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ISSN 1896-4184

dwumiesięcznik nr 119
lipiec-sierpień 2026
cena: 22,90 zł (w tym 8% VAT)

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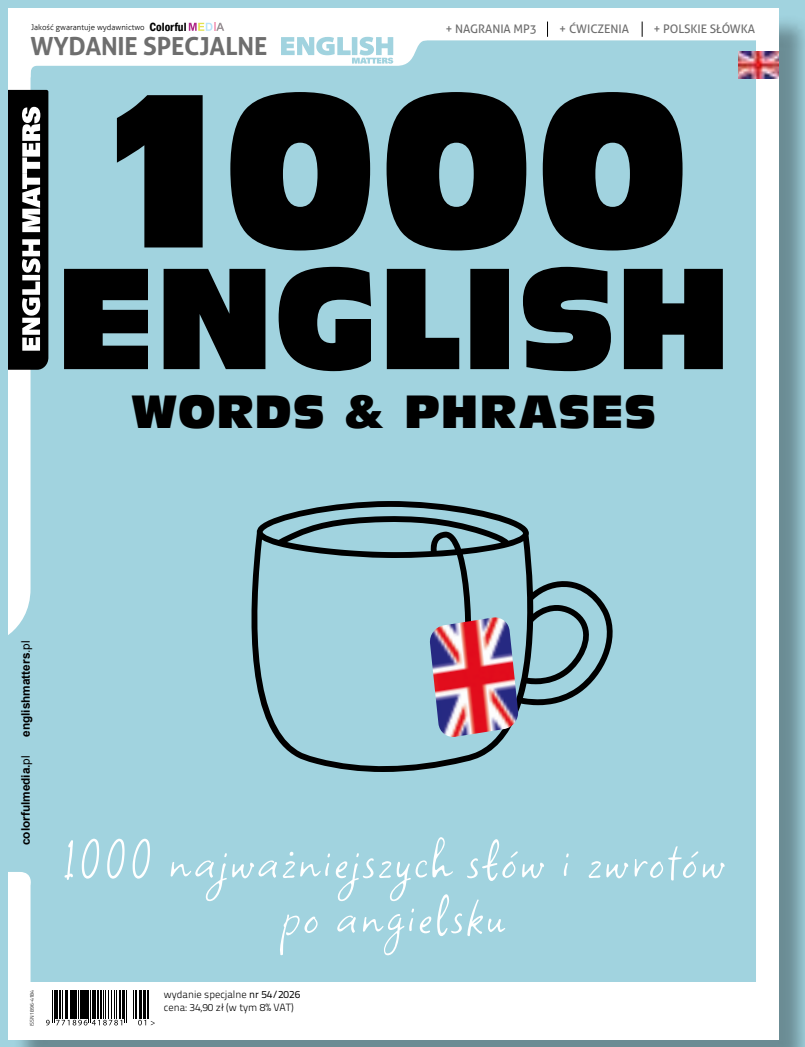

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PEOPLE AND LIFESTYLE

For decades, American late-night television relied on sharp monologues and celebrity interviews. Jimmy Fallon, host of The Tonight Show, changed the formula. With musical sketches, playful games and clips designed to travel across the internet, he helped reshape a traditional format for a digital audience. *English Matters* explores how Fallon's cheerful style built a new kind of entertainment.

ENGLISH MATTERS
magazyn dla uczących się języka angielskiego
dwumiesięcznik

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by Hanna Danielczak-Ziadi

THE STIGMATISATION OF SOLITUDE

Have you ever heard phrases like, "So, when are you going to settle down?" or "Are you seeing someone yet?" The probability that you have heard them at least once is quite high.

Why? Because in the European mentality – and particularly the Polish one – there is a deeply rooted belief that a person's value and the quality of their life are determined by whether they live alone or with someone else. So, a person is considered complete and fulfilled only if they are with someone. If they are alone, however, it implies that "something must be wrong with them" – after all, why don't they have a partner?

Unfortunately, this type of thinking, instilled since childhood, often makes even those who enjoy living solo feel uneasy because they do not fit into the framework of social expectations. Going for a walk, to the theatre, the cinema, or a restaurant alone? "Strange." "Why don't you have anyone to go with?" These unspoken questions sometimes hang around those spending time solo. Meanwhile, in Japan, a trend called ohitorisama has emerged as a response to the growing number of singles and the traditional Japanese culture of conformity and group activity.

Ohitorisama literally means "one person" (in a polite form), symbolising an independent life where one can find joy simply by being with oneself. This trend is reflected in a market adapting to society; in Japan, it is common to find travel agencies offering trips tailored for one, restaurants and cinemas with special single seats, or karaoke booths designed for just one person. Will this trend make its way to Poland? Looking at the statistics regarding the number of single people in Polish society, many might welcome it right now.

solitude | samotność
to settle down | *tu:* ułożyć sobie życie
at least | przynajmniej
fulfilled | spełniony
to imply that | sugerować, że/dawać do zrozumienia, że
after all | w końcu
unfortunately | niestety
instilled | wpojony, zaszczepiony
since childhood | od dzieciństwa
to feel uneasy | czuć się nieswojo, odczuwać niepokój
to fit into sth | pasować do czegoś, wpasować się w coś
unspoken | niewypowiedziany
to hang around | *tu:* wisieć wokół
literally | dosłownie
to be reflected | odzwierciedlać się
tailored for one | skrojony na miarę jednej osoby, dopasowany do potrzeb jednej osoby
karaoke booth | kabina do karaoke
regarding X | dotyczący X
to welcome sth | *tu:* powitać coś, przyjąć coś z radością

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ORNITHOMANCY

Ornithomancy, dating back to ancient Rome, Phoenicia, and ancient Mesopotamia, is the art of divination by observing the behaviour of birds. In ancient times, it was held in very high regard. In societies practicing this art, there was even a special office – the augur, a priest whose task was to interpret the will of the gods from the sky above the city based on atmospheric phenomena and the flight of birds.

Favourable signs included, for example, a bird appearing on the right side, a raven pecking the ground in front of troops preparing for battle (foretelling victory), or a seagull landing on a boat. Unfavourable signs included a bird appearing on the left, a bird suddenly changing its flight direction, or a bird soaring without flapping its wings. In short, the species of the bird, its location, and its behaviour all mattered in the divination process.

Looking at birds from a strictly rational perspective, one cannot deny that for keen observers, their behaviour can provide a wealth of information about what's happening, and whether it's good or worrying. So, while talking about "divination" is unconvincing to the rational mind, it is undeniable that birds and their behaviour continue to provide us with valuable clues about the world around us.

ornithomancy | ornitomancja
ancient | starożytny
art of divination | sztuka wróżbiarstwa
to be held in very high regard | cieszyć się ogromnym szacunkiem, być bardzo wysoko cenionym
priest | *tu:* kapłan
atmospheric phenomena | zjawiska atmosferyczne
flight | lot
favourable | *tu:* pomyślny, dobrze wróżący
to include sth | obejmować coś
to appear | pojawiać się
raven | kruk
to peck | dziobać
troops | wojska, oddziały
to foretell sth | przepowiadać, zwiastować coś
victory | zwycięstwo
seagull | mewa
unfavourable | niesprzyjający, niekorzystny, źle wróżący
to soar | szybować
without flapping its wings | bez machania skrzydłami
species | gatunek
to matter | mieć znaczenie, liczyć się
one cannot deny that | nie można zaprzeczyć, że
keen | *tu:* bystry, wnikliwy, zapalony
wealth of information about sth | bogactwo informacji na dany temat
unconvincing to sth | nieprzekonujący dla czegoś
it is undeniable that | jest niezaprzeczalne, że
clue | wskazówka

ANANKASTIC PERSONALITY

Have you ever heard of an anankastic personality? If not, it is worth familiarising yourself with its traits, as it may make it easier for you to navigate relationships with such individuals – whether they are family members, friends, or casual acquaintances.

A person with an anankastic personality is characterised by, among other things: a high need for control and organisation (e.g., of space or daily routines), a drive to predict circumstances as much as possible, a tendency toward frugality (some sources even describe it as miserliness), extreme perfectionism (which can hinder the performance and completion of tasks), rigidity, conscientiousness and pedantry, a fear of making mistakes and difficulty adapting to change and, sometimes, a tendency toward hoarding.

If this topic interests you, it's worth exploring further, but bear in mind that only specialised diagnostic tools and experts in the field can determine whether someone truly has this personality type. According to the ICD-10 classification, the code for this disorder is F60.5.

anankastic | anankastyczny
worth | *tu:* warto
to familiarise oneself with sth | zaznajomić się z czymś
trait | cecha
whether | czy
acquaintance | znajomy
drive to sth | dążenie do czegoś
to predict sth | przewidywać coś
circumstances | okoliczności
frugality | *tu:* skłonność do oszczędzania, oszczędność
miserliness | skąpstwo
to hinder sth | utrudniać coś
rigidity | sztywność
conscientiousness | sumienność
pedantry | pedantyzm
hoarding | zbieractwo
to bear in mind that | mieć na uwadze, że
according to X | według X

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by Kamil Drożdżyk

THE /n/ SOUND

Let's continue our efforts to explain the entirety of the English phonemic inventory with the /n/ consonant. This one might seem rather straightforward at first – it's just /n/, the sound we hear in words such as *number* and *night*. However, it's not *that* simple; there are two very important caveats you will have to keep in mind when pronouncing words with the letter *n*. More on that later.

The Theory

A quick glance at the phoneme's name – the voiced alveolar nasal consonant – tells us we have to engage our vocal cords to make the sound. What's more, it gives us information on what parts of our vocal tract will be used. The *alveolar* part refers to the fact the alveolar ridge (the roof of the mouth just behind the upper front teeth) will play a part in making the sound; *nasal* indicates our noses are also relevant. Before we move on to practice, let's go over more theory.

The /n/ sound is most commonly represented with the letter *n*. It may appear at the beginning (nose /nəʊz/, nice /naɪs/), in the middle (pond /pɒnd/, balance /ˈbæləns/), or at the end of words (soon /suːn/, run /rʌn/). Certain rare words starting with *pn* and *mn* have these clusters pronounced simply as /n/ (pneumatic /njuːˈmætɪk/, mnemonic /nɪˈmɒnɪk/). While this may seem simple, there are a couple of important caveats to be aware of.

Silent Letters

The first involves words in which *n* is preceded by *g* or *k* at the beginning. In such cases, *g* and *k* become silent. The word *knight*, for example, is pronounced just like *night* (/naɪt/). More examples: *gnome* /nəʊm/, *knife* /naɪf/, *gnat* /næt/, *knot* /nɒt/, *know* /nəʊ/, *knee* /niː/. Neither /k/ nor /g/ is pronounced; all of these words begin with /n/.

The same rule cannot be reliably applied when the clusters *gn* and *kn* appear in the middle of a word. It still happens – for example, the word *sign* is pronounced with a silent *g*: /saɪn/, but *signature* actually keeps the *g* audible: /ˈsɪgnətʃər/. This is one of the less predictable quirks of English, and the only way to learn it is to memorise the pronunciation of such words.

Shifting to /ŋ/

The second caveat also relates to the letter *n* near *g* and *k*, but this time in the opposite order: when *n* is followed by either of these letters, it changes to /ŋ/. This is most commonly heard at the end of -ing verbs (drinking /ˈdrɪŋkɪŋ/, eating /ˈiːtɪŋ/), but can appear in other words (link /lɪŋk/, bank /bæŋk/). More on /ŋ/ can be found in issue 82.

Nasal Flapping

This one is not a caveat, but it's worth knowing: in American English, many native speakers omit the /t/ sound in the *nt* cluster followed by a vowel; *twenty* (/ˈtwɛnti/) becomes /ˈtwɛni/ and *internet* (/ˈɪntərˌnɛt/) often gets pronounced as /ˈɪnərˌnɛt/. This phenomenon is known as nasal flapping and is sometimes represented by the /ɾ̃/ symbol.

Practice

With these exceptions out of the way, we can start practicing. While the Polish *n* is often dental (tongue against the teeth), the English /n/ requires you to raise your tongue so it touches the alveolar ridge just behind the upper teeth. Since the airflow is blocked by the tongue, the air escapes through your nose instead, making the /n/ sound.

effort | wysiłek
entirety | całość
inventory | inwentarz
to seem | wydawać się
straightforward | jasny, prosty
at first | na początku
however | jednak/że
caveat | zastrzeżenie
to keep sth in mind | mieć coś na uwadze
a quick glance at sth | szybki rzut oka na coś
voiced alveolar nasal consonant | spółgłoska nosowa dziąsłowa dźwięczna
vocal cords | struny głosowe
upper | górny
to indicate sth | wskazywać na coś
relevant | *tu:* istotny
in the middle of sth | w środku czegoś
cluster | zbitka
mnemonic | pamięciowy, mnemoniczny
to be aware of sth | być świadomym czegoś
to involve sth | obejmować coś
knight | rycerz
gnat | komar
knot | węzeł
reliably | rzetelnie
applied | stosowany
signature | podpis
actually | w rzeczywistości
audible | słyszalny
quirk | *tu:* przypadek
to memorise sth | zapamiętywać coś
shifting to sth | przesunięcie w stronę czegoś
to relate to sth | odnosić się do czegoś
either of X | żadne z X
nasal flapping | poruszanie skrzydełkami nosa
worth sth | wart/y czegoś
to omit sth | pominąć coś
phenomenon | zjawisko
dental | zębowy
to require sb to do sth | wymagać od kogoś zrobienia czegoś
to raise sth | podnosić coś
airflow | przepływ powietrza
instead | w zamian

