scout Law outlines the values that Scouts are expected to live by. In the UK, the Scout Law includes:

- A Scout is to be trusted.
- A Scout is loyal.
- A Scout is friendly and considerate.
- A Scout belongs to the worldwide family of Scouts.
- A Scout has courage in all difficulties.
- A Scout makes good use of time and is careful of possessions and property.
- A Scout has self-respect and respect for others.

These principles encourage Scouts to act with honesty, respect, courage and a sense of community, both within their local groups and in the wider world.

**to outline sth** | zarysować coś, naszkicować coś

## The Scout Promise

In the UK, the traditional Scout Promise is as follows:

“On my honour, I promise that I will do my best,  
To do my duty to God and to the King (or Queen),  
To help other people,  
And to keep the Scout Law.”

This Promise emphasises personal integrity, loyalty to one's country, helpfulness and adherence to the Scout Law. It is said by every member during their initiation – before making the promise, they are not considered true Scouts.

**adherence to sth** | przestrzeganie czegoś  
**considered** | uważany, rozważany

**5 volunteering** | wolontariat

**increasing** | rosnący, wzrastający

**digital** | cyfrowy

**literacy** | umiejętność czytania i pisanie

**STEM (Science, Technology, Engineering, and Mathematics)** | STEM (Nauki przyrodnicze, technologia, inżynieria i matematyka)

**workshop** | warsztat

**campfire** | ognisko

**moreover** | ponadto

also have opportunities for travel and international volunteering.

## Adapting to the 21st Century

While the basic principles of Scouting have not changed throughout the years, the movement has continuously adapted to meet the challenges of the 21st century. In response to the increasing role of technology in young people's lives, Scouting has incorporated digital literacy and STEM (Science, Technology, Engineering, and Mathematics) activities into its programmes. Scouts are now just as likely to be seen building robots or engaging in coding workshops as they are to be hiking or building campfires. Moreover, training for leaders and adult volunteers now includes guidance on digital touchpoints like social media activities.

Environmental awareness has also become a key focus. Many Scout groups participate in conservation projects, clean-up campaigns, and initiatives that promote sustainability. This not only helps Scouts appreciate the natural world but also instils a sense of responsibility for preserving it for future generations.

## Badges and Awards in Scouting

Badges play a significant role in Scouting, providing a way for Scouts to learn new skills, explore interests and demonstrate their achievements. Scouts earn badges through participation in a range of activities, challenges and learning experiences.

Badges are typically sewn onto the Scout uniform, signifying a Scout's

**adult** | dorosły

**to include sth** | obejmować coś, zawierać coś

**touchpoint** | punkt kontaktowy

**awareness** | świadomość

**sustainability** | zrównoważony rozwój

**to appreciate sth** | doceniać coś

**to instil sth** | wpajać coś

**to preserve sth** | zachowywać coś, konserwować coś

**sewn onto sth** | przyszyty do czegoś

**6 to vary** | różnić się, zmieniać

**first aid** | pierwsza pomoc

**to reward sb** | nagradzać kogoś

progress and skills to others. The types of badges vary across age groups and sections, including:

• **Activity Badges:** These badges focus on specific skills or hobbies, such as hiking, first aid, or computer skills. They reward Scouts for exploring different areas of interest.

• **Challenge Badges:** These are awarded for completing a series of tasks that challenge the Scouts' abilities, such as teamwork, leadership or community service.

• **Core Badges:** These include badges like the Membership Badge, which signifies a Scout's commitment to the Promise and Law, and the Chief Scout's Awards, which are prestigious awards representing the highest level of achievement within each section.

By earning badges, Scouts gain confidence, learn the value of hard work and take pride in their accomplishments.

## Scouting New Experiences

Scouting has come a long way since its inception over a century ago. It has grown from a small camping trip for boys to a diverse and dynamic global movement that serves millions of young people. By embracing change and staying true to its values, Scouting remains a vital part of youth development in the UK and around the world. If you're inspired by the values of Scouting and know a young person who could benefit from the adventure and camaraderie it offers, why not reach out to your local Scout group? The journey of a Scout is one of learning, friendship and making a positive impact on the world.

**challenge badges** | odznaka oznaczająca zdobycie danej sprawności

**core badges** | odznaki podstawowe

**within sth** | w obrębie czegoś, wewnątrz czegoś

**to take pride in sth** | być dumnym z czegoś

**accomplishment** | osiągnięcie, sukces

**inception** | początek, powstanie

**to embrace sth** | przyjmować coś, akceptować coś

**youth** | młodzież

**camaraderie** | koleżeństwo

**to reach out to sb** | kontaktować się z kimś



## Famous Scouts

This list of famous former Scouts showcases the diverse paths that members can take:



Neil Armstrong



Taylor Swift



David Beckham



Venus Williams



Sir David Attenborough



Bill Gates



Bear Grylls



Harrison Ford



Barack Obama



Hillary Clinton



Steven Spielberg



Mariah Carey

# Phrasals with Come

by Kamil Drożdżyk

Previously, we took a closer look at phrasal verbs with the word take. This time around, we're getting acquainted with phrasals using come. In case anybody's already forgotten, phrasal verbs are combinations of verbs and prepositions which result in a brand-new meaning. So, come on – let's dive into the rich world of phrasals.

**A**s was the case with the *take* phrasals, adding just one preposition can drastically change the meaning of a verb. In some cases, the resulting meanings might even be antonyms. *Come in*, for example, means to enter, while *come out* – to exit... and that's just the appetiser. Let's go through some of the most popular phrasals with the word *come*.

## Come Across

- to find something by accident  
I was cleaning the attic, when I came across an old painting. Would you say it's worth something?
- to express something  
The idea of patriotism really comes across in Mickiewicz's *Pan Tadeusz*.
- to appear a certain way (to come across as)  
My new manager comes across as a stuck-up guy.

## Come Back

- to return somewhere  
I had to come back home on Monday because I fell ill.
- to once again become popular after a period of unpopularity  
Bell-bottoms are definitely coming back. Just look around.
- to remember something one had forgotten  
The moment I got onto the boat it all came back to me: the smell of the sea salt, the cool breeze, and the sound of squawking seagulls.

## Come By

- to get something without specifying the method of obtaining it  
I came by a large sum of money and I'd like to keep it in a safety-deposit box in your bank.
- to visit something briefly while being on the way somewhere else  
I'll come by your office tomorrow and give you the documents.

## Come Down

- to fall and end up on the ground  
Our helicopter came down in the jungle.
- to become lower (usually when speaking about prices)  
It doesn't look like house prices in Warsaw are coming down soon.
- to be removed  
I like the new apartment, but the yellow wallpaper will have to come down.
- to travel south  
My Canadian friend Josh is coming down to Salt Lake City tomorrow.
- to fall ill (to come down with)  
I was supposed to go with them, but I came down with a nasty bout of flu.

- o previously | wcześniej  
to get acquainted with sth | zapoznać się z czymś  
preposition | przyimek  
brand-new | zupełnie nowy  
to dive into sth | zanurzyć się w coś  
1 antonym | antonim  
appetiser | przystawka  
by accident | przypadkowo  
stuck-up | arogancki, zarozumiały  
bell-bottom | spodnie typu dzwony

## Come Into

- to inherit something  
When my uncle died, I came into a property in Wales.
- to influence a situation (usually when speaking about feelings and emotions)  
What he did was calculated. Rage didn't come into it at all.
- to enter  
The sign said 'closed', but he came into the store anyway.

## Come Off

- to happen as planned  
We were supposed to sell the house, but it didn't come off in the end.
- to appear to be (to come off as, to come off like)  
Brad's new girlfriend comes off as a somewhat careless person.

## Come Out

- to exit  
Did you see me when you were coming out of the store?

- definitely | zdecydowanie  
squawking | krzyżący  
seagull | mewa  
2 safety-deposit box | skrytka depozytowa  
to fall | spaść  
to look like sth | wyglądać jak coś  
to be removed | zostać usuniętym  
to fall ill | zachorować  
3 to inherit sth | odziedziczyć coś  
to influence sth | wpływać na coś  
careless | nieostrożny

WARTO  
ZAPAMIĘTAĆ!stuck-up  
arogancki, zarozumiały

- to go to a social event

If you'd like to come out to a party or something, just give me a call, alright?

- to be released

When does the new GTA game come out?

- to become known (about a secret)

He paid the blackmailer, but the truth came out anyway.

- to turn out

I'm usually not a good cook, but this omelette came out rather well.

## Come Round

- to visit somebody at their home

Martha came round. She gave us some lasagna.

- to change your opinion

I used to disagree with her, but I came round to her point of view in time.

- to become conscious

When I came round after the surgery, I was very confused.

## Come Up

- to approach somebody

He came up to me and asked me the time.

- to be mentioned

The FBI discussed the spy network, but your name didn't come up.

- to happen suddenly

I'm sorry, but I can't come tonight. Something's come up.

- to have an idea (to come up with)

Her boss came up with a promising solution.

4 to give sb a call | zadzwonić do kogoś

to be released | zostać wydanym, opublikowanym, wypuszczonym na rynek

blackmailer | szantażysta

to disagree with sb | nie zgadzać się z kimś

to become conscious | stać się świadomym

to approach sb | podejść do kogoś

## Practice

1. Fill in the gaps with the correct phrasal verb. Remember about the correct tense.

- I \_\_\_\_\_ an idea to increase sales.
- \_\_\_\_\_ on Sunday. Mum misses you.
- When my parents passed, I \_\_\_\_\_ a lot of money.
- When Bob was hiking, he \_\_\_\_\_ a suspicious suitcase.
- The new Marvel movie \_\_\_\_\_ next Sunday.

Answer Key: a. came up with; b. come round/by; c. came into; d. came across; e. comes out

2. Find the incorrectly used phrasal verb in each sentence. Which phrasal verbs should have been used instead?

- He's not very creative, but sometimes he comes across with a good idea.
- I wish I could go with you, but I have to go home. Something's come off.
- What do you think of his sister? She comes down as very rude.
- I used to deny global warming when I was in high school, but I've since come up to accepting it's real.
- I forgot my keys. I'm coming off to the office.