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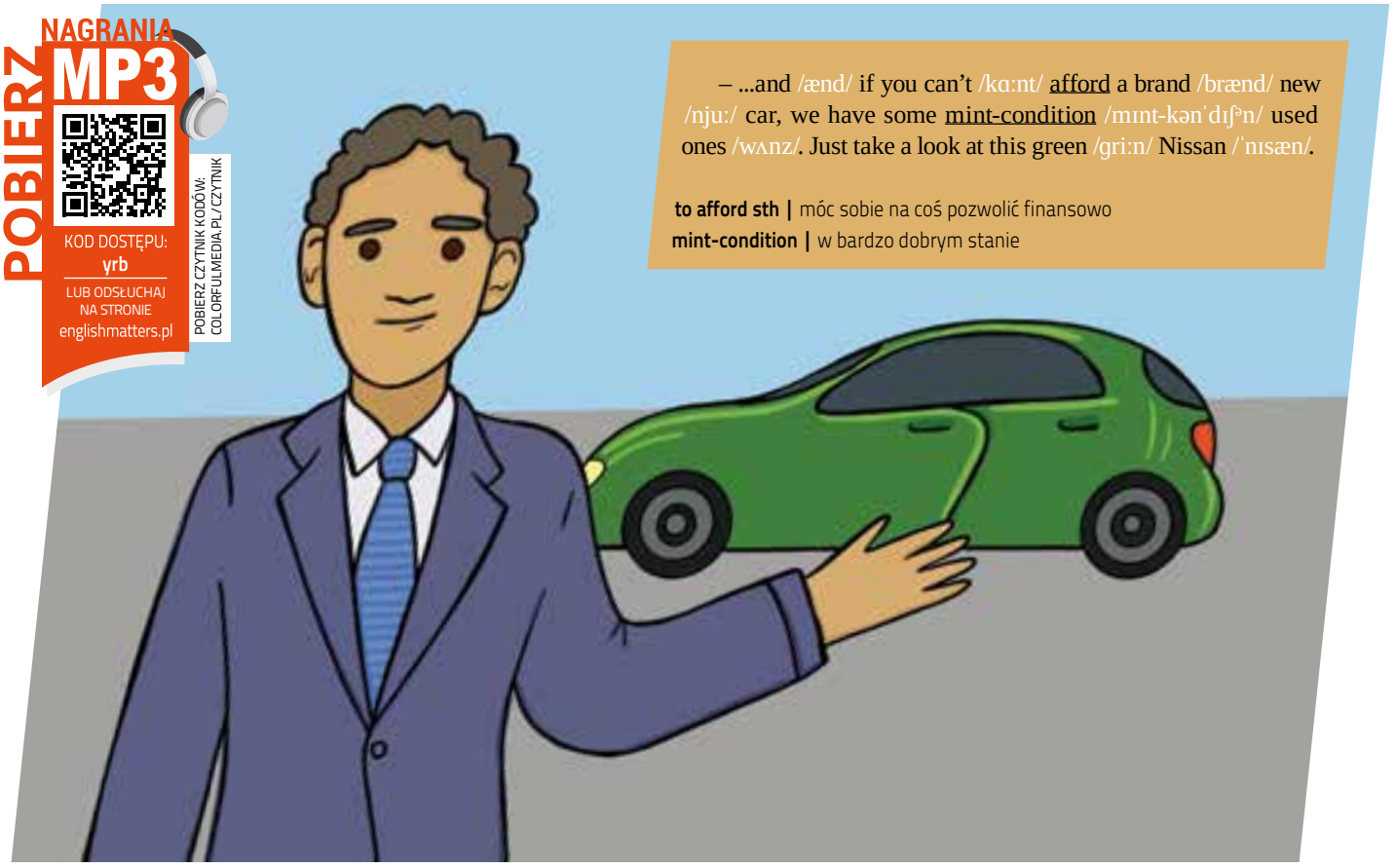
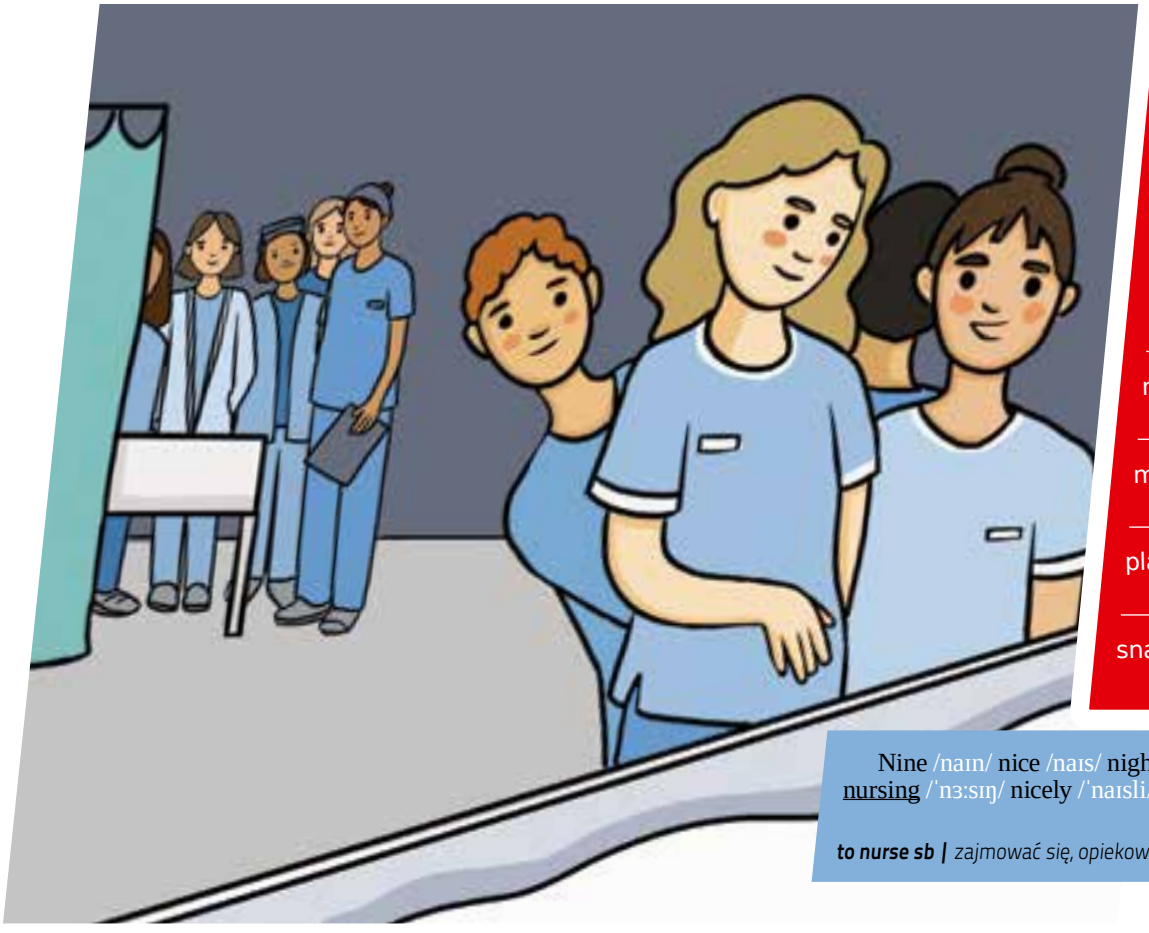
– ...and /ænd/ if you can't /kɑ:nt/ afford a brand /brænd/ new /nju:/ car, we have some mint-condition /mɪnt-kənˈdɪʃᵊn/ used ones /wʌnz/. Just take a look at this green /gri:n/ Nissan /ˈnɪsæn/.

to afford sth | móc sobie na coś pozwolić finansowo
mint-condition | w bardzo dobrym stanie





banana	/bəˈnænə/ banan
dentist	/ˈdɛntɪst/ dentysta
fun	/fʌn/ zabawa
name	/neɪm/ imię, nazwa
nature	/ˈneɪtʃər/ natura
man	/mæn/ człowiek; mężczyzna
plan	/plæn/ plan
snail	/sneɪl/ ślimak

Nine /naɪn/ nice /naɪs/ night /naɪt/ nurses /ˈnɜ:sɪz/ nursing /ˈnɜ:sɪŋ/ nicely /ˈnaɪsli/.

to nurse sb | *zajmować się, opiekować się*

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Jimmy Fallon: King of Late Night

by Paul Martin from www.go-native.pl

For decades, American late-night television relied on sharp monologues and celebrity interviews. Jimmy Fallon, host of The Tonight Show, changed the formula. With musical sketches, playful games and clips designed to travel across the internet, he helped reshape a traditional format for a digital audience. Paul Martin explores how Fallon's cheerful style built a new kind of entertainment.

to rely on sth | polegać na czymś
host | gospodarz, osoba prowadząca (np. program)
playful | żartobliwy
to reshape sth | przekształcać coś, nadawać czemuś nowy kształt
cheerful | radosny, pogodny, wesoły

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The Clean Parts

Jimmy Fallon was born in Brooklyn in 1974, but the place that really shaped his childhood was Saugerties, a small town in upstate New York. His family moved there when his father began working for IBM in nearby Kingston. Fallon has often described those early years as calm and supportive, though his parents kept a careful eye on things. Even television comedy came with rules.

At home they recorded Saturday Night Live, usually called SNL, the famous American show that has broadcast live sketch comedy every week since 1975. Fallon was allowed to watch only certain sketches, what he called "the clean parts". Still, that was enough. He was fascinated. With his sister Gloria he acted out favourite scenes in the living room, discovering how comedy works: timing, rhythm, characters, and the joy of making someone laugh.

It's Saturday! Night! Live!

During college Fallon regularly travelled to New York City to perform at comedy clubs. Eventually he changed his major to communications and decided to wholeheartedly pursue entertainment as a career. In 1995, he left college before graduating and moved to Los Angeles, where many aspiring comedians attempt to enter the television industry.

His main ambition was to live out his childhood fantasies and join the cast of Saturday Night Live for real. A first audition in 1997 was unsuccessful, but Fallon continued preparing new material. When he returned to audition again the following year, he performed a rapid sequence of celebrity impressions and musical jokes. Producer Lorne Michaels was impressed and offered him a place in the cast in 1998.

Fallon quickly became one of the programme's most recognisable performers. His musical parodies and celebrity impressions attracted attention, and audiences also noticed his habit of "corpsing," laughing during sketches. Although some critics considered this unprofessional, many viewers found the spontaneity appealing.

Breaking Character

During six seasons on SNL, Fallon created several recurring characters and became known for his versatility. One of the most important developments in his career came when he began co-presenting Weekend Update with writer and performer Tina Fey. This segment imitates a television news broadcast while delivering jokes about current events.

Earlier versions of Weekend Update usually featured a single presenter. Fallon and Fey turned it into a conversation between two comedians, creating a lighter and more energetic tone. Their partnership became one of the most popular parts of the programme.

In 2004 Fallon left Saturday Night Live to pursue a film career, following the path taken by several previous cast members. But his first major film, the action-comedy Taxi, received negative reviews. The romantic comedy Fever Pitch was more successful but did not establish him as a major film star. Although he continued to appear in films, Hollywood did not provide the stable platform he had expected or hoped for.

Living for Late Night

Then another opportunity appeared. NBC began searching for a host for Late Night, a talk show broadcast after the main evening programmes.

In the United States, late-night television has long been a central part of the entertainment landscape. These programmes typically combine a topical comedy monologue, celebrity interviews and live music, offering a relaxed close to the television day.

When Late Night with Jimmy Fallon premiered in 2009, some critics wondered whether he had the confidence to host a nightly show. Gradually, though, the programme found its rhythm. Fallon hired the hip-hop group The Roots

1 **upstate** | na północy stanu, w północnej części stanu
though | chociaż
to record sth | nagrywać coś
to broadcast sth | nadawać, transmitować coś
to be allowed to do sth | mieć pozwolenie na zrobienie czegoś
to discover sth | odkryć coś
timing | wyczucie czasu
eventually | ostatecznie, w końcu
major | *tu:* kierunek studiów
wholeheartedly | całym sercem, z pełnym zaangażowaniem
to pursue sth | dążyć do czegoś, kontynuować coś
to graduate | ukończyć (studia, szkołę)
to move to X | przeprowadzić się do X

2
to live out one's childhood fantasies | spełniać, realizować swoje dziecięce fantazje
audition | przesłuchanie (np. do roli w filmie lub spektaklu)
2 **recognisable** | rozpoznawalny
to attract attention | przyciągać uwagę
corpsing | w slangu aktorskim: niekontrolowany wybuch śmiechu na scenie podczas grania roli
viewer | widz
to find sth appealing | uważać coś za atrakcyjne
recurring | powracający
versatility | wszechstronność
to co-present sth | współprowadzić coś z kimś innym (np. program telewizyjny)
3 **current** | aktualny, bieżący
to feature sb | *tu:* obsadzać kogoś (w jakiejś roli)

3
to turn sth into sth | zmienić się, przekształcić się w coś
previous | poprzedni, wcześniejszy
to establish sb as X | ugruntować czyjąś pozycję jako X
although | chociaż
to appear | pojawić się
opportunity | okazja, szansa
4 **to search for sth** | szukać, poszukiwać czegoś
to combine sth and sth | łączyć coś z czymś
relaxed | *tu:* swobodny
close to sth | *tu:* podejście do czegoś
whether | czy
to have the confidence to do sth | mieć pewność siebie, aby coś zrobić
gradually | stopniowo
to hire sb | zatrudnić, wynająć kogoś

4

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as the house band, and started experimenting with musical sketches and playful competitions with celebrity guests.

And that's where things really clicked. Many of these segments worked perfectly as short online videos. Performances like "History of Rap", created with singer Justin Timberlake, attracted millions of views on YouTube. As audiences began watching more entertainment on social media, Fallon's show had already been designed for that world.

Staying Power

In 2014 Fallon levelled up again when NBC chose him to host The Tonight Show. For American entertainers this programme represents the summit of late-night television. Since the 1950s it has been led by some of the most influential comedians in broadcasting, most famously Johnny Carson, whose thirty-year run helped define the rhythm and etiquette of late-night conversation. Later hosts, including Jay Leno, preserved that broad national appeal.

Fallon approached the role with a deliberately relaxed tone. Interviews often felt less formal and more collaborative, while celebrity guests were frequently drawn into games, musical sketches or light improvisation. The atmosphere was closer to a shared performance than a traditional question-and-answer interview.

His tenure has not been entirely smooth. In 2016 Fallon interviewed then-presidential candidate Donald Trump and jokingly touched the candidate's hair during the conversation. The moment was widely criticised for appearing to soften the image of a polarising political figure during a heated election campaign. Fallon later acknowledged that the segment had been poorly judged.

Another challenge emerged in 2023 when former employees described The Tonight Show as a stressful workplace. Fallon apologised to staff and expressed regret for any difficulties his leadership may have caused, while NBC stated that internal concerns were being taken seriously.

Despite these episodes, Fallon has remained a central figure in American entertainment. His production company, Electric Hot Dog, develops other television formats, and his series of children's books have become international bestsellers.

A Changing Landscape

More broadly, Fallon's years behind the desk illustrate how the late-night tradition continues to evolve.

In earlier decades the format depended on an unmissable nightly appointment. At its peak in the 1970s and 1980s, The Tonight Show with Johnny Carson regularly attracted between 9 and 15 mln viewers every night, an extraordinary figure by today's standards.

Today's figures tell a different story. Leading network hosts typically draw around one to three mln viewers, including Fallon's own programme. Yet at the same time, the show's digital clips generate hundreds of millions of views each year across YouTube and social media.

The late-night talk show has therefore developed into something closer to a production studio for shareable moments rather than a single nightly broadcast. Fallon recognised that shift earlier than most. In doing so, he not only modernised the format but quietly transformed what late-night television is for.

5 competition | zawody, konkurs
to attract sb | przyciągać kogoś
to level up | wejść na wyższy poziom, rozwinąć się
entertainer | *tu:* osoba zajmująca się rozrywką (np. komik)
summit | szczyt
influential | wpływowy

6 including sb | włączając kogoś
to preserve sth | zachować coś
to approach sth with a deliberately relaxed tone | podchodzić do czegoś z celowo swobodnym tonem
to be drawn into sth | zostać wciągniętym w coś
tenure | staż (na danym stanowisku), kadencja, okres urzędowania
entirely | całkowicie
smooth | gładki, płynny, bezproblemowy
jokingly | żartobliwie, w żartach
to soften sth | złagodzić coś (np. ton wypowiedzi lub cios)
polarising | polaryzujący, dzielący (np. społeczeństwo), budzący skrajne emocje
heated | gorący
to acknowledge that | przyznać, że
segment | *tu:* odcinek, część (np. programu telewizyjnego)
poorly judged | niefortunny, nieprzemyślany
to emerge | pojawić się
former | były, dawny
employee | pracownik

7 to apologise to sb | przeprosić kogoś
to express regret for sth | wyrazić żal z powodu czegoś
internal | wewnętrzny
concerns | obawy, niepokoje
despite sth | pomimo czegoś
to evolve | ewoluować, rozwijać się
to depend on sth | zależeć od czegoś
unmissable | nie do przegapienia, obowiązkowy (np. do obejrzenia)
appointment | *tu:* emisja
figure | *tu:* liczba
therefore | dlatego
shareable | wart udostępnienia (np. w mediach społecznościowych)
to recognise sth | *tu:* dostrzec coś
shift | zmiana

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JIMMY FALLON'S SIGNATURE SEGMENTS

Jimmy Fallon's late-night shows became famous for recurring comedy segments that combine music, games and celebrity participation. Many of these short pieces are designed to work as standalone online videos, helping the programme reach large digital audiences.