Answer Key: a. he comes across with – he comes up with; b. Something's come off – Something's come up; c. She comes down as – She comes across/off as; d. I've since come up – I've since come round; e. I'm coming off – I'm coming back

3. Fill in the gaps in each pair of sentences with the same phrasal verb. You may use different tenses in each pair.

- I \_\_\_\_\_ an interesting book in the library yesterday. The librarian \_\_\_\_\_ as very secretive.
- The topic of your punishment hasn't \_\_\_\_\_ yet. Describe the man that \_\_\_\_\_ to you in the restaurant.
- Who \_\_\_\_\_ the bank at 7:15? I \_\_\_\_\_ a million dollars after my aunt died.
- Imagine you're walking on the beach and you suddenly \_\_\_\_\_ a buried treasure. What would you do with it? You should \_\_\_\_\_ on your way to London.
- Old memories \_\_\_\_\_ as soon as I opened the door. The fashion from the 00s is definitely \_\_\_\_\_.

Answer Key: a. came across, comes/come across; b. come up, came up; c. came into, came into; d. come by, come by; e. came back, coming back

4. Fill in the gaps with adverbs and prepositions to create popular phrasal verbs not mentioned in the article.

apart, from, on, forward, through

- He comes \_\_\_\_\_ Italy.
- Come \_\_\_\_\_, keep going! We're almost there.
- I tried to send you an e-mail, but it didn't come \_\_\_\_\_.
- The case was getting cold, but then a new witness came \_\_\_\_\_.
- Their relationship came \_\_\_\_\_ after she found out he was lying to her.

Answer Key: a. from; b. on; c. through; d. forward; e. apart



# Conversation Matters: Speak Fluent Funeral

by Jonathan Sidor

The old adage goes, the only things certain in life are death and taxes. Sadly, we're all bound to attend a funeral sooner or later – even if it's not our own. These times can be extremely emotional, so if you ever pay your last respects, you don't want to fumble the language. Review this guide from *English Matters* to keep your funeral vocabulary alive and kicking.

**the old adage goes** | jak mówi stare przysłowie  
**the only things certain in life are death and taxes**  
 | jedyne pewne w życiu są śmierć i podatki  
**to be bound to do sth** | być skazanym na zrobienie czegoś

**to attend a funeral** | uczestniczyć w pogrzebie  
**to pay your last respects** | oddać ostatni hołd  
**to fumble sth** | potykać się o coś, tu: pomieszać coś  
**alive and kicking** | w doskonałej formie

## Nonliving Nouns

- Thank you for volunteering as a pallbearer.
- You'll find the cremated remains in this urn.
- I always tense up when I see a hearse followed by a funeral procession.
- Do you have any idea how expensive coffins are?
- She delivered a moving eulogy at the wake.
- What do you want written on your gravestone?

**to volunteer** | zgłosić się na ochotnika  
**pallbearer** | osoba niosąca trumnę  
**cremated remains** | prochy  
**to tense up** | spinać się  
**hearse** | karawan  
**coffin** | trumna  
**eulogy** | mowa pogrzebowa  
**at the wake** | podczas czuwania  
**gravestone** | nagrobek



## Verbs and Vigils

- Everyone mourns in different ways.
- He did a great job consoling the family of the deceased.
- She just needs more time to grieve.
- How would you like people to commemorate you at your funeral?
- Would you prefer to be buried or cremated?
- It's important to visit the graves of your loved ones and pay your respects.

vigil | czuwanie

to mourn sb | opłakiwać kogoś

to console sb | pocieszać kogoś

the deceased | zmarły

to grieve | smucić się

to commemorate sb | upamiętnić kogoś

buried | pochowany

**WARTO  
ZAPAMIĘTAĆ!**

*I'd like to offer my condolences.*

*Chciałbym/chciałabym  
złożyć kondolencje.*

## Adjective Autopsy

- I can't stomach funerals. They're just too solemn.
- That was a very dignified ceremony.
- His speech included many poignant moments.
- I found her words comforting.
- She wouldn't want us to be sombre. She lived a great life.
- Talking to bereaved families is incredibly difficult.

to stomach sth | znosić coś

solemn | uroczysty

dignified | godny, poważny

to include sth | zawierać coś

poignant | wzruszający

comforting | pocieszający

sombre | ponury

bereaved | w żałobie, tracący kogoś bliskiego

## PAYING RESPECTS

**Rachel:** I'm glad we could come together to visit Grandma's grave today.

**Alex:** It's been a while since I've been here, but being in this peaceful place brings back memories.

**Rachel:** Right. However, it feels just like yesterday when her coffin was being interred in the ground.

**Alex:** Yes, it's strange how vivid those memories can be.

**Rachel:** I find solace knowing Grandma rests here, surrounded by nature and the love of our family.

**Alex:** It's heartwarming seeing her gravestone adorned with so many flowers. She always had a special touch with her garden.

**Rachel:** I actually brought some fresh flowers to place by her marker. I know she'd appreciate the gesture.

**Alex:** Let's take a moment of silence to reflect on her life.

grave | grób

to bring back memories | przywoływać wspomnienia

to be interred in the ground | zostać  
pochowanym w ziemi

vivid | żywy, wyraźny

to find solace | znaleźć pociechę, być  
pocieszonym

## FUNERAL PREPARATIONS

**David:** Thanks for helping with the funeral arrangements. Organising everything can get overwhelming.

**Emily:** I know how difficult this must be. Let's start by discussing the eulogy. Do you need help writing it?

**David:** Yes. I want to make sure it properly reflects my mum's life and the impact she had on everyone.

**Emily:** We can incorporate stories and memories from family and friends to create a heartfelt tribute.

**David:** I've also been thinking about the music selection for the service. Do you have any suggestions?

**Emily:** How about choosing songs that held some special meaning to your mother? Or ones that provide comfort?

**David:** Thank you. Your help has made this whole process much more manageable.

**Emily:** It's the least I can do. Let's make sure the service is a beautiful reflection of your mum's life.

**to get overwhelming** | stać się przytłaczającym

**to discuss the eulogy** | omówić mowę pogrzebową

**to reflect sth** | odzwierciedlać coś

**to have an impact on sth** | mieć wpływ na coś

**heartfelt** | szczery, płynący z głębi serca

**manageable** | możliwy do opanowania

**It's the least I can do.** | Przynajmniej to mogę zrobić.

## Interred Idioms

My old man bit the dust in his sleep.  
How do you think you'll kick the bucket?

Will you be ready when it's time to cross over to the other side?

I'm ready to meet my maker.

They said the illness would have him pushing up daisies, but he's still alive.

This is the burial plot I've chosen. This is where they'll put me six feet under.

**interred** | pochowany

**to bite the dust** | zginąć, umrzeć, gryźć piach

**to kick the bucket** | umrzeć, kopnąć w kalendarz

**to cross over to the other side** | przejść na drugą stronę

**to meet one's maker** | spotkać się ze swoim stwórcą

**to push up daisies** | umrzeć, wachać kwiatki od spodu

**to put sb six feet under** | pogrzebać kogoś

## Ready for an Eco-Friendly Funeral?

In recent years, there's been a noticeable shift towards more environmentally conscious practices, even in the funeral world. This movement has given rise to eco-friendly funerals, aiming at reducing the ecological footprint of traditional burial and cremation methods. A key component of this is green burials, where the deceased is laid to rest in biodegradable coffins. These usually take place in designated green cemeteries, where gravesites are left unmarked and are decorated with native plants.

In addition, cremation is also undergoing changes to be more environmentally friendly. Many crematoriums now offer carbon-neutral cremations, where emissions are offset through various initiatives. Additionally, alternative methods, such as water cremation, are gaining traction for their minimal environmental impact. These innovations reflect a growing awareness of our impact on the planet, even in our most solemn moments.

**noticeable** | zauważalny

**shift towards sth** | przesunięcie, zwrot w kierunku czegoś

**conscious** | świadomy

**ecological footprint** | ślad ekologiczny

**the deceased** | zmarły, zmarli

**gravesite** | miejsce pochówku

**to undergo changes** | przechodzić zmiany

**carbon-neutral** | neutralny pod względem emisji dwutlenku węgla

**offset** | kompensacja

**to gain traction for sth** | zyskać popularność z powodu czegoś

**awareness of sth** | świadomość czegoś

## Final Phrasal Verbs

How did she pass away?

I didn't think she'd pass on so soon.

Before we lay him to rest, would anyone like to say a few words?

Let's properly send him off into the afterlife.

Please look after the children once I'm gone.

This was a tragedy, but it's important to move on.

**to pass away** | umrzeć

**to pass on** | umrzeć

**to lay sb to rest** | pogrzebać kogoś

**to send sb off into the afterlife**

| odprowadzić kogoś na tamten świat  
**once I'm gone** | kiedy mnie nie będzie, gdy umrę



## GIVING COMFORT

**Claire:** I want to express my deepest condolences. Your father was a remarkable man.

**Michael:** It means a lot to hear that. The funeral service was tough, but seeing everyone here to pay their respects was nice.

**Claire:** If there's anything I can do for your family during this time, don't hesitate to ask.

**Michael:** We're actually planning a memorial ceremony next week. Your presence would be greatly appreciated.

**Claire:** I'll be there. It's important to honour your father's memory as a community.

**Michael:** Thank you. Your support means the world. We'll make the memorial a fitting tribute.

**Claire:** Your father touched so many lives. His legacy will live on in our hearts.

**Michael:** Yes, and hopefully, he's gone off somewhere better.

to give comfort | dawać pociechę, pocieszać

remarkable | niezwykły

actually | w rzeczywistości, tak naprawdę

greatly appreciated | bardzo doceniany

community | społeczność

to make the memorial a fitting tribute | sprawić, by uroczystość pogrzebowa była odpowiednim hołdem

legacy | dziedzictwo

## Cemetery Collocations

I'm not comfortable at all making funeral arrangements.

We need to select a burial plot.

May she rest in peace.

That memorial service was done very tastefully.

Did you call the funeral home?

I'd like to offer my condolences.

to make funeral arrangements | dokonać ustaleń pogrzebowych

to select a burial plot | wybrać miejsce pochówku

tastefully | gustownie

funeral home | zakład pogrzebowy

I'd like to offer my condolences. | Chciałbym/chciałabym złożyć kondolencje.