History of Rap
Perhaps Fallon's most famous musical segment. Joined by Justin Timberlake, Fallon performs a fast-paced medley of classic hip-hop songs, moving rapidly through different eras of rap history.

Lip Sync Battle
Celebrity guests mime popular songs while performing exaggerated dance routines. The segment became so popular that it later developed into a separate television series.

Wheel of Musical Impressions
Guests spin a wheel that randomly assigns both a famous singer and a song. The challenge is to perform the song in the style of the assigned artist.

Classroom Instruments
Fallon and his guests perform well-known songs using toy instruments such as kazoos, recorders and small drums, recreating the feeling of a primary school music class.

Box of Lies
Two players sit opposite each other with mysterious objects hidden in boxes. One player describes the object truthfully or lies about it, while the other must decide which it is.

Egg Russian Roulette
Several eggs are placed on a table – some raw, some hard-boiled. Players smash them against their foreheads, hoping to avoid the messy raw eggs.

Thank You Notes
A regular monologue segment in which Fallon humorously "thanks" everyday objects, habits or situations for their unintended effects.

Slow Jam the News
Fallon and a political guest deliver news commentary while The Roots perform smooth R&B music in the background.

signature segments | charakterystyczne, stałe fragmenty (programu)
standalone | samodzielny, niezależny (np. materiał, który można obejrzeć bez znajomości całego odcinka)
fast-paced | o szybkim tempie, dynamiczny
medley | wiązanka (np. piosenek), mieszanka
lip sync | synchronizacja ruchu ust z nagraniem
to mime sth | naśladować coś, udawać
exaggerated | przesadny, przerysowany
to spin a wheel | zakręcić kołem (np. fortuny)
randomly | losowo, przypadkowo
to assign sb | wyznaczyć kogoś
assigned | przydzielony, wyznaczony
kazoo | mały instrument dęty wydający charakterystyczne brzęczenie
recorder | flet prosty
small drum | bębenek
primary school music class | lekcja muzyki w szkole podstawowej
hidden | ukryty
raw | surowy
hard-boiled | ugotowany na twardo
to smash sth against their foreheads | rozbijać coś o swoje czoła
to avoid sth | unikać czegoś
messy | kłopotliwy, powodujący możliwość ubrudzenia się
unintended | niezamierzony
in the background | w tle

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A Glimpse of the Space

by Hanna Danielczak-Ziadi

This time, EM invites you to delve into a topic that our daily lives don't always allow us to dwell on – space. We present a conversation with Krzysztof Kurdyła, a Polish space sector expert dedicated to education regarding, among other things, the conquest of space. Krzysztof Kurdyła is one of the key experts collaborating with the "Nauka. To Lubię" (Science. I Like It) foundation and website.

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

EM: One of the leading themes of our time is the protection of privacy and national security, yet we are reportedly being spied on at every turn via satellites. Is there any evidence of such spying, and which satellites are identified as the primary spy satellites?

Krzysztof Kurdyła: Spy satellites certainly exist; however, the average person does not need to fear being tracked by them. No satellite is going to read the text of the newspaper you are holding. Satellites offering the highest resolutions, such as the famous Keyhole KH-11, are devices whose observations are limited to strategic military targets, selected through meticulous planning.

Observations conducted with lower-resolution instruments focus on building

0 to dwell on sth | *tu:* zagłębiać się w coś, analizować coś
regarding sth | dotyczący czegoś
conquest of space | podbój kosmosu
1 to be spied on | być śledzonym
evidence | dowód
primary | główny
spy satellite | satelita szpiegujący
average | przeciętny
the highest resolutions | najwyższe rozdzielczości
devices | urządzenia
selected through meticulous planning | wybierany w wyniku skrupulatnego planowania
conducted with sth | prowadzony przy pomocy czegoś
lower-resolution | o niższej rozdzielczości
to focus on sth | skupiać się, koncentrować się na czymś

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situational awareness for the armies or intelligence agencies that own them. Generally, wasting their time on observing the proverbial "average Joe" is simply not possible – and it wouldn't make any sense.

In the context of civilian satellites – or dual-use satellites, as they are called today, since militaries purchase data from these devices on a massive scale – it is true that the Earth is monitored in various ways 24/7. However, this is what we might call very "positive" observation. Satellites help us predict environmental catastrophes, and support us during disasters, such as floods; they catch environmental polluters; and, above all, they support logistics management. Without these broad-scale observations, the modern global economy would have had no chance of developing to its current size and complexity.

EM: If you were to point to one technology (nuclear propulsion, solar sails, space mining) that will completely shift the balance of power in the Solar System within the next 50 years, what would it be?

K.K.: I would definitely bet on nuclear propulsion – specifically NTP (Nuclear Thermal Propulsion) and NEP (Nuclear Electric Propulsion), or potentially a combination of the two (a hybrid NTP/NEP drive).

In the first case (NTP), fuel – most likely hydrogen – is passed through a heated reactor core. This gives the passing molecules a velocity roughly twice as high as what today's chemical engines can achieve. The exhaust velocity is directly proportional to the efficiency with which the fuel is used.

In the second case (NEP), we are dealing with ion, Hall or plasma thrusters that generate thrust using electricity – specifically, an electromagnetic field generated by that electricity – which expels gas ions at enormous speeds, significantly higher even than those in NTP.

One might ask: why bother with the "half-measure" of NTP then? Well, while NEP allows for more efficient fuel use, it does not generate much thrust. Accelerating a vehicle that way takes a very long time. NTP, on the other hand, provides "brute force" but has a shorter operational duration.

Either way, if we want to think about building a true space economy, travelling beyond the Earth-Moon system, and more efficient exploration of the outer planets in our Solar System, we need vehicles with significantly better performance than the chemical rockets or solar-powered electric propulsion systems currently in use.

EM: We are witnessing a transition from state-run space programmes to the dominance of private companies like SpaceX. In your opinion, is this "space capitalism" the only way to colonise other planets, or does it carry risks that we are overlooking? Isn't it safer when such research is funded by state resources?

K.K.: The commercialisation of space is a very beneficial phenomenon, saving taxpayers – especially Americans today – billions of dollars. At the same time, its form in the public consciousness is largely misrepresented. This isn't a capitalist Wild West; without the leading role of the state, there would still be practically no successful space businesses in orbit.

Even a hegemon like SpaceX survived its infancy mainly thanks to money and assistance from the military and NASA. Elon Musk's private funds ran out quite quickly, even before the first successful flight of the Falcon 1. In the case of their rockets, NASA and Department of Defense/War contracts still account for the greater part of their revenue (Starlink earns money as a service, but for the rocket division, it is a cost).

2 situational awareness | świadomość sytuacyjna
to own sth | posiadać coś
to waste time on sb | tracić, marnować czas na kogoś
proverbial | przysłowiowy
average Joe | przeciętny Kowalski
dual-use | podwójnego zastosowania
to purchase sth from sb | kupić, nabyć coś od kogoś
data | dane
disaster | katastrofa
flood | powódź
environmental polluters | truciciele środowiska
to point to sth | wskazać coś
nuclear propulsion | napęd nuklearny
solar sails | żagle słoneczne
space mining | górnictwo kosmiczne
to shift the balance of power | zmieniać układ sił
definitely | zdecydowanie

2

to bet on sth | stawiać na coś
Nuclear Thermal Propulsion | jądrowy napęd termiczny
Nuclear Electric Propulsion | jądrowy napęd elektryczny
hybrid NTP/NEP drive | napęd hybrydowy NTP/NEP
hydrogen | wodór
3 heated | rozgrzany
reactor core | rdzeń reaktora
molecule | cząsteczka
velocity | prędkość
chemical engine | silnik chemiczny
exhaust velocity | prędkość wylotowa gazów
efficiency | wydajność
ion/Hall/plasma thruster | silnik jonowy/Halla/plazmowy
thrust | ciąg
to expel sth at enormous speeds | wyrzucać coś z ogromnymi prędkościami
to bother with sth | *tu:* bawić się w coś

3

half-measure | półśrodki
to accelerate sth | rozpędzać coś
on the other hand | z drugiej strony
either way | tak czy inaczej
performance | *tu:* osiągi
to witness sth | być świadkiem czegoś
transition from sth to sth | przejście od czegoś do czegoś
to overlook sth | *tu:* zapomnieć o czymś
4 state resources | państwowe środki, zasoby
phenomenon | zjawisko
taxpayer | podatnik
public consciousness | powszechna świadomość
misrepresented | *tu:* zafałszowany
infancy | wczesny okres, *dosł.* okres niemowlęcy
to run out | kończyć się
flight | lot
to account for sth | stanowić coś
revenue | przychody

4

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Starlink – if we are to believe the statements of the still-private SpaceX – has been profitable for some time now. It operates based on regulations and licenses issued by government agencies; Musk can only send as many satellites into orbit as he receives permission for. In short, states still have the full ability to control the space market.

At the same time, however, the shift to a more commercial model – where the state stops building rockets independently (like NASA, though even it used private subcontractors) and instead buys a finished service – has significantly improved the financial efficiency of space ventures. In the industry, this is best illustrated by the sharp drop in the cost of launching a kilogram of material into orbit, from tens of thousands of dollars down to a few thousand. Starship, which SpaceX is currently working on, aims to lower this cost to several hundred, or even several dozen dollars. Of course, that is if all of Musk's assumptions pan out, of which there is no guarantee.

EM: The Artemis programme aims to return humans to the Moon, but China has its own ambitions. Are we facing a new Cold War in space, or is it about something more than just planting a flag this time – for example, raw materials?

K.K.: This Cold War in space has been going on for a long time, and it is a simple reflection of the US-China crisis that has been ongoing, and escalating for years here on Earth. The first major act of this cold war was the exclusion of the Chinese from the International Space Station, which gave that nation a solid impulse to develop its own abilities of this type. It was an impulse fully taken advantage of; today, China possesses its own modern space station.

The issue of returning to the Moon is important on at least several levels. From a purely lunar, physical point of view, it is a race to see who will find and occupy the best spots. Although the Moon has a surface area slightly larger than Africa, as of today, only the polar regions of our satellite are considered viable for colonisation – or rather, mini-colonisation. Large deposits of water ice are believed to be hidden in the permanently shadowed craters located there.

Without water obtained in-situ, building larger bases will not be possible. Therefore, H2O will be the raw material that everyone will be racing for in the first instance. Other resources, though valuable from an Earth-based perspective, will only become of real value once we develop methods for their economic extraction and processing. And that will certainly take us some more time.

In today's race to the Moon, we also have a clear geopolitical motive. Both the Americans, through the Artemis Accords, and the Chinese, based on cooperation agreements for the Sino-Russian lunar base (ILRS), are trying to introduce their own type of legal order. Although both sides refer to existing space treaties from the 1960s and 70s, their framework has become outdated, and some actions in the spirit of New Space will require them to be... bent. Both superpowers want to shape that "bending" in their own way through the aforementioned agreements.

Ultimately, we also have a PR duel here. Whoever arrives on the Moon first in the 21st century will present themselves as the leading space-technological power. We have a paradoxical situation here: although the Americans have already been to the Moon, losing the current race would be more painful for them than for Beijing. In American society, we would have to deal with a new Sputnik effect, translating into a further decline in trust in politicians and government institutions.

And it must be noted that as of today, although the Americans possess the technologies that allow them to stay ahead of China, due to the politicisation of the Artemis programme, they are effectively working toward a victory for the taikonauts (Chinese astronauts).

EM: In your opinion, is it possible for humanity to become a multi-planetary species? From a technological and biological perspective, is life on Mars, for example, truly feasible, or is it an attempt to force ourselves to adapt to conditions we weren't necessarily created for?

K.K.: In truth, no one can answer that question today. We have such significant gaps in the field of astrobiology that no one can honestly state that "the reproduction of terrestrial organisms on celestial

5 **issued by sth** | wydawany przez coś
to receive permission for sth | otrzymywać na coś pozwolenie
subcontractor | podwykonawca
instead | w zamian
to improve sth | polepszać, poprawiać coś
space venture | kosmiczne przedsięwzięcie
drop in sth | spadek w czymś
to launch sth | wystrzelić coś
assumption | założenie
to pan out | wypalić, sprawdzić się
to face sth | mierzyć się z czymś
to plant a flag | wbić flagę
raw materials | surowce
reflection of sth | odzwierciedlenie czegoś
to be ongoing | trwać
exclusion of sb | wykluczenie kogoś
to take advantage of sth | skorzystać z czegoś
at least | przynajmniej
lunar | księżycowy
race | wyścig
although | chociaż
viable for sth | *tu:* możliwy do czegoś
water ice | lód wodny
hidden | ukryty
in situ | *łac.* na miejscu
6 **extraction** | wydobycie
processing | przetwarzanie
cooperation agreement | porozumienie dotyczące współpracy
Sino-Russian | chińsko-rosyjski
legal order | porządek prawny
to refer to sth | odnosić się do czegoś
space treaty | traktat kosmiczny
outdated | przestarzały, nieaktualny
to require sth | wymagać czegoś
to be bent | *tu:* nagiąć się do czegoś
the aforementioned | wyżej wspomniany
ultimately | koniec końców, ostatecznie
PR duel | pojedynek PR-owy
leading | wiodący
7 **to lose sth** | przegrać coś
to deal with sth | mierzyć się z czymś, radzić sobie z czymś
decline in sth | spadek czegoś
to allow sb to do sth | pozwolić komuś na zrobienie czegoś
due to sth | z powodu czegoś
to work toward a victory for sb | pracować na czyjeś zwycięstwo
multi-planetary | wieloplanetarny
species | gatunek
feasible | wykonalny, możliwy
attempt | próba
to force oneself to do sth | zmuszać się do zrobienia czegoś
significant | znaczący, znaczny
gap | luka
terrestrial | ziemski
celestial body | ciało niebieskie

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bodies with a gravity significantly different from Earth's is possible." If Martian gravity, which is about 0,38 g, does not allow for this, our hopes would remain with the hellish Venus, where one would need to practically verify NASA's HAVOC concept – bases floating like airships in the Venusian atmosphere. Space stations with artificial gravity generated through rotation.

However, it must be remembered that in the latter case, we are dealing with a phenomenon based on centripetal force, which differs from the interaction provided by true gravity linked to mass. Even in that case, it is not guaranteed that the development of a pregnancy would be possible, or that it wouldn't be significantly more threatened by abnormalities or miscarriages. Regarding other issues, such as radiation or logistical problems, we can assume that with adequate funding, they can be managed. But will these costs be so high that they become a barrier to mass settlement? We simply don't know that today. What is certain, I assume, is that scientific bases on the Moon and Mars will definitely be established. Industry is also likely to emerge on the Moon. Everything else – specifically the multi-planetary nature of our civilisation – consists only of predictions that may, but certainly do not have to come true.

EM: The problem of space debris is growing. Are we at risk of the so-called Kessler Syndrome, which would trap us on Earth for decades because orbit becomes too dangerous for flight?

K.K.: Yes, the problem of debris is growing, and this threat will intensify in the near future. This isn't just about military threats related to the destruction of satellites, but about their rapidly increasing numbers. While we have previously had only one true mega-constellation in Low Earth Orbit (LEO) – Starlink – for several months now, the Chinese mega-constellations, Guowang and Qianfan, have been launching their satellites very intensively. The construction of the American competitor to Starlink, the Amazon LEO constellation, is also gaining momentum. In the near future, larger numbers of European OneWeb satellites and Russian Rassvet satellites should also begin reaching orbit.

Meanwhile, there is still no cohesive system for monitoring satellite traffic. Operators often do not publish data regarding their devices' trajectories, nor do they warn of potential manoeuvers. This is one of the reasons why SpaceX, owner of the largest number of satellites (approaching 10,000), is trying to create a tool for this based on observations conducted by the navigation cameras (star-trackers) on its satellites.

The problem lies in whether operators from China, Russia and other countries with poor relations with the broadly defined West will want to use it. Some of them will be further irritated by the fact that everything remains in private hands. Establishing some kind of international agency and a cohesive, supra-national mechanism is certainly advisable.

In short, in the coming years, it will be essential to develop a kind of orbital hygiene; otherwise, we could find ourselves in significant trouble.

EM: What do you consider to be the most important thing on a day-to-day basis – in the context of space research, but also beyond it? What should be the priority for our society?

K.K.: To push the boundaries. Regardless of whether humanity will be able to permanently settle and thrive on other planets, we should prioritise space exploration and the construction of scientific bases much more heavily than before. Even setting aside the fact that through such research we can learn about the history of planetary formation and behaviour, search for the origins of life on Earth and seek answers as to whether life can arise elsewhere – space is an excellent technological proving ground.

Space "wants to kill" not only the people within it but also poses a challenge to the equipment used there. This leads to further discoveries and optimisations, the effects of which work toward our prosperity and safety here on Earth. Technologies developed or refined for space purposes are found in today's smartphones, in our kitchens, and are used by firefighters. The Apollo programme cost the United States billions, but among other things, it built an innovative America. Indirectly, it paid for itself many times over.

Today, outside of the satellite and rocket markets, it is still impossible to say on what scale we will be able to profit directly from activities conducted beyond our planet's orbits. However, I have no doubt that such exploration will indirectly pay us back many times over.

8 **gravity** | grawitacja
to float | unosić się
airship | sterowiec
artificial gravity | sztuczna grawitacja
rotation | rotacja
in the latter case | w tym drugim przypadku
centripetal force | siła dośrodkowa
to differ from sth | różnić się od czegoś
linked to sth | powiązany z czymś
development of a pregnancy | rozwój ciąży
threatened by sth | zagrożony czymś
miscarriage | poronienie
radiation | promieniowanie
to assume that | zakładać, że
mass settlement | masowe osadnictwo
established | założony
to emerge | powstać, pojawić się

9 **to consist of sth** | składać się z czegoś
to come true | sprawdzić się
space debris | kosmiczne śmieci
so-called | tak zwany
military threats | zagrożenia wojskowe
rapidly increasing | gwałtownie rosnący
numbers | *tu:* liczba
competitor to sth | konkurent czegoś
to gain momentum | nabierać rozpędu
cohesive | spójny

10 **nor** | ani
to warn of sth | ostrzegać przed czymś
owner | właściciel, posiadacz
approaching X | zbliżający się do X
conducted by sth | prowadzony przez coś
supranational | ponadnarodowy
advisable | doradzany
otherwise | inaczej
on a day-to-day basis | na co dzień
but also beyond it | *tu:* ale nie tylko
to push the boundaries | przesuwać granice
regardless of sth | niezależnie od czegoś
to settle | osiedlać się
to thrive | *tu:* rozwijać się
to set sth aside | pomijać coś
search for sth | poszukiwanie czegoś
to seek sth | szukać czegoś
to arise | powstawać
proving ground | poligon
to pose a challenge to sth | być wyzwaniem dla czegoś
to lead to sth | prowadzić do czegoś
optimisation | optymalizacja
prosperity | dobrobyt
safety | bezpieczeństwo
among other things | między innymi
to pay for oneself many times over | zwrócić się z nawiązką
to profit directly from sth | bezpośrednio czerpać z czegoś korzyści, bezpośrednio na czymś zarabiać

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Focus on Space

by Kamil Drożdżyk

Thanks to modern technology, space is becoming more accessible every day. It's hard to believe that in just 65 years since Yuri Gagarin's first space flight we've sent almost 800 people to space and launched over 15,000 satellites into orbit. Now, we're turning space travel into a viable industry. Space is already a hot topic, but it's set to become even more popular in the coming years. *English Matters* is here to make sure you're ready the next time the conversation gravitates towards space.

to launch sth into orbit | wystrzelić coś na orbitę
viable | *tu:* rentowny

A "SPACEY" CONVERSATION

Chris: For an astronaut, you're pretty down to Earth... Get it?
Jenn: Sorry, I spaced out. What did you say?
Chris: Never mind. I'm just over the moon that I've met an actual astronaut. That's probably the coolest job one can have.
Jenn: Thanks. But it's not like I'm working in space from nine to five. It's a bit less exciting than that. First and foremost, I'm just a scientist.
Chris: Space science is alien to me... Get it?
Jenn: Hm? Sorry, I have my head in the clouds today. Could you repeat?
Chris: I can see that. You're acting like on another planet.
Jenn: I apologise – I'm working on resolving an issue with my upcoming mission and it's been giving me sleepless nights. It's not rocket science, and I'm sure I'll resolve it with my team, but I just can't stop thinking about it.

to be pretty down to Earth | twardo stąpać po ziemi, być osobą rzeczową i pragmatyczną
Get it? | Czaisz? Rozumiesz?
I spaced out. | Wyłączyłem się. (o chwilowym braku koncentracji)
to be over the moon | być w siódmym niebie, być bardzo szczęśliwym
first and foremost | przede wszystkim
to have one's head in the clouds | bujać w obłokach
to resolve sth | rozwiązać coś
it's not rocket science | to nie jest wielka filozofia, to nic trudnego

Cosmic Collocations

- The space shuttle is launching at 6 am.
- We haven't explored even one percent of outer space.
- There are eight planets in our solar system.
- The astronomer claimed to have discovered a black hole.
- An unknown celestial body was observed orbiting Neptune.
- Some astronauts experience symptoms caused by zero gravity.
- Another satellite was launched into orbit yesterday.

space shuttle | wahadłowiec kosmiczny, prom kosmiczny
outer space | przestrzeń kosmiczna
celestial body | ciało niebieskie
zero gravity | stan nieważkości, zero grawitacji

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WARTO ZAPAMIĘTAĆ!

far-fetched

naciągany, , zbyt daleko idący

Verbs in the Vacuum

- Copernicus was one of the first astronomers to discover that the Earth revolves around the Sun.
- Houston, we are descending onto the surface of the Moon.
- The odds of the meteor colliding with the spacecraft are pretty slim.
- NASA is working on recovering the satellite that went off-course last month.
- Do you read us? We're transmitting the view of the asteroid belt to you.

in the vacuum | w próżni
to revolve around sth | krążyć wokół czegoś, obracać się wokół czegoś
to descend onto sth | schodzić na coś, lądować na czymś (np. na powierzchni planety)
spacecraft | pojazd kosmiczny, statek kosmiczny
to recover sth | odzyskać coś
to go off-course | zboczyć z kursu
asteroid belt | pas asteroid

Galactic Proper Nouns

- Life is thought to have originated billions of years after the Big Bang.
- Our galaxy is called the Milky Way. The closest known galaxy is called Andromeda.
- Look over there. It's the Big Dipper.
- The lost hiker found his way by locating the Polar Star in the night sky.
- The Hubble Telescope has been operating for 36 years and is predicted to last until 2030 to 2040.
- In Polish, Jupiter is called *Jowisz*.

to originate | brać początek, powstać
the Big Bang | Wielki Wybuch
the Milky Way | Droga Mleczna
the Big Dipper | Wielki Wóz
hiker | turysta pieszy, piechur

ALIEN ADJECTIVES

Gene: Do you believe in extraterrestrial life?
Neil: I do. We don't know what's out there, do we? Interstellar space might as well be infinite.
Gene: But we're aware of around 4,600 planetary systems; surely, if alien life existed, we would've noticed it by now... or it would've noticed us.
Neil: Honestly, given how vast the known universe is, 4,600 planetary systems is nothing. Plus, they're all barren. I don't think believing that somewhere there is a hospitable planet with life on it is a far-fetched theory, though.
Gene: Come on... The Earth has been around for 4.5 billion years, and all we've got are fabricated UFO stories. At this point, I think we're alone in the universe.
Neil: And out of these 4.5 billion years, we've had the means to explore space for, what, 65 years? Look, man, we're making rapid progress when it comes to space exploration, but it's just the beginning; the space era is in its infancy. It probably won't happen during our lifetimes, but maybe in a hundred or a thousand years we will find something alive up there.

extraterrestrial life | życie pozaziemskie
interstellar space | przestrzeń międzygwiezdna
to be aware of sth | być czegoś świadomym, zdawać sobie z czegoś sprawę
vast | rozległy
barren | jałowy, nieurodzajny, opustoszały
hospitable | gościnny; sprzyjający (np. o warunkach do życia)
far-fetched | naciągany, mało prawdopodobny, zbyt daleko idący
to fabricate sth | sfabrykować, zmyślić coś
when it comes to... | jeśli chodzi o...
to be in one's infancy | być w powijakach, być we wczesnej fazie rozwoju

Galactic Gear

- The astronaut made sure his space suit fitted well.
- The images were captured by a Chinese satellite.
- *Curiosity* is a rover that landed on Mars in 2012.
- One of the thrusters was hit by space debris.
- The safety tether made sure the astronaut commencing repairs on the satellite wouldn't float away from his spacecraft.
- To enter and exit a shuttle in space, astronauts have to go through an airlock.
- The autonomous navigation system steered the telescope in the right direction.

gear | sprzęt
to fit well | dobrze pasować
rover | łazik
thruster | silnik sterujący
space debris | kosmiczne śmieci, odpadki
safety tether | linka bezpieczeństwa
to float away | odpłynąć (w stanie nieważkości), unosić się w dal
to go through an airlock | przejść przez śluzę powietrzną
to steer sth | sterować, kierować czymś

Intergalactic Idioms

- **to be down to Earth** – to be practical and realistic
- **to space out** – to lose focus
- **to be over the moon** – to be very happy
- **to be alien to somebody** – not to be known, or be overly confusing to somebody
- **to have one's head in the clouds** – to be absent, distracted
- **to act like one's on another planet** – to act weird, differently
- **not rocket science** – not too difficult

CELESTIAL CONVERSATION

Hank: What are you reading?
Jane: *Lucifer's Hammer* by Pournelle and Niven.
Hank: Sounds scary. What is it about?
Jane: It's about an amateur astronomer who discovers a comet. At first, nobody cares, but then the chances of the comet hitting the Earth increase each week, and some people start panicking, and others are in denial, and then... well, I won't spoil it for you.
Hank: Oh, so it's kind of like the movie *Don't Look Up*.
Jane: Yeah, but much darker. I'd say comets hitting Earth is a common trope, even though it rarely happens in real life.
Hank: I read somewhere that small asteroids hit us roughly once a year, actually. But yeah, movies and books usually talk about huge, world-ending types of impacts, and the chances of those are astronomically small. Anyway, is the book any good?
Jane: It's pretty good, but it gets a bit bonkers towards the end.

to increase | wzrastać, zwiększać się
to be in denial | wypierać coś ze świadomości
common trope | popularny motyw
actually | właściwie, w rzeczywistości
impact | *tu:* uderzenie
bonkers | stuknięty, bzdurny, zwariowany

Houston, We Have a Problem

The phrase 'Houston, we have a problem' is a misquote of a sentence said by Jack Swigert, the command module pilot of the 1970 Apollo 13 mission. The pilot actually said: 'Houston, we've had a problem' referring to an explosion that occurred on board the spacecraft. Another somewhat common misconception is that Houston was a person – a capsule communicator responsible for talking to the Apollo 13 crew. In reality, Houston referred to the Texan city where NASA's Mission Control Center was located.

misquote | przekręcony cytat
to occur | wydarzyć się
misconception | błędne przekonanie
crew | załoga
to refer to sth | odnosić się do czegoś

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Ever Heard of HSP?

by Hanna Danielczak-Ziadi

If you have never encountered this term, it is worth familiarising yourself with it. It might help you improve the quality of your life – or the lives of others. You may belong to the HSP group yourself; if not, understanding what lies behind this label will certainly make it easier for you to function in society – which, whether we like it or not, we are all a part of.

HSP = Highly Sensitive Person | osoba wysoko wrażliwa
to encounter sth | napotkać coś, zetknąć się z czymś
worth sth | warty czegoś
to familiarise oneself with sth | zapoznać się z czymś
to improve sth | ulepszyć, poprawić coś
whether | czy

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Hochsensible Person (HSP), Persona de Alta Sensibilidad (PAS), personne hypersensible (PH), Persona Altamente Sensibile (PAS) – regardless of the language used to explore this topic, the focus remains on the words "high sensitivity" and "highly sensitive." Indeed, this is what characterises the personality of people described this way: above-average perception and feeling.

Who Defined It?

The term Highly Sensitive Person (HSP) was introduced and popularised by American psychologist Elaine Aron in the 1990s. It was formally described in her book The Highly Sensitive Person: How to Thrive When the World Overwhelms You (1996) and in a 1997 research paper co-authored with her husband, Arthur Aron, which studied the innate personality trait known as Sensory Processing Sensitivity (SPS). This is not the only book that can be helpful in exploring the subject. Following its success, numerous other titles appeared on the market, including: The Highly Sensitive Person's Workbook (1999), The Highly Sensitive Person in Love (2001), The Highly Sensitive Child (2002) or The Highly Sensitive Parent (2020).

Traits of HSPs

HSP traits include, among other things, a very wide range of observation, an analytical mind, precision, accuracy and foresight. These qualities are highly useful in certain areas of life and specific professions. However, they can also lead to misunderstanding or irritation from other members of the "herd" – society – who do not possess these traits or have them to a much lesser degree.

HSPs are sometimes compared to those members of animal herds who, due to their high alertness and ability to notice various signals much earlier than others, warn the entire group of approaching danger. It would be beneficial if human societies valued HSPs, their feelings, sensitivity, and insights in the same way. Unfortunately, due to the fast-paced lifestyle of many modern societies, this often isn't the case. HSPs are characterised by a complex inner life and a tendency to analyse, reflect, and find connections where many others simply don't see them. They also experience stronger reactions to stimuli, such as sound, light, or pain, and are often gifted with greater empathy than the rest of the population.