## The Financial Strain of Funerals

Funerals typically come with a hefty financial burden, adding stress to an already challenging time for families. From casket and burial plot costs to funeral home fees, the total bill can quickly escalate. To address this, there's been a push for more affordable options and greater pricing transparency. Some families are opting for direct cremation or simple, no-frills services to keep costs down. Moreover, there's a growing movement advocating for greater education and awareness about funeral expenses. This would empower people to make more informed decisions and avoid unnecessary costs. Funeral homes are increasingly offering itemised pricing lists and packages to help families understand their options and budget accordingly. Government assistance programmes and nonprofit organisers are stepping in to provide financial aid to families who can't cover funeral costs themselves.

strain | obciążenie

hefty | pokaźny

burden | obciążenie

from casket and burial plot costs to funeral home fees | od kosztów trumny i miejsca pochówku do opłat zakładu pogrzebowego

to escalate | eskalować, wzrastać

push for sth | nacisk na coś

affordable | przystępny cenowo

no-frills services | usługi bez zbędnych dodatków

to keep costs down | obniżać koszty

moreover | ponadto

to advocate for sth | opowiadać się za czymś

awareness about sth | świadomość czegoś

funeral expenses | wydatki pogrzebowe

to empower sb | dać komuś siłę

to avoid sth | unikać czegoś

increasingly | coraz bardziej

itemised | szczegółowy

accordingly | odpowiednio

to step in | wkroczyć

to cover sth | pokryć coś

# Majestic Menorca

by Kamil Drożdżyk

One of the most alluring aspects of choosing a vacation destination in Spain is its rich variety of islands. Gran Canaria, Ibiza, Mallorca and Tenerife are some of the most popular choices among European tourists. Then there's also Menorca – far from unpopular, yet less frequented than the most beloved Spanish islands. *English Matters* goes to Menorca to check out what it has to offer.

**alluring** | uwodzicielski, czarujący

**variety of sth** | różnorodność czegoś



**POBIERZ NAGRAŃKA MP3**



KOD DOSTĘPU:  
**eb46**

LUB ODSŁUCHAJ  
NA STRONIE  
[englishmatters.pl](https://englishmatters.pl)

POBIERZ CZYTNIK KODÓW:  
[COLORFULMEDIA.PL/CZYTNIK](https://colorfulmedia.pl/czytnik)







Mahón

**M**enorca owes its name to its size, as well to the size of its bigger sister, Mallorca. In Latin, the islands were called respectively Insula Minor and Insula Maior – the smaller island and the bigger island. In contrast with Mallorca, Menorca indeed appears to be small. With its area of 695.8 square kilometres it's roughly 5 times smaller than Mallorca, which boasts a size of 3,620.42 square kilometres and takes the spot as Spain's biggest island. Menorca's size, however, is still significant. It's the seventh largest of all one hundred and seventy-nine Spanish islands.

The island, located about two hundred kilometres off the coast of Spain in the

western Mediterranean Sea, has a rich and interesting history. Its strategic location has made it a cultural crossroads for centuries. Menorca has been inhabited since at least the Bronze Age, and the *tayalots*, *navetes* and *taules* (prehistoric megalithic structures) scattered across the island are a testament to that fact.

In prehistory, Menorca was invaded by Romans to get rid of pirates, as both Mallorca and Menorca served as a perfectly placed hub for piracy. It eventually fell under Muslim rule to then be conquered by Spain in the High Medieval Period. In the 16th Century, Menorca suffered great losses caused by Turkish naval attacks, in which its then capital, Ciutadella, was nearly totally

destroyed. Around the same time in history, the south coast of the island fell victim to Barbary pirates from North Africa, who raided the city of Mahón and took as many as 6,000 slaves.

In time, the island managed to recover, only to be conquered by the British in the early 18th Century and then briefly become French 50-odd years later, to then become British yet again and, in the end, returning under Spanish rule during the Peninsular War in the early 19th Century. A complicated history, but a rich one. A consequence of the fact that the island has been changing hands over the course of history is Menorca's rich cultural variety and its wide offer of striking monuments.

**1 to owe one's name to sth** | zawdzięczać

swoją nazwę czemuś

**Latin** | łacina

**respectively** | odpowiednio

**indeed** | rzeczywiście

**roughly** | mniej więcej

**to boast sth** | szczycić się czymś

**to take the spot** | zająć miejsce

**however** | jednak

**2 crossroads** | skrzyżowanie

**inhabited** | zamieszkały

**at least** | przynajmniej

**scattered** | rozszany

**to get rid of sb** | pozbyć się kogoś

**hub** | ośrodek

**eventually** | w końcu, ostatecznie

**to fall under Muslim rule** | znaleźć się pod władzą muzułmańską

**High Medieval Period** | okres wysokiego średniowiecza

**naval** | morski

**3 to fall victim to sb** | paść ofiarą kogoś

**to raid sth** | napadać na coś

**slave** | niewolnik

**to recover** | dochodzić do siebie

**briefly** | krótko

**Peninsular War** | wojna na Półwyspie Iberyjskim

**striking** | uderzający



Naveta d'Es Tudons

## Menorca's Must-See Monuments

After this brief history lesson, let's take a closer look at Menorca's greatest **landmarks**. One of **the best preserved** megalithic structures, as well as one of the oldest **extant** buildings in Europe can be found in Menorca. Its name is Naveta d'Es Tudons and it's a Bronze Age **chamber tomb**. It's located around five kilometres to the east of Ciutadella. The stone structure, **measuring** 13.6 meters long and 6.5 meters wide, was built between 1200 and 750 BCE and is an impressive **feat** for its time. The site is **currently** open to tourists, however it is **forbidden** to go inside the tomb.