Quality of Life for HSPs

Because of their traits, HSPs often stand out from the "norm" (norm being

1 **Hochsensible Person (HSP), Persona de Alta Sensibilidad (PAS), personne hypersensible (PH), Persona Altamente Sensibile (PAS)** | osoba wysoko wrażliwa (nazwy kolejno w języku niemieckim, hiszpańskim, francuskim, włoskim)
regardless of sth | bez względu na coś, niezależnie od czegoś
focus | skupienie, koncentracja
to remain on sth | pozostawać na czymś
high sensitivity | wysoka wrażliwość
highly sensitive | wysoko wrażliwy
indeed | w istocie, w rzeczy samej
above-average | ponadprzeciętny
perception | postrzeganie, percepcja
to thrive | rozkwitać, bardzo dobrze się rozwijać
to overwhelm sb | przytłaczać kogoś
research paper | praca badawcza, publikacja naukowa
innate | wrodzony
personality trait | cecha osobowości
Sensory Processing Sensitivity | Wrażliwość Przetwarzania Sensorycznego
numerous | liczny, liczni
including sth | włącznie z czymś
to include sth | obejmować coś
among other things | między innymi

accuracy | dokładność
foresight | zdolność przewidywania
to lead to sth | prowadzić do czegoś
misunderstanding | *tu:* niezrozumienie
irritation | irytacja
herd | stado
to have sth to a much lesser degree | mieć coś w znacznie mniejszym stopniu
compared to sth | w porównaniu do czegoś
due to sth | z powodu czegoś, ze względu na coś
high alertness | wysoka czujność
approaching | zbliżający się, nadchodzący
to value sth | cenić, doceniać coś
insight | wnikliwość; obserwacja
unfortunately | niestety
fast-paced | szybki, toczący się w szybkim tempie, pędzący

2 **this often isn't the case** | jednak często tak się nie dzieje
inner life | życie wewnętrzne
to reflect sth | odzwierciedlać coś
to experience sth | doświadczać czegoś
stimuli (l.poj. stimulus) | bodźce
to be gifted with sth | być czymś obdarzonym

3 **to stand out from sth** | wyróżniać się na tle czegoś

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understood here as a rushing society that loses sight of values like peace and balance). Consequently, life can feel harder for them – at least if they are unaware of their traits and needs. However, if they learn how to care for and protect themselves in specific social conditions, they can thrive. Regardless, it is certainly not easy; because these traits are rooted in the permanent characteristics of the nervous system, they cannot always be "hidden."

Why "hidden"? This isn't about giving HSP traits a pejorative aura. However, since HSPs make up only about 15–20% of the population, they may feel isolated in a given environment due to these traits. For example, if a person engages in deep analysis and no one else in their circle shares this trait, they might be perceived as "tiring" (interestingly, an HSP can be tired of their own way of functioning, such as over-analysing, yet these traits are "factory-installed"). On the other hand, if an HSP finds themselves in the right environment where their traits are understood and valued, they will be very well-liked. As in many other cases, the harmony of various components is essential for both HSPs and others to feel good and understand one another.

Feeling and Being Understood

The concept of "feeling" is key. One of the defining characteristics of HSPs is the heavy emphasis they place on how they feel. They often use phrases like "I feel," or "I have the impression that," which is closely linked to their high sensitivity to stimuli and deep empathy. This creates a strong need for validation from others. Since HSPs are in the minority, they may feel a greater need for confirmation that their specific way of feeling is valid – especially since they can often feel lonely in their perceptions, which in turn leads to a sense of social isolation.

To Sum Up

The complexity of society remains a constant source of wonder. Just as people say "there are as many opinions as there are people," we could also say "there are as many feelings as there are people» – a sentence that fits the HSP experience quite well. Are you an HSP? Or perhaps you know someone who might be? If you suspect this is the case, it's certainly worth consulting specialist literature on the subject, but be careful not to jump to any conclusions.

4 rushing | pędzący, śpieszący się
to lose sight of sth | stracić coś z oczu, gubić coś
at least | co najmniej
to be unaware of sth | nie być świadomym czegoś
to care for sb | opiekować się kimś, dbać o kogoś
to be rooted in sth | być w czymś zakorzenionym
permanent | stały, trwały
hidden | ukryty
to make up sth | składać się na coś
given | *tu:* dany
to engage in sth | angażować się w coś, zagłębić się w coś
circle | *tu:* środowisko
to share sth | dzielić coś (w znaczeniu: mieć coś wspólnego)
to be perceived as X | być postrzeganym jako X
"factory-installed" | 'zainstalowany fabrycznie"
on the other hand | z drugiej strony
well-liked | lubiany, cieszący się sympatią
to place heavy emphasis on sth | kłaść duży nacisk na coś
validation from others | potwierdzenie (np. danego odczucia) ze strony innych
to be in the minority | być w mniejszości
valid | *tu:* słuszny
in turn | z kolei
5 source of wonder | źródło zdumienia
to fit sth | pasować do czegoś
to suspect sth | podejrzewać coś
certainly | na pewno
to jump to conclusions | wyciągać pochopne wnioski

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Where to Learn English on Holiday?

by Paul Martin from www.go-native.pl

Paul Martin looks at the most practical ways to combine a summer holiday with English learning, from flexible city-based courses to more structured activity programmes. If you're planning a short trip, here's what is actually on offer, and what you can expect when you get there.

Language

The Real Test

So, what does it really mean to "learn English on holiday"?

For adults, the idea is straightforward: take a short break, improve your English, and still feel like you're on holiday. The problem is that not every course is designed with that balance in mind.

The best option is to build English into your day without taking it over completely. You have lessons, but you also have time to use the language naturally: ordering food, joining activities, speaking to other students. The balance is crucial. Too much structure, and it feels like school. Too little, and you stop using English altogether.

What follows is a guide to the main adult-friendly formats, a note for parents considering options for teenagers, and a clearer picture of how these programmes actually work.

0 flexible | elastyczny
city-based course | kurs odbywający się w mieście
to be on offer | znajdować się w ofercie
actually | właściwie, w rzeczywistości
1 adult | dorosły
straightforward | jasny
to take a short break | zrobić sobie krótką przerwę
to improve sth | poprawić, ulepszyć coś
with that balance in mind | mając na uwadze tę równowagę, z myślą o tej równowadze
to take sth over | przejąć coś
to order food | zamawiać jedzenie
crucial | kluczowy
adult-friendly | przyjazny dla dorosłych, dostosowany do potrzeb dorosłych
teenager | nastolatek

1

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Dublin

London

Valetta

Option 1: The City Course

The most common format is also the easiest to underestimate.

On paper, it's simple. You attend classes in the morning or afternoon, and the rest of the day is yours. Schools such as Emerald Cultural Institute in Dublin, St Giles International in London, or EC English in Malta all run this model year-round, with new groups starting almost every week.

But what you are really buying is not just the course. It is the location around it.

Dublin

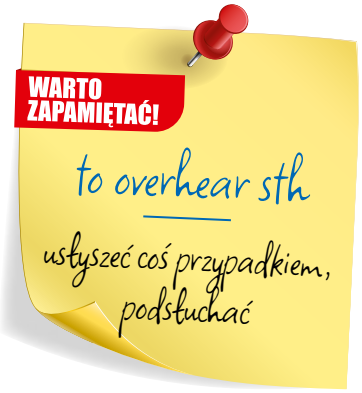
In Dublin, that means a compact, social environment where conversation happens easily and often. The centre is small enough to move through on foot, and much of the day spills naturally into shared spaces. An afternoon might take you through the streets around Temple Bar, across the Liffey river, and into a pub where live music begins early and the distance between strangers is relatively small. You order a drink, you stay for one more, and at some point you find yourself explaining where you are from, or asking someone else the same question.

London

London works differently. It's larger, faster and less accommodating at first contact, but the range of English you encounter is far greater. After class, you might be in a crowded market, ordering food where speed matters, then on the Underground following announcements and overhearing conversations in different accents, then in a museum or gallery where the language shifts again into something more descriptive and abstract. You are not always speaking, but you are constantly processing. When you do speak, it tends to be functional at first, then gradually more confident as you adapt to the rhythm of the city.

Malta

Malta sits somewhere between the two. The setting is warmer, more relaxed and more obviously structured around leisure. English is everywhere, but it is rarely formal and often shared between international students rather than anchored in local conversation. A typical day might



2 **to underestimate sth** | nie docenić czegoś
to attend classes | uczęszczać na zajęcia
to run sth | *tu:* prowadzić coś
to spill into sth | przenikać do czegoś, rozlewać się na coś
relatively | względnie
at some point | w pewnym momencie
accommodating | *tu:* idący na rękę, dogodny, kompromisowy

3 **to encounter sth** | napotkać coś, zetknąć się z czymś
crowded | zatłoczony
to matter | liczyć się, mieć znaczenie
the Underground | londyńskie metro
announcement | ogłoszenie, komunikat (np. głosowy na dworcu, przystanku metra itp.)
to overhear sth | usłyszeć coś przypadkiem, podsłuchać
to shift into sth | przejść w coś, zmienić się w coś
descriptive | opisowy
gradually | stopniowo
confident | pewny siebie
setting | otoczenie, sceneria
obviously | *tu:* wyraźnie
structured around sth | oparty na czymś, zbudowany wokół czegoś (np. plan dnia wokół pracy)
leisure | czas wolny, rekreacja, wypoczynek
anchored in sth | zakotwiczony, osadzony w czymś

2 3

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end with a swim in Sliema, followed by dinner overlooking the water, surrounded by people from different countries using English as a common language. You repeat the same kinds of exchanges across the day, but in slightly different contexts, which gradually builds fluency.

Option 2: Activity-Based

The second option adds a more defined pattern of built-in action to your time, and makes using English more deliberate as you build rapport with the class.

In Malta, schools such as IELS Malta build a loose, voluntary programme around the lessons that carries you through the day without making it feel controlled. You move from class into shared activities, from activities into meals, and from meals into evening events where the same group reforms in a different setting. The conversations begin in fragments, often based on practical questions, and then expand as familiarity builds. Because the group stays relatively stable, you find yourself repeating similar ideas across different moments as you get to know each other, which is exactly how fluency develops.

In Ireland, providers such as ATC Language Schools often combine lessons, accommodation, and optional activities into a single framework that reduces the need to plan anything yourself. The setting also plays a role. A coastal walk, a small-town café or an evening in a pub creates space for slower, more reflective conversation. You are not competing with noise or speed in the same way as in a large city. Instead, you have time to describe what you have seen, tell short stories about the day and to respond to others doing the same. The repetition is quieter, but it is often more detailed.

What changes in this format is not the teaching, but the momentum. You are not responsible for creating your own opportunities to speak. The structure does that for you, and the language follows.

For Parents

If you're a parent thinking about sending your teenager for a language immersion and travel experience, the idea of a "holiday course" changes completely.

Programmes such as Embassy Summer in Malta or multi-activity courses run by Emerald Cultural Institute in Dublin are fully organised in advance. Lessons, accommodation, meals and activities are all built into a fixed schedule, and students move through the day as part of a group.

In this context, English becomes unavoidable in a different way. It is not something students choose to use, but something they need in order to participate. They use it in activities, in shared accommodation, and in the small negotiations that make up everyday life in a group setting. Because the environment is controlled, the opportunities for interaction are consistent, and the language is repeated across multiple situations.

Some programmes extend this further by building the entire day around a central activity. In places such as Donegal, surf camps structure the day around weather, timing and teamwork, and English becomes the medium through which those decisions are made. The learning is less visible, but often more deeply embedded.

Further afield, destinations such as Canada or the United States follow the same model on a larger scale, with campus-style accommodation and more formal organisation. The principle remains the same. The experience is not designed to feel like a holiday in the usual sense, but to create an environment in which English is used continuously and with purpose.

So, What Should You Choose?

The choice is often framed around destination, format or price. In reality, it comes down to one thing: how much of your day you are willing to give to English.

A short course does not change your level on its own. It gives you access to situations where English is possible. The difference is whether you step into them. It is entirely possible to spend a week abroad speaking very little, or to speak every day in small, repeated exchanges that build quickly over time.

A more useful way to think about these trips is as temporary environments. For a limited period, English is everywhere. Progress depends on how often you choose to engage with it, whether you extend conversations, ask one more question, or put yourself in situations where speaking is required.

A course gives you access. Progress comes from what you do with it.

4 overlooking sth | wychodzący na coś
exchange | wymiana
fluency | biegłość, płynność
pattern | wzór, model
deliberate | celowy, zamierzony
loose | luźny, swobodny
voluntary | dobrowolny, oparty na dobrowolności
to expand | poszerzać się, rozwijać się
familiarity | zażyłość
to get to know each other | poznawać się nawzajem
provider | dostawca (np. usług)
framework | struktura, ramy
coastal | nadmorski
to compete with sth | rywalizować, konkurować z czymś

4

5 instead | zamiast tego, w zamian
momentum | siła rozpędu
language immersion | zanurzenie językowe (metoda nauki polegająca na otaczaniu się językiem obcym w każdej możliwej sytuacji)
in advance | z wyprzedzeniem, z góry
fixed | stały
schedule | harmonogram, grafik
to become unavoidable | stać się nieuniknionym
in order to | aby, żeby
to make up sth | *tu:* tworzyć coś, składać się na coś
consistent | *tu:* konsekwentnie występujące
to extend sth further | jeszcze bardziej coś rozszerzać

5

6 visible | widoczny
embedded | głęboko zakorzeniony, osadzony
further afield | dalej
with purpose | z celem, świadomie, z determinacją
to be framed around sth | być osnutym wokół czegoś, być ujętym w ramy czegoś
it comes down to one thing | wszystko sprowadza się do jednego
to change one's level on its own | sam w sobie zmieniać czyjś poziom
to step into sth | wejść, wkroczyć w coś
abroad | za granicą
temporary | tymczasowy
progress | postęp
required | wymagany

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WHAT DOES IT ACTUALLY COST? (SUMMER 2026)

Adults: Flexible vs Structured

Format	Example Schools / Providers	Typical Weekly Tuition	Accommodation (Weekly)	Total Weekly Range	What's Included
City Course (Ireland / Malta)	Emerald Cultural Institute (Dublin); EC English (Malta)	EUR 285-375	EUR 250-400	EUR 535-775	15-20 lessons; optional social programme
City Course (London)	St Giles International (London)	GBP 400-500+	GBP 300-600+	GBP 700-1,100+	15-20 lessons; optional activities
Activity-Based (Malta)	IELS Malta; EC English (St Julian's)	EUR 300-400	EUR 250-450	EUR 600-850	Lessons + organised social/activity programme
Packaged Adult Course (Ireland)	ATC Language Schools	Included	Included	EUR 600-700	Lessons + accommodation sold as package

Teenagers: Fully Packaged Programmes

Format	Example Schools / Providers	Weekly Price	What's Included
Junior Programme (Malta)	Embassy Summer (Campus Hub)	EUR 1,080	Lessons, accommodation, meals, activities, full supervision
Junior Programme (Ireland)	Emerald Cultural Institute	EUR 1,100-1,400	Lessons, homestay/ residence, activities, supervision
Junior Camp (Canada)	Languages Canada member schools (Toronto/Vancouver)	CAD 2,000-2,900	Residence, lessons, excursions, supervision
Junior Camp (USA)	Embassy Summer (Boston)	USD 1,800-2,200	Residence, lessons, activities, supervision

How to Read These Tables

- Adult courses are usually **modular** (course + accommodation priced separately).
- Teen programmes are typically **all-inclusive**, with everything built into one price.
- Prices reflect **peak summer (July-August)** and short stays.
- Flights and transfers are **not included**.

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The Shape-Shifters: Master the English Participle

by Paul Martin from www.go-native.pl

Whether you're describing a heart-pounding race or a broken heart, you're using participles. They are the "Swiss Army knives" of the English language – part verb, part adjective, and entirely essential for adding flavour to your sentences. Let's strip away the heavy grammar books and see how they actually work in the wild.

What Exactly Is a Participle?