Naveta d'Es Tudons is not the island's only **remnant** of the Bronze Age. In total, there are over 1,600 tayalots, navetes, and taules scattered across the island, making it hard not to **encounter** one while exploring Menorca. Some of the most popular ones are Son Fornes Tayalotic Settlement, Taula de Trepucó,

the Necropolis of Calescoves, and Torre d'en Galmés.

In the southeastern part of Menorca, you can find Fort Marlborough. **Hardly** a Spanish name, but there's a good reason for it. It's because the fort was built between 1720 and 1726, when Menorca was **ruled** by the British. Its role was to provide a good defensive position **overlooking** the Maó **harbour**. The **sight** from the fort is something to **behold**. The harbour is one of the longest natural harbours in the world and the water there is clear the whole year round. Along with Fort Marlborough, the harbour is also protected by St. Philip's Castle and The Torre d'en Penjat. Both of these monuments are **equally worth** visiting.

While you're there, don't forget to go into the town of Maó (in Spanish – Mahón) and **take a stroll** around the old town. The colonial legacy of Menorca is written all over the **settlement**. Feast your eyes on the splendour of the neoclassical town hall, taste the local fish in the 18th-century Mercado del Pescado (fish

market), visit numerous churches and cathedrals, such as Sant Francesc, El Carme or Santa Maria, and explore one of the oldest opera houses in Europe, Teatre Principal de Maó. If such a high dose of history isn't enough, you can also go to Museum de Menorca, where you can learn even more about the fascinating history of the island.

## Menorca's Nature

Once you get tired of exploring, you can **kick back on** one of Menorca's sandy beaches, such as Cala Alcaufar. It's located **a stone's throw** (precisely 3,5 kilometres away) **from** Fort Marlborough, so you can easily reach it even on foot if you're around the Maó harbour. This **tranquil** beach owes its waters' calm nature to the surrounding cliffs, which keep high waves away from the **cove**. The water in Cala Alcaufar is characterised by its turquoise colour appearing to **glow** on especially sunny days. In total, there are around a hundred beaches in Menorca, and it's really difficult to choose the most beautiful one. So, whether you go with Cala Alcaufar, Cala Turqueta, Cala Tortuga, or Cala de Sa Mesquida, you've probably made a good choice!

If **idle sunbathing** doesn't **float your boat**, you can go on one of the many

**4 must-see** | obowiązkowy do zobaczenia  
**landmark** | *tu*: charakterystyczny obiekt, atrakcja  
**the best preserved** | najlepiej zachowany  
**chamber tomb** | grobowiec komorowy  
**to measure X** | mierzyć X  
**feat** | wyczyn  
**currently** | obecnie  
**forbidden** | zakazany  
**remnant** | pozostałość  
**to encounter sth** | napotkać coś

**5 hardly** | ledwo  
**ruled** | rządzony  
**to overlook sth** | mieć widok na coś, wychodzić na coś  
**harbour** | port  
**sight** | widok  
**to behold sth** | oglądać coś  
**equally** | równie  
**worth sth** | warty czegoś  
**to take a stroll** | wybrać się na spacer

**settlement** | *tu*: miasto  
**6 to kick back on sth** | odpoczywać na czymś  
**a stone's throw from sth** | tuż obok czegoś  
**tranquil** | spokojny  
**cove** | zatoczka  
**to glow** | świecić  
**idle** | beczynny  
**suntanning** | opalanie  
**to float one's boat** | podobać się komuś





Fort Marlborough

hiking trails found on Menorca. They offer some brehtaking views and provide an opportunity of going to quieter and less tourist-oriented places on the island. One of the most popular ones, Camí de Cavalls, will take you on an unforgettable trip along the coastline of the entire island. Worry not – it is divided into sections, so you don't have to go around the entire island if you think that's a little too much walking.

**7 breathtaking** | zapierający dech w piersiach

**divided into sth** | podzielony na coś

**8 to be sprinkled with sth** | być posypanym czymś, *tu*: być upstrzonym czymś

**pine wood** | las sosnowy

**holm oak** | dąb ostrolistny

**grove** | gaj

**when it comes to...** | jeśli chodzi o...

Menorca's typically Mediterranean flora feels exotic to northern European visitors. It's home to over 900 wild flowers, some of which are endemic, meaning they can't be found anywhere else in the world. The island is sprinkled with moderately thick pine woods, holm oak groves, and olive forests.

When it comes to landscape, Mallorca's smaller sister is rural and flat. There are some hilly areas, and the highest point of

**rural** | wiejski

**9 engulfing** | pochłaniający

**dragonfly** | ważka

**to come in X** | występować w X

**to fall in love with sth** | zakochać się w czymś

**reptile** | gad

**amphibian** | płaz

**breed** | rasa

**unbearably** | nie do zniesienia

the island, Monte Toro, sits at 358 metres above sea level, but that's as high as it gets there. The beautiful, rugged cliffs of the northern shore create an interesting contrast with quiet and placid waters engulfing white, sandy beaches.