If English grammar were a film set, nouns would be the actors and verbs would be the action. But what if you need something that does both? Enter the participle. At its simplest, a participle is a word formed from a verb that can function as an adjective. Think of it as a "linguistic hybrid." Just as a hybrid car uses both petrol and electricity, a participle takes the "energy" of an action and uses it to "describe" a person, place or thing. When you talk about a running

0 shape-shifter | coś zmiennokształtnego (osoba lub rzecz, która łatwo zmienia formę)
to master sth | mistrzowsko coś opanować
participle | imiesłów
whether | czy
heart-pounding | emocjonujący
Swiss Army knives | szwajcarskie scyzoryki
entirely | całkowicie
to add flavour to sth | dodawać czemuś smaku, urozmaicać coś
to strip away sth | *tu:* usunąć, odrzucić coś
actually | właściwie, tak naprawdę, w rzeczywistości
1 film set | plan filmowy
at its simplest | najprościej mówiąc
petrol | benzyna
running | biegnący

1

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man or a broken window, you are taking the actions of running and breaking and turning them into descriptions. They allow us to condense complex ideas into snappy, evocative phrases, giving our speech a rhythmic flow that simple "subject-verb" sentences just can't match.

The "-ing" Factor: Present Participles

The present participle is all about action and characteristics. While we use it for continuous tenses (I am walking), its real power lies in its role as an "active" adjective. When we use the – ing form this way, we are describing the nature of something or the effect it has on others.

Think about the whirring loading icon of a dying laptop, or the pulsating rhythm of a Samba dance. In these cases, the icon is the thing doing the whirring, and the rhythm is the thing doing the pulsating. It is the source of the experience.

In the world of travel, you might visit a captivating city like Bordeaux. The city is "doing" the captivating; it is the active agent making you feel a certain way. If you find a movie frightening, it's because that movie has the power to scare.

The Finished Product: Past Participles

Past participles usually end in – ed (though the irregulars like broken, gone, or drunk love to cause trouble). These represent the "passive" side of life. Instead of describing a characteristic, they describe a state or a feeling, the result of an action that has already happened.

If the city of Bordeaux is captivating (Present Participle), then you, the traveller, are captivated (Past Participle). You have been affected by the city. When we look at the history of British tea, we talk about a "long-established tradition." The tradition didn't establish itself; it was established by centuries of history. It is the "finished product" of that process.

Consider a disillusioned voter or a frustrated snooker player. These people aren't necessarily causing those feelings in others; they are the ones receiving the feeling. They have been "acted upon" by circumstances.

The Great Confusion: -ing vs. -ed

This is where many learners get "tripped up." The difference is the direction of the emotion. Does the person cause the feeling, or do they feel it?

Imagine a boring snooker match. If you say, "I am boring," you are telling the world that you are a dull person who makes others sleepy! What you probably mean is, "I am bored."

- The Cause (-ing): An exciting Latin dance.
- The Feeling (-ed): An excited dancer.
- The Cause (-ing): A frustrating touchscreen.
- The Feeling (-ed): A frustrated user.

Advanced Moves: Participle Clauses

Want to sound like a native? Use participles to join two sentences together. It's a

2 broken | *tu:* rozbity
actions of running and breaking | czynności biegania i stłuczenia
to turn sth into sth | zmienić coś w coś, przekształcić coś w coś
to allow sb to do sth | pozwalać komuś na zrobienie czegoś
to condense sth | skondensować, streścić coś
snappy | chwytliwy, krótki i treściwy
evocative | sugestywny, działający na wyobraźnię
to match | pasować do siebie
characteristics | cechy
whirring | *tu:* wirujący
loading | ładujący się, wczytujący się
dying | *tu:* rozładowujący się
pulsating | pulsujący, tętniący
3 captivating | urzekający, zniewalający
active agent | agent, sprawca
to make sb feel a certain way | sprawić, by ktoś poczuł się w określony sposób
to find sth frightening | uważać coś za przerażające
to have the power to scare | mieć moc przerażania, straszenia
though | chociaż
to cause trouble | sprawiać kłopoty, powodować problemy
instead of sth | zamiast czegoś
captivated | oczarowany
affected by sth | *tu:* poruszony czymś, pod wpływem czegoś (np. uroku miasta)
long-established | o długiej tradycji
disillusioned | rozczarowany, pozbawiony złudzeń
voter | wyborca
snooker player | gracz w snookera
4 to be acted upon by sth | podlegać działaniu czegoś, być poddanym oddziaływaniu czegoś
circumstances | okoliczności
confusion | zamieszanie, zamęt, dezorientacja
to get tripped up | potknąć się, popełnić błąd
boring | nudny
dull | nudny, nijaki
to make others sleepy | sprawiać, że inni stają się śpiący
bored | znudzony
exciting | ekscytujący, pasjonujący
excited | podekscytowany
frustrating | frustrujący, irytujący
touchscreen | ekran dotykowy
frustrated | sfrustrowany
to join sth together | po/łączyć coś ze sobą

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sophisticated way to provide extra information without using "and" or "because" every five seconds. It makes your writing flow like a professional magazine article.

The Present Participle Clause (Simultaneous Actions)

We use these when two things happen at the same time.

Instead of: Paul Martin put the kettle on. He explored tea's past.

Try: "Putting the kettle on, Paul Martin explored tea's past."

The Past Participle Clause (Reasons or Conditions)

These often replace a "passive" sentence.

Instead of: The tank was painted pink by David Černý. It became a symbol of liberation.

Try: "Painted pink by David Černý, the tank became a symbol of liberation."

The "Irregular" Hall of Fame

Not every past participle plays by the rules. While "started" and "played" are easy, the English language is full of "misfits" that you simply have to memorise through use. These irregular forms often appear in the most common contexts:

- Drink > Drunk: "Measured only in cups drunk, tea wins every time."
- Find > Found: "Fragments of viral code found in genomes tell a story of survival."
- Speak > Spoken: "A variety of spoken English used in the pits of Motorsport Valley."
- Build > Built: "A sport built on the foundations of military history."

Why It Matters

Used sparingly, using participles correctly adds nuance and flair to your speech. They allow you to paint a picture. There is a huge difference between a frightening dog (the one barking at you) and a frightened dog (the one hiding under the table).

By mastering these "shape-shifters," you move away from the "subject-verb-object" structure of a beginner and toward the rhythmic, engaging prose of a storyteller. The next time you're describing a thrilling football match or your exhausted state after a long day, remember: you're not just using grammar; you're using the tools that bring the English language to life.

5 sophisticated | *tu:* zaawansowany
to make one's writing flow | sprawić, by tekst stał się lekki w czytaniu
Paul Martin put the kettle on. He explored tea's past. | Paul Martin wstawił czajnik. Zgłębił historię herbaty.
Putting the kettle on, Paul Martin explored tea's past. | Wstawiając czajnik, Paul Martin zgłębił historię herbaty.
The tank was painted pink by David Černý. It became a symbol of liberation. | Czołg został pomalowany na różowo przez Davida Černego. Stał się symbolem wyzwolenia.
Painted pink by David Černý, the tank became a symbol of liberation. | Pomalowany na różowo przez Davida Černego, czołg stał się symbolem wyzwolenia.
hall of fame | aleja gwiazd
to play by the rules | grać według zasad, postępować zgodnie z regułami
misfits | outsiderzy, osoby niedopasowane do społeczeństwa
to memorise through use | zapamiętać poprzez używanie (czegoś)
Measured only in cups drunk, tea wins every time. | Mierzona wyłącznie liczbą wypitych filiżanek, herbata wygrywa za każdym razem.
Fragments of viral code found in genomes tell a story of survival. | Fragmenty wirusowego kodu znalezione w genomach opowiadają historię przetrwania.
A variety of spoken English used in the pits of Motorsport Valley. | Odmiana mówionego języka angielskiego używana w boksach (pitstopach) Motorsport Valley.
A sport built on the foundations of military history. | Dyscyplina sportowa wywodząca się z wojska.
used sparingly | używany oszczędnie/z umiarem
to add nuance and flair to sth | dodać czemuś subtelności i polotu
to allow sb to do sth | umożliwić komuś zrobienie czegoś
frightening | przerażający, straszny
6 to bark at sb | szczekać na kogoś
frightened | przerażony, wystraszony

Watch out for the 'Dangle'!

When starting a sentence with an -ing clause, the subject must match.
Wrong: "Walking down the street, the trees were beautiful." (The trees weren't walking!)
Right: "Walking down the street, I saw the beautiful trees."

Walking down the street, the trees were beautiful. | Idąc ulicą, drzewa były piękne.
Walking down the street, I saw the beautiful trees. | Idąc ulicą, zobaczyłem piękne drzewa.

The Participle Checklist

1. Present Participles (-ing)
Used for continuous tenses (I am driving).
Used as adjectives to describe a characteristic (An interesting book).
Used in clauses to show simultaneous action (Walking down the street, I saw him).
2. Past Participles (-ed/3rd column)
Used for perfect tenses (I have eaten).
Used for the passive voice (The car was fixed).
Used as adjectives to describe a feeling or state (I am interested).
3. Perfect Participles (Having + Past Participle)
Used to show that one action finished before another started.
Example: "Having finished his tea, he went back to work."

simultaneous | jednoczesny, równoczesny
passive voice | strona bierna
fixed | *tu:* naprawiony
Having finished his tea, he went back to work. | Skończywszy herbatę, wrócił do pracy./Po wypiciu herbaty wrócił do pracy.

hiding under sth | chowający się pod czymś
to move away from sth | odejść od czegoś
storyteller | gawędziarz, opowiadacz historii
thrilling | ekscytujący, wywołujący dreszczyk, porywający
exhausted | wyczerpany, wykończony
to bring sth to life | ożywić coś, tchnąć w coś życie

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Across Chile and Argentina: Exploring Patagonia

by Kamil Drożdżyk

This time in *Travel* we'll take a closer look at a geographical region spanning southern Argentina and Chile – Patagonia. This enormous area, measuring over a million square kilometres, is home to contrasting landscapes, dramatic views, and... penguins.

spanning | obejmujący, rozciągający się
landscape | krajobraz, pejzaż

Exploring Patagonia might be an overwhelming endeavour. The massive region is full of things worth seeing, doing, and experiencing. In this travel guide, English Matters will take you through a theoretical journey from the very north of Chilean Patagonia to the very south of the Argentine Patagonia. Buckle up.

Chilean Patagonia

Let's begin exploring Patagonia from its western side, located within Chile's borders. It's best to visit Chilean Patagonia in the austral summer (the Southern Hemisphere summer; between late November and late February) or spring. Travelling to Chilean Patagonia in the wintertime when the tricky mountainous terrain gets covered in snow is not a good idea, as many roads and trails become impassable, and thus inaccessible to tourists. However, the weather in Patagonia can be very capricious; even if you choose to visit the place in the summer, along with shorts and T-shirts, pack waterproof and windproof gear and a warm jacket.

And once you've chosen the date of your trip and got the right gear, it's time to plan the route. Even though the Arturo Merino Benítez International Airport in the capital city of Santiago is the country's biggest and busiest airport, that's not where you want to land if your goal is to explore Chilean Patagonia – the country's capital is over 800 kilometres away from the region's northern border. Instead, aim for El Tepual International Airport in

1 overwhelming | przytłaczający, ogromny
endeavour | przedsięwzięcie
worth sth | wart czegoś
to experience sth | doświadczyć czegoś
buckle up | zapnij pasy
within sth | wewnątrz, w obrębie czegoś
borders | granice
austral summer | południowe lato (lato występujące na półkuli południowej, trwające od grudnia do lutego)
Southern Hemisphere | półkula południowa
tricky | trudny, skomplikowany

1

to get covered in snow | zostać zasypanym, pokrytym śniegiem
2 to become impassable | stać się nieprzejezdnym, niemożliwym do przebycia
waterproof | wodoodporny, nieprzemakalny
windproof | wiatroszczelny
gear | sprzęt, wyposażenie
once | *tu:* gdy
3 to plan the route | planować trasę
instead | zamiast tego, w zamian
to aim for sth | dążyć do czegoś, celować w coś

2

3

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Carretera Austral

Puerto Montt. This airport, located in the north of Chilean Patagonia, is considered the best starting point for tourists who want to explore the region.

From there, you'll want to go South. The first step in your Patagonian expedition could be Chiloé Island. You can get there via plane from Puerto Montt, but if, at this point, you're tired of flying (given how your connecting flight from, say, Warsaw, took over a day), a ferry across the Chacao Channel remains a reliable way to get onto the island.

Now, a tour of Chiloé Island can be a trip on its own. In the northwest, tourists can visit the Islotes de Puñihuil Natural Monument – the three islets off the coast of the island are the only known shared breeding site for Humboldt and Magellanic penguins. A little to the south, in the eastern part of the island, there are around 70 spectacular wooden churches listed on the UNESCO World Heritage List. Most of them were built in the 17th and 18th Centuries, and serve as proof that the European contact with the indigenous people didn't always have to end in violence. On the opposite side of the island, to the West of the archipelago where the churches are located, there's the Chiloé National Park, which offers a unique mix of a coastal rainforest and misty beaches.

When you return to the mainland, it's time to follow the Carretera Austral southbound. Carretera Austral is a highway, Chile's Route 7, but it's not just an ordinary road. This 1,240-kilometre road not only offers some of the most beautiful views one can imagine, but also serves as a liminal space, connecting Puerto Montt – the last outpost of civilisation

4 to be considered X | być uważanym za X
via sth | przez coś
given sth | biorąc pod uwagę coś, zważywszy na coś
5 ferry | prom
a reliable way to do sth | niezawodny sposób na zrobienie czegoś
in the northwest | na północnym zachodzie
islets off the coast of the island | wysepki u wybrzeży wyspy
breeding site | lęgowisko, miejsce rozrodu

6 indigenous | rdzenny
to end in violence | zakończyć się przemocą
coastal | przybrzeżny, nadmorski
misty | mglisty, zamglony
mainland | kontynent, ląd stały
southbound | zmierzający na południe, w kierunku południowym
highway | autostrada
ordinary | zwyczajny, zwykły
liminal | graniczny
outpost | *tu:* bastion

4 5 6

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for miles – with the apocalyptically sparse south.

Even though just driving down the highway is an arresting adventure, if you want to experience Patagonia to the fullest, a few stops are in order: the Hornopirén National Park with its hot springs, the (active) Chaitén volcano to remind you about the destructive whims of nature, or the Ventisquero Yelcho trail offering a first-row view of a hanging glacier.

The road's abrupt end around Villa O'Higgins doesn't necessarily mean the end of the line. From there, more adventurous explorers aim for the Torres del Paine National Park – perhaps the best known tourist site in Chilean Patagonia. But getting there is not that easy. What most tourists do is cross over to Argentina at this point of their trip. This allows them to get around the difficult terrain, and re-enter Chile right by Torres del Paine.

The National Park is best known for its stunning views of mountain peaks, glassy glaciers and diverse hydrology in the form of lakes, streams and cascades. The park serves as a transition area between the Magellanic subpolar forests and arid steppes of the Argentinian Patagonia.