In Menorca, you will find a staggering number of butterfly and dragonfly species – they come in all colours, shapes and sizes. Ornithologists will fall in love with Menorca when they find out nearly 300 species of birds have been observed on the island. Some of them stay there the whole year round, while others travel over Menorca on their yearly journey south.

For those passionate about wildlife, Menorca also boasts a diverse reptile and amphibian population, as well as rich aquatic life, and its own breed of horse – the *Cavall Menorquí*.

Since Menorca can get unbearably hot during the middle of the summer, it's best to visit in late spring, early summer, late summer, and early autumn. But hey – if you can take the heat, go for it even in August.

## Destination: Menorca

Menorca, often overlooked for the sake of its larger sister, is a fascinating destination with a rich blend of eclectic history, diverse culture, and natural beauty. Despite its smaller size, the island offers an impressive array of prehistoric monuments, British forts, and Spanish architecture, which to this day remind both the inhabitants and the visitors about its complicated past. Menorca's serene beaches, Mediterranean flora, and abundant wildlife make it a paradise for nature lovers and history buffs alike. With fewer tourists than the more famous Spanish islands, Menorca is the perfect destination for those seeking a slightly calmer place to stay.

**for the sake of sth** | dla dobra czegoś

**despite sth** | pomimo czegoś

**array of sth** | mnogość czegoś

**inhabitant** | mieszkaniec

**serene** | spokojny

**abundant** | obfity

**history buff** | miłośnik historii

**alike** | podobnie

**to seek sth** | szukać czegoś



# Rack Your Brain

by Kamil Drożdzyk

## 1. True or False

- The phrasal verb to come across means to return.
- To pass on is a synonym of to die.
- Taylor Swift's grandfather was an opera singer.
- Taylor Swift endorsed the Republican party in 2018.
- The singer entered the music industry in the 1990s.

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

## 2. Match the phrasal verbs with their meanings.

to come up with, to come across as, to come by, to come out, to come off

- to appear as
- to find something by chance
- to have an idea
- to happen as planned
- to exit

Answer Key: a. to come off; b. to come out; c. to come up with; d. to come off; e. to come out

## 3. Fill in the gaps with the correct word.

home, out, across, bucket, off

- When does Taylor Swift's new single come \_\_\_\_?
- He kicked the \_\_\_\_\_ a few years ago.
- I was going through my old things, when I came \_\_\_\_\_ Taylor's very first album.
- I saw him coming out of the funeral \_\_\_\_\_.
- I don't mean to come \_\_\_\_ as a cheapskate, but this coffin is very expensive.

Answer Key: a. out; b. bucket; c. across; d. home; e. off

## 4. Connect the words to create phrasal verbs and collocations.

cremated, memorial, to pay, to pass, poignant

- away
- moments
- service
- respects
- remains

Answer Key: a. to pass away; b. poignant moments; c. memorial service; d. to pay respects; e. cremated remains

## 5. In which sentence has the wrong phrasal verb been used?

- I haven't seen them in a while, so I will come round next time I'm in the area.
- Why did he come up to you?
- I came by some jewellery. Don't ask me how.
- The plane came across on a desert island.

Answer: d

## 6. Which of these words is a synonym of the word sombre?

- grim
- fulfilling
- proper
- tragic

Answer: a

## 7. What was Taylor Swift's father's profession?

- an opera singer
- a stockbroker
- a pallbearer
- a guitarist

Answer: b

## 8. Which of these statements about Taylor Swift is NOT true?

- She's sold over 50 million physical albums.
- She grew up in Pennsylvania.
- Her first release was a synth-pop album.
- Her net worth is projected to exceed USD 1 bln.

Answer: c

## 9. What is the meaning of the idiom to meet one's maker?

- to die
- to reestablish a relationship with an estranged parent
- to have a difficult talk with one's boss
- to learn more about one's origin

Answer: a

# Jak zaprenumerować czasopismo?

- korzystając z naszego sklepu internetowego: [kiosk.colorfulmedia.pl](http://kiosk.colorfulmedia.pl)
- **za pomocą przelewu.** Należy wpłacić odpowiednią kwotę na numer konta podany na dole strony. W tytule prosimy o wpisanie informacji, od którego numeru ma rozpocząć się prenumerata czasopisma, bądź które numery archiwalne mamy wysłać. Prosimy także o podanie dokładnych danych do wysyłki.