The Cordillera Paine is a centrepiece of the Torres del Paine National Park. These three *towers* are famous for their jagged peaks, growing nearly vertically from the Earth as if constructed by humans. After you take the view in, follow the so-called W-Trek (the most popular trekking trail of Torres del Paine) to explore the French Valley, which will make you realise just how small you are, surrounded

7 sparse | rzadki, rozproszony, nieliczny (np. sparse population | rzadkie zaludnienie)
even though | mimo że, chociaż
arresting | *tu:* przykuwający uwagę, zniewalający, uderzający
to be in order | być na miejscu, być wskazanym
whims of nature | kaprysy natury
first-row view | widok z pierwszego rzędu
glacier | lodowiec
to be abrupt end around sth | kończyć się gwałtownie w okolicy czegoś
to mean sth | oznaczać coś
to cross over to sth | przejść, przeprawić się na drugą stronę czegoś
to allow sb to do sth | pozwalać komuś na zrobienie czegoś

to re-enter sth | ponownie gdzieś wejść, powrócić
mountain peak | szczyt górski
glassy | szklisty
diverse | różnorodny, rozmaity
hydrology | *tu:* środowisko wodne, sieć wodna
8 arid | suchy, jałowy, pustynny
jagged | poszarpany
9 to grow vertically from sth | wyrastać pionowo z czegoś
after you take the view in | gdy już nacieszysz się widokiem
trekking trail | szlak trekkingowy
to realise sth | uświadomić sobie coś, zdać sobie z czegoś sprawę
surrounded by sth | otoczony czymś

7 8 9

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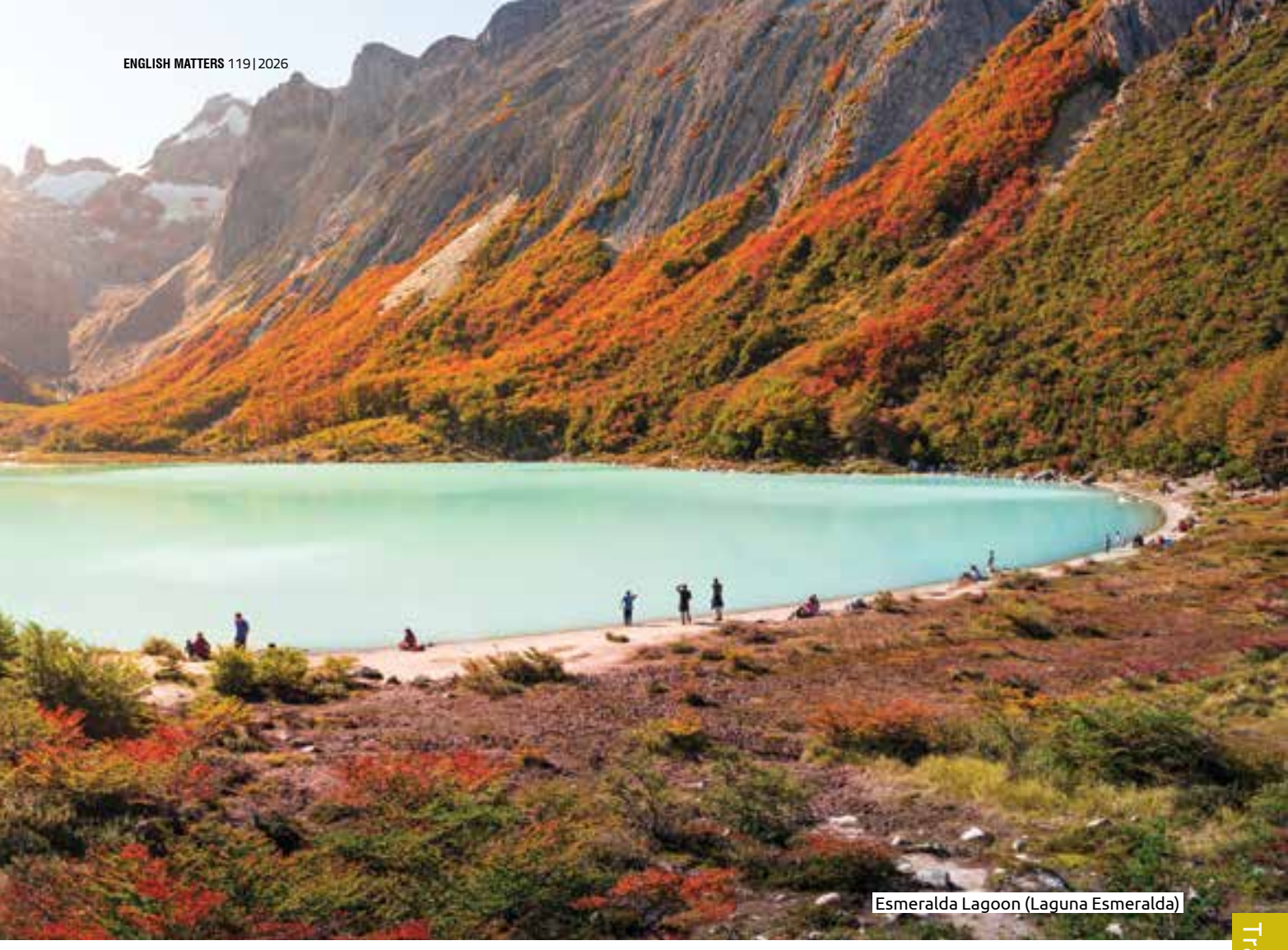

Esmeralda Lagoon (Laguna Esmeralda)

by enormous hills and mountains from all sides, and end the hike by the 30-metre tall Grey Glacier – and make haste, as it's been receding roughly 100 metres per year.

From Torres del Paine, going further south is not advised. The southwestern part of the Magallanes Region is quite empty. There's barely any infrastructure down there: no roads, no settlements, no people – just serene, but dangerous nature. At this point of the journey, it's best to go back towards Argentina and start exploring the dramatically different side of Patagonia.

Argentine Patagonia

The Argentinian part of Patagonia is, for the most part, starkly different than its Chilean counterpart. Instead of those rocky peaks and jagged cliffs found all over Southern Chile, across the border you'll mostly find arid steppe-like plains covered with shingle (rocky, gravelly floor), which leaves very little room for vegetation to grow. Still, emptiness doesn't equal boredom. Let's begin the Argentinian part of our trip right by the border with Chile, close to the Torres del Paine National Park.

First stop: the Perito Moreno Glacier, dubbed one of the most important tourist attractions of Argentinian Patagonia. Its impressive average height of 74 metres makes it a must-see if you're in the region. Unfortunately, this one is also receding (however, it bravely held the line until 2020). While it's showing signs of retreat at a rather slow pace, it undeniably gets smaller each year. If you had it on your bucket list, now is the best time to get around to seeing it.

10 to make haste | śpieszyć się
to recede | oddalać się, cofać się
roughly | z grubsza, mniej więcej, około
is not advised | nie jest zalecane, nie jest wskazane
barely | ledwo, ledwie
settlement | osada, osiedle
serene | spokojny, pogodny
starkly different than X | całkowicie odmienny od X
counterpart | odpowiednik
11 covered with sth | pokryty czymś
shingle | *tu:* gruby żwir pochodzenia morskiego, kamyki
little room | niewiele miejsca
to equal sth | dorównywać czemuś, być równym czemuś
boredom | nuda
dubbed X | nazwany X, ochrzczony mianem X
12 average | średni, przeciętny
must-see | punkt obowiązkowy
unfortunately | niestety
retreat | *tu:* cofanie się
undeniably | niezaprzeczalnie
bucket list | lista rzeczy do zrobienia
to get around to do sth | zabrać się za coś

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Chiloé Island

From there, you could take a much-needed rest at El Calafate, the biggest tourist hub in the area. Book a room with a view of Lago Argentino, eat at one of the town's many restaurants, and take a good look at the Andes from up close – depending on your next step, you might not see them for a while.

Once you're ready to start moving again, you have two sensible choices that take you south:

a) take a plane to Ushuaia

b) make your way to Ushuaia by car

Option a) is quicker and more popular. Option b) will take you on a long journey through the real Argentinian Patagonia; a journey where you won't see a soul for hours on end; a journey where the feeling of desolation turns profound and becomes thought-provoking. The quiet serenity of the wildlands might be enchanting for some, but deadly boring for others.

Keep in mind that if you choose to go by car you will have to cross over to Chile again for a moment, reminding you that Patagonia transcends artificial borders.

Whichever option you choose, you end up in Ushuaia, which is an interesting place on its own. The capital of Tierra del Fuego claims the title of the most southerly city on Earth. There's not much going on south of Ushuaia; it's as close to the literal end of the world as you can imagine.

Even though, civilisation-wise, the area to the south of Ushuaia might be dead, the city itself is alive and kicking. It's a very tourist-oriented town, frequently visited by those enthralled by Patagonia, as well as those who treat it as their last stop before heading to the Antarctic.

While staying in Ushuaia, you should visit the Tierra del Fuego National Park. You can get there by taking a ride on the Tren del Fin del Mundo (Spanish for train to the end of the world). The train was originally there to transport materials from the nearby penal colony, but has been since repurposed as a tourist attraction. Nowadays, it's possibly the coolest way to enter the Tierra del Fuego National Park. Once in, you can either take guided tours or explore the unique flora of the National Park on your own.

To the northeast of Ushuaia, we've got another spectacular view – Laguna Esmeralda. The turquoise glacial lake is surrounded by equally unforgettable peat bogs and mountains. The contrasting

13 tourist hub | główny ośrodek turystyczny
depending on sth | w zależności od czegoś
sensible | rozsądny
feeling of desolation | poczucie osamotnienia
to turn profound | stać się głębokim
to become thought-provoking | skłaniać do refleksji
14 wildlands | dzikie tereny, pustkowia
enchanting | urokliwy

13

to transcend sth | wykraczać poza coś
artificial | sztuczny
on its own | samo w sobie
literal | dosłowny
civilisation-wise | pod względem cywilizacyjnym
alive and kicking | *tu:* w pełni sił, dynamiczny
enthralled by sth | zafascynowany, urzeczony czymś

14

15 to head to X | kierować się, udawać się do X
to take a ride on sth | przejechać się czymś
originally | pierwotnie
repurposed | zaadaptowany do nowych celów
nowadays | obecnie
either... or... | albo... albo...
peat bogs | torfowiska

15

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Ushuaia

palette of Laguna Esmeralda's turquoise waters, sepia bogs, lush green woods and deep grey mountaintops creates a fascinating, hypnotising landscape. The whole region is a hiker's heaven, and one can easily spend an entire day exploring the area around the lake.

Ushuaia itself is nothing to scoff at, either. If you prefer to stay in the city, you can visit the Museo del Fin del Mundo to learn some of the city's history – including the formation of the aforementioned penal colony and the settlement's growth into a city. If you like what you hear, you can then continue learning about the city at Museo Maritimo y del Presidio de Ushuaia and take a selfie at the End of the World sign, proving you're a real explorer.

Wrapping Up

Once you've been to the end of the world, what else is there to do? You could go even further south, and visit Cape Horn – the most southerly point of South America – and continue to Antarctica. Or, you could take a plane to Buenos Aires and catch a flight home.

The trip described in this article is hardly realistic; visiting every place mentioned here would take weeks, if not months, and cost an arm and a leg. But turning a trip to Patagonia into such a grand tour is completely optional. Whether you choose to go full expedition mode, stay in just one of the locations mentioned, or make your own plan – visiting the famed Cueva de las Manos, Navarino Island, or heading on a city break to Bariloche – you can be sure to be completely stunned by what Patagonia has to offer.

16 lush | bujny
hiker's heaven | raj dla piechurów
to scoff at sth | lekceważyć coś
the aforementioned | wyżej wymieniony
penal colony | kolonia karna
wrapping up | podsumowując
to catch a flight home | złapać lot do domu
17 to cost an arm and a leg | kosztować krocie, fortunę, *dosł.* kosztować rękę i nogę
to turn sth into sth | zmienić, przekształcić coś w coś
whether | czy
famed | słynny
stunned by sth | oszołomiony czymś, oniemiały z powodu czegoś

16 17

Regio Gigantum

Regio Gigantum is a Latin moniker given to Patagonia around the time it was discovered by European navigators. The first sailors to arrive in Patagonia were surprised by the height of locals, such as the Tehuelche and Selk'nam people. Back in the 16th Century, few European males exceeded 170 centimetres. Meanwhile, some indigenous inhabitants measured well over 185 centimetres. The exaggerated reports (e.g. claiming some indigenous people were over three metres tall) made their way back to Europe, where the myth of *Regio Gigantum* persisted for centuries.

Latin | łaciński
moniker | przezwisko, ksywka
discovered by sb | odkryty przez kogoś
height | wzrost
male | mężczyzna
to exceed X | przekraczać, przewyższać X
meanwhile | tymczasem
inhabitant | mieszkaniec
exaggerated | przesadny, wyolbrzymiony
to persist for centuries | utrzymywać się przez wieki, trwać przez stulecia

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How Jazz Was Born

by Jonathan Sidor

Jazz music didn't arrive on the scene quietly. Instead, it burst into life in a swirl of rhythm, rebellion and raw emotion. Tune in with *English Matters* as we rewind the record and find out how jazz came into being.

A Musical Melting Pot

Born in the southern United States at the turn of the 20th century, jazz music grew out of hardship, celebration and cultural mixing. And it wasn't just another genre – it went on to change music forever.

To understand jazz is to understand a story of people making something joyful out of struggle. These early pioneers, as diverse as they were, weren't afraid to break some rules to create a new kind of sound that simply refused to sit still.

Where It All Began

Jazz has its roots in New Orleans, a city that's anything but ordinary. Sitting near the mouth of the Mississippi River, it's a bustling port where cultures have been rubbing shoulders every single day for centuries. In the late 1800s, African, Caribbean, French, Spanish and American influences all collided in New Orleans to create a fluid social structure that was ripe for musical experimentation.

Leisure

0 instead | zamiast tego, w zamian
to burst into life | gwałtownie ożyć, rozkwitnąć, nabrać życia
in a swirl of rhythm, rebellion and raw emotion | w wirze rytmu, buntu i czystych (*dosł.* surowych) emocji
to rewind sth | przewinąć coś (np. film, taśmę), cofnąć się do czegoś
1 melting pot | tygiel kulturowy
at the turn of the X century | na przełomie X wieku
hardship | trud, ciężkie doświadczenia
genre | gatunek (np. muzyczny, literacki)
out of struggle | w wyniku zmagań
to refuse to do sth | odmówić zrobienia czegoś
to sit still | siedzieć spokojnie, siedzieć bez ruchu
roots | korzenie
a city that's anything but ordinary | miasto, które jest każdym, tylko nie zwyczajnym (miastem)
bustling | tętniący życiem
to rub shoulders with sb/sth | mieć z kimś/czymś styczność
influence | wpływ
ripe for sth | gotowy na coś, dojrzały do czegoś

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WARTO ZAPAMIĘTAĆ!

on the fly

bez przygotowania

Louis Armstrong

Back in those days, the city echoed with all sorts of different sounds. African beats carried through drumming traditions, European-style marching bands paraded through the streets, and church hymns floated out of open doors. Music wasn't locked away in concert halls – it was woven into daily life wherever you looked.

This constant mixing laid the groundwork for something novel. As these musical traditions bumped into each other more and more, they started borrowing bits and pieces from one another. This lively musical crossroads is exactly where jazz was born.

Jazz Takes Root

Long before jazz even had a name, its building blocks were already in place. One of the most important foundations was African American spirituals, religious songs sung by enslaved people and their descendants. These were emotional, expressive and often improvised, meaning singers would change melodies or lyrics on the fly.

Another key ingredient was blues music, which developed in the Deep South. Blues told stories of heartbreak, hardship and hope, typically using simple lyrics and repeating patterns.