Podane dane osobowe będą przetwarzane przez administratora | firmę Colorful Media z siedzibą w Poznaniu, ul. Lednicka 23, NIP 781-173-49-69 w celu realizacji prenumeraty. Każdemu prenumeratorem przysługuje prawo wglądu do swoich danych osobowych, ich zmiany, poprawiania oraz usunięcia. Podanie danych jest dobrowolne, ale niezbędne do realizacji prenumeraty. Pytania dotyczące administrowania danymi osobowymi prosimy kierować na adres e-mail: [biuro@colorfulmedia.pl](mailto:biuro@colorfulmedia.pl)

## prenumerata indywidualna

6 kolejnych numerów

w cenie

**107,<sup>90</sup> zł** ~~113,<sup>40</sup> zł~~  
(w tym 8% VAT)



## prenumerata grupowa

od dwóch prenumerat  
English Matters na jeden  
adres

6 kolejnych numerów w cenie

**97,<sup>90</sup> zł\*** ~~113,<sup>40</sup> zł~~  
(w tym 8% VAT)

\* cena jednej prenumeraty,  
należy pomnożyć  
ją przez liczbę prenumeratów



## prenumerata zagraniczna

(na terenie Europy)

6 kolejnych numerów  
list zwykły

**197,<sup>90</sup> zł**

(w tym 8% VAT)

list polecony priorytetowy

**263,<sup>90</sup> zł**

(w tym 8% VAT)

Po dokonaniu przelewu prosimy  
o przesłanie danych adresowych na:  
[prenumerata@colorfulmedia.pl](mailto:prenumerata@colorfulmedia.pl)

## Dane do przelewu:

nr konta:

18 1140 2004 0000 3702 4324 6790

kod swift (dotyczy przelewów zagranicznych):

BREXPLPWMBK

adres:

Colorful Media

ul. Lednicka 23, 60-413 Poznań

## Jak otrzymać fakturę za prenumeratę?

Po dokonaniu przelewu prosimy o jak najszybszy kontakt

(e-mailem:

[prenumerata@colorfulmedia.pl](mailto:prenumerata@colorfulmedia.pl)

lub telefonicznie:

61 833 63 28, 663 24 24 33)

– w przeciwnym wypadku do prenumeraty  
zostanie dołączony paragon.

tel. 61 833 63 28 | e-mail: [prenumerata@colorfulmedia.pl](mailto:prenumerata@colorfulmedia.pl) | strona magazynu: [englishmatters.pl](http://englishmatters.pl)

Magazyn kupisz także w salonach **EMPIK**  
oraz w wybranych salonikach prasowych **KOLPORTER**, **INMEDIO** i **RELAY**.

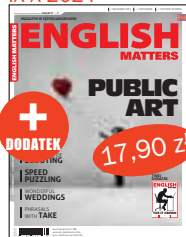
Do kupienia na [kiosk.colorfulmedia.pl](http://kiosk.colorfulmedia.pl)



# Numer archiwalne English Matters

nr 108

IX-X 2024



nr 107

VII-VIII 2024



nr 106

V-VI 2024



nr 105

III-IV 2024



nr 104

I-II 2024



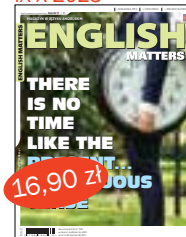
nr 103

XI-XII 2023



nr 102

IX-X 2023



nr 101

VII-VIII 2023



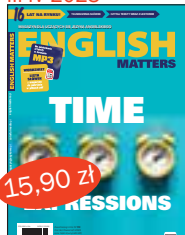
nr 100

V-VI 2023



nr 99

III-IV 2023



nr 98

I-II 2023



nr 97

XI-XII 2022



nr 96

IX-X 2022



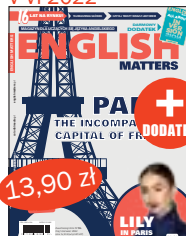
nr 95

VII-VIII 2022



nr 94

V-VI 2022



nr 93

III-IV 2022



nr 92

I-II 2022



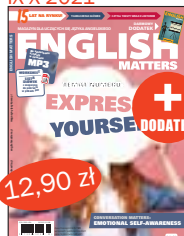
nr 91

XI-XII 2021



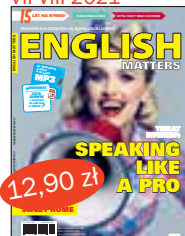
nr 90

IX-X 2021



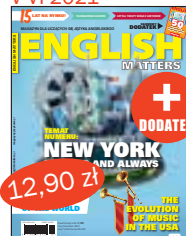
nr 89

VII-VIII 2021

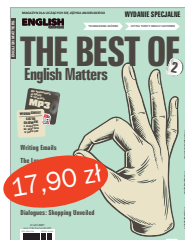
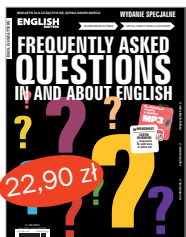
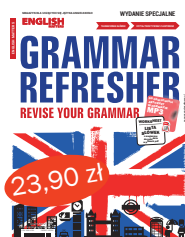


nr 88

V-VI 2021



# Wydania specjalne English Matters



Przy zamówieniach poniżej 100,00 zł koszt wysyłki wynosi 14,00 zł.  
Przy zamówieniach od 100,00 zł koszt wysyłki pokrywa wydawca.



# Językowo najlepsi!

ANGIELSKI



ANGIELSKI BIZNESOWY



NIEMIECKI



FRANCUSKI



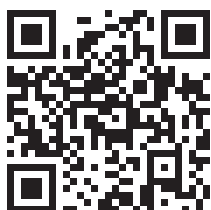
WŁOSKI



HISZPAŃSKI



KUP TERAZ



ANGIELSKI DLA DZIECI