Then there was ragtime, an upbeat, piano-based musical style that was perfect for dancing. It was wildly popular around 1900, and helped jazz find its sense of rhythm and bounce.

Put all of the above together, and you've got the raw ingredients for jazz. The genre didn't appear out of thin air. It grew organically, like a plant pushing through cracks in the pavement.

And jazz didn't stay confined to New Orleans' music halls. It spilled out into bars, dance clubs and street parades. Brass bands played at funerals, starting with solemn tunes and ending with joyful numbers to celebrate life. This tradition perfectly captures the spirit of jazz – sorrow and happiness walking hand in hand. Life could be tough, but the music refused to wallow in misery.

Jazz would go on to become the soundtrack to everyday moments, such as people dancing, flirting, and simply letting their hair down. It was social music that could be shared, argued over and enjoyed together.

From Local Secret to National Sensation

Jazz may have started around New Orleans, but it didn't stay put long. In the early 20th century, many African Americans moved north in what's known as the Great Migration. They were searching for better jobs and opportunities. Unsurprisingly, jazz packed its bags and went along for the ride.

Cities like Chicago and New York became new jazz hubs. Musicians found eager audiences, recording studios,

2 **to echo with sth** | rozbrzmiewać czymś
beats | bity, rytmy
drumming | granie na bębnach
marching band | dęta orkiestra marszowa
to float out of sth | wypływać z czegoś (np. o dźwięku)
woven into sth | wpleciony w coś
mixing | mieszanie (się)
to lay the groundwork for sth | kłaść podwaliny pod coś
novel | *tu:* nowatorski
to bump into each other | wpadać na siebie, napotykać
crossroads | skrzyżowanie, rozdroże
to take root | zakorzenić się, przyjąć się
building block | klocek, element składowy, budulec
foundations | fundamenty, podstawy
enslaved | zniewolony
descendant | potomek
lyrics | tekst piosenki
on the fly | na poczekaniu, bez przygotowania
pattern | wzór, schemat
ragtime | ragtime (gatunek muzyczny charakteryzujący się synkopowanym rytmem)
upbeat | radosny, optymistyczny, skoczny
sense of rhythm and bounce | wyczucie rytmu i energii (dosłowniej: sprężystości)

3 **crack** | pęknięcie, szczelina
pavement | chodnik
to stay confined to sth | ograniczać się do czegoś
to spill out into bars | przenosić się do barów, *dosł.* wylewać się do barów
funeral | pogrzeb
solemn | uroczysty, pełen powagi, podniosły
to capture sth | uchwycić coś, oddać coś (np. atmosferę, emocje)
sorrow | smutek, żal, boleść

4 **to walk hand in hand** | iść w parze, iść ręka w rękę
to refuse to do sth | odmówić zrobienia czegoś
to wallow in misery | pławić się w nieszczęściu, użalać się nad sobą
to let one's hair down | wyluzować
to argue over sth | kłócić się, spierać się o coś
to stay put long | zostać długo w jednym miejscu, nie ruszać się długo z jakiegoś miejsca
to move north | ruszyć na północ
to search for sth | szukać, poszukiwać czegoś
to go along for the ride | przyłączyć się
eager | chętny, spragniony (czegoś)
put all of the above together | *tu:* połącz to wszystko
raw | surowy
to appear | pojawić się
out of thin air | znikąd

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and clubs that stayed open late into the night. Jazz was no longer just a local curiosity.

By the '20s, the Jazz Age was in full swing. This is precisely the period when early jazz legends rose to prominence. Figures like Louis Armstrong, Duke Ellington and Fats Waller all made a name for themselves during the Roaring '20s. Their music became linked to flappers, speakeasies and a general sense of rebellion. Early audiences knew that jazz wasn't just something you listened to – it was something you lived.

Breaking the Rules

One thing that truly set jazz apart from other established types of music around the time of its birth was improvisation. Unlike classical music, where musicians rigidly stick to sheet music, jazz players are encouraged to make things up as they go along. They bend notes, stretch rhythms, and respond to one another in real time.

Early jazz musicians treated songs more like suggestions rather than instructions. A melody might've started one way and ended up somewhere completely different by the time the final note was played. For better or worse, this freedom really was revolutionary.

Controversy and Criticism

Despite its popularity, jazz had its critics. At first, some people dismissed it as noisy, chaotic or even immoral. Newspapers warned that it encouraged bad behaviour, while traditional musicians didn't see it as proper music at all.

Jazz, however, never lost any sleep over this criticism. In fact, the initial backlash only added to its rebellious appeal. It raised lots of eyebrows, and its shocking nature won over scores of fans.

Over time, attitudes softened. What once seemed scandalous came to be seen as innovative, expressive, and uniquely American.

Why Jazz Matters

Jazz may have been born over a century ago, but it's far from old-fashioned. Its influence can be heard in rock, hip-hop, pop and other genres. More importantly, jazz represents freedom – freedom of expression, freedom to experiment, and freedom to be heard.

At its heart, jazz is a conversation. Musicians listen, respond and support one another, much like people do in real life. That's why it feels so human.

Duke Ellington

Fats Waller

5 to rise to prominence | zdobyć znaczącą pozycję, zyskać rozgłos
to make a name for oneself | wyrobić sobie nazwisko, zdobyć sławę
the Roaring '20s | szalone lata dwudzieste
flappers | flapperki (młode wyzwolone kobiety lat 20. XX wieku)
speakeasies | nielegalne lokale z alkoholem (w czasach prohibicji w USA)
to set sth apart from sth | odróżniać coś od czegoś innego, czynić coś wyjątkowym na tle czegoś innego
birth | narodziny, powstanie
unlike X | w przeciwieństwie do X, inaczej niż X
rigidly | sztywno
to stick to sth | trzymać się czegoś
sheet music | nuty, zapis nutowy
to be encouraged to do sth | być zachęcanym do zrobienia czegoś
to make things up | improwizować
to go along | *tu:* działać, grać

5

to bend notes | „podciągać" dźwięki (technika muzyczna zmiany wysokości dźwięku)
to stretch rhythms | rozciągać rytmy
for better or worse | na dobre i na złe
6 despite sth | pomimo czegoś
at first | początkowo, na początku
to dismiss sth | lekceważyć coś, odrzucić coś
proper | właściwy, porządny, odpowiedni
at all | w ogóle
to lose sleep over the criticism | nie spać z powodu krytyki, przejmować się krytyką
backlash | gwałtowny sprzeciw
appeal | urok, atrakcyjność
to raise a lot of eyebrows | wywołać duże zdziwienie, wywołać poruszenie (*dosł.* unieść dużą ilość brwi)
scores of sb | mnóstwo, bardzo wielu, dziesiątki
attitude | postawa, nastawienie
to soften sth | złagodzić coś
to seem | wydawać się
to matter | mieć znaczenie
old-fashioned | staromodny

6

Vocabulary Builder

The English language is full of rich expressions that come from the world of music. Here's a sample of some common musical idioms.

- **play it by ear:** to decide how to do something without a plan
- **strike a chord:** to cause a strong emotional reaction
- **face the music:** to accept the consequences of something you've done
- **blow your own trumpet:** to boast about your own achievements
- **change your tune:** to change your opinion or behaviour
- **march to the beat of your own drum:** to behave independently
- **hit the right note:** to say or do the correct thing
- **make a song and dance about something:** to make a fuss over something trivial

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Wicked Little Letters*

by Hanna Danielczak-Ziadi

If you want to practice British English, this film is perfect for you – but be prepared: it is exceptionally rife with profanity and insults, as they are – seemingly – the main plot point. The story is set in a small British town where one of the protagonists (and eventually other residents) starts receiving short, venomous letters full of obscenities. Suspicion falls on an Irish immigrant, whose vibrant personality and directness make her stand out from the conventional community.
Directed by Thea Sharrock, and a UK, France and USA co-production, the film stars Olivia Colman, Jessie Buckley, and Anjana Vasan. It won a BIFA for Best British Independent Film – an award that is fully justified. The film masterfully portrays where domestic abuse can lead, in this case inflicted by a patriarch on his adult daughter, during an era when women were treated as a subordinate species, slandered and ridiculed, subject to men. A masterpiece – highly recommended.

* polska wersja tytułu: *Wredne liściki*

What sort of person does this?
Kto robi coś takiego?

I think we know.
Myślę, że wiemy.

We don't know for sure, father.
Nie wiemy na pewno, ojcze.

How bad? **Jest źle?**

As bad as the others.
Równie źle co zawsze.

But there are benefits to suffering, don't forget.
Ale cierpienie ma swoje zalety, nie zapominaj o tym.

We worship a Messiah who suffered, so by my suffering do I not move closer to Heaven?
Nasz Mesjasz cierpiał, więc czy moje cierpienie nie zbliża mnie do nieba?

Another letter? **Kolejny list?**

It's wicked abuse, this!
To znęcanie się!

Edith's not sleeping.
Edith nie może spać.

He's larking around.
Wygłupia się.

Now, I know my law. This is a prison offence.
Znam swoje prawa. To przestępstwo.

She's grizzling all the night, bless her, in and out of bed.
Popłakuje całą noc, biedactwo, ciągle kładzie się i wstaje z łóżka.

So you better do something about it sharp-like before there's a hurleyberloo.
Lepiej zróbcie z tym porządek migiem, zanim wybuchnie tu niezła chryja.

She's just here to check on Edith.
Przyszła tylko sprawdzić, co u Edith.

A woman police officer.
Policjantka.

Oh, look. A flying pig.
O spójrzcie, latająca świnia.

We just find women police officers quite funny. **Po prostu bawią nas policjantki.**

I understand. It's an adjustment.
Rozumiem. Trzeba się przyzwyczaić.

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Rack Your Brain

by Kamil Drożdżyk

1. True or False

a. Jazz originated in Seattle.
b. The Austral summer coincides with the Northern Hemisphere's winter.
c. In the phrase "rolling hills", the word rolling is a verb.
d. Late Night with Jimmy Fallon premiered in 2009.
e. English is one of Malta's two official languages.

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

2. Fill in the gaps with the correct participle.

frustrated, frustrating, exciting, excited, bored, boring

a. The ending of this movie was so _____. How could they let the bad guy win?
b. She didn't say anything about his behaviour, but I could tell she was very _____.
c. Your teacher told me you always look _____ during classes.
d. If you don't know how to play chess, I can see how you might think it's _____.
e. That bungee jump was the single most _____ thing I've done in my life.
f. Were you _____ to see what your parents bought you?

Answer Key: a. frustrating; b. frustrated; c. bored; d. boring; e. exciting; f. excited

3. Match the participles with their synonyms.

linked, encircled, loose, constructed, shocking

a. connected
b. surprising
c. surrounded
d. relaxed
e. built

Answer Key: a. linked; b. shocking; c. encircled; d. loose; e. constructed

4. What's the name of Jimmy Fallon's first major film?

a. Taxi
b. Fever Pitch
c. Late Night
d. Taken

Answer: a

5. Fill in the gaps to create common collocations with participles.

shared, rising, melting, jagged, kicking

a. Back in the late '90s, Jimmy Fallon was a _____ star.
b. Torres Del Paines is known for its _____ peaks.
c. New Orleans, considered the home of jazz, is a _____ pot.
d. Learning at IELS Malta includes taking part in _____ activities.
e. Jazz isn't huge in the mainstream nowadays, but the underground scene is alive and _____.

Answer Key: a. rising; b. jagged; c. melting; d. shared; e. kicking

6. Which of these sentences about Ushuaia is not true?

a. It's thought to be the southernmost city on Earth.
b. It started as a penal colony.
c. It connects Argentina with Antarctica.
d. It's close to the Tierra del Fuego National Park.

Answer: c

7. What is a participle in English grammar?

a. a type of noun
b. a word formed from a verb used as an adjective
c. a synonym for a sentence
d. a punctuation mark

Answer: b

8. Which of the following best describes improvisation in jazz?

a. playing only written music
b. repeating the same melody in different songs
c. creating music spontaneously
d. singing with wordless vocables

Answer: c

9. Which two countries share Patagonia?

a. Brazil and Argentina
b. Argentina and Chile
c. Chile and Peru
d. Venezuela and Colombia

Answer: b

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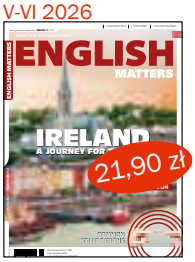

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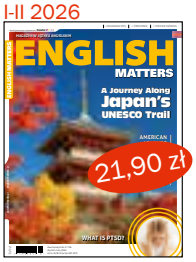

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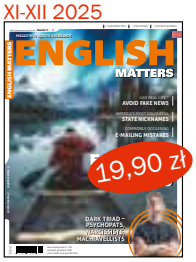

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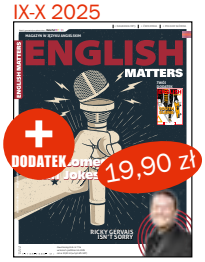

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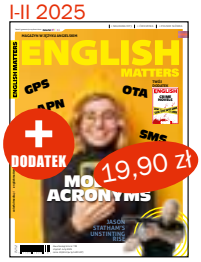

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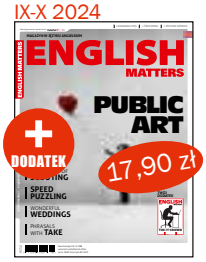

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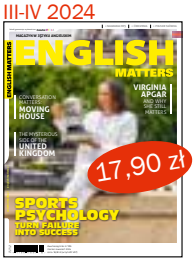

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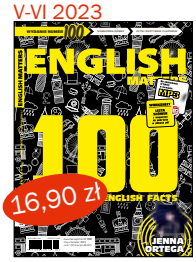

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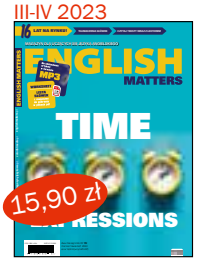

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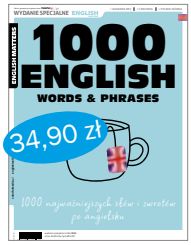

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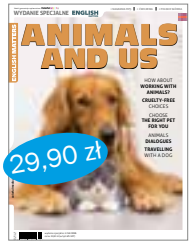

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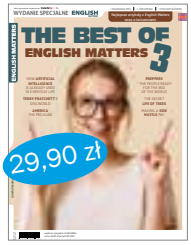

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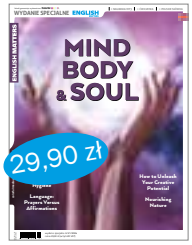

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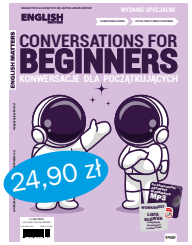
24,90 zł



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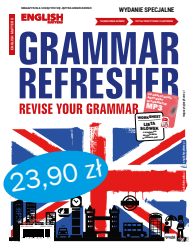

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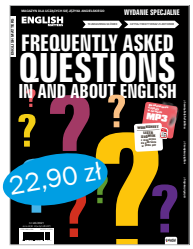
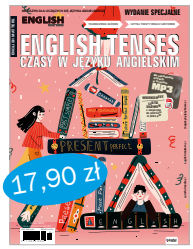


22,90 zł

19,90 zł

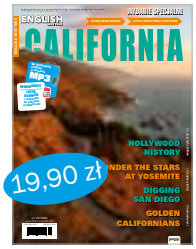


17,90 zł

17,90 zł

22,90 zł

19,90 zł



19,90 zł

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