



Spis treści

Wprowadzenie	_____	4
Idiomy (Idioms)	_____	5
Najpopularniejsze (Most popular)	_____	6
Często używane (Frequent)	_____	38
Dla fanów (For fans)	_____	72
Dla maniaków (For freaks)	_____	108
Czasowniki złożone (Phrasal verbs)	_____	132
Indeks idiomów	_____	222

Spis skrótów

sb – somebody
sb's – somebody's
sth – something

Idioms and Phrasal Verbs: Angielski

Z przyjemnością oddajemy w Twoje ręce publikację z idiomami i czasownikami złożonymi, wybranymi z kursów multimedialnych „Idioms” oraz „Phrasal Verbs”, przygotowaną z myślą o osobach ceniących sobie naukę przy pomocy tradycyjnego podręcznika. Przejrzysty układ treści na stronie pozwala na swobodną orientację w książce, jak również na dodawanie własnych notatek. Na każdej rozkładówce znajdziesz listę słówek lub wyrażen w języku angielskim, opatrzonych definicjami, polskimi tłumaczeniami oraz przykładami użycia. Nauka z książką polega na zastąpieniu treści po prawej stronie i stopniowym odstawianiu jej, w miarę udzielania odpowiedzi na „pytania” ze strony lewej. Widoczne po lewej stronie polskie tłumaczenia haseł i przykłady z luką mają za zadanie naprowadzenie uczącego się na prawidłową odpowiedź w języku angielskim. Poprawność odpowiedzi należy zweryfikować poprzez samodzielne porównanie jej z informacjami na stronie prawej.

Każdemu hasłu w książce towarzyszą ponumerowane kolejno nagrania MP3, podzielone na pliki „a” (z treścią definicji) oraz pliki „b” (z hasłem oraz pełnym zdaniem przykładowym), które pozwalają zapoznać się z prawidłową angielską wymową.

Część poświęcona idiomom podzielona jest na cztery sekcje – od najbardziej popularnych do najbardziej zaawansowanych, a w ramach sekcji idiomy ułożone są alfabetycznie. W każdej chwili możesz wyszukać idiom, korzystając z indeksu idiomów znajdującego się na końcu książki. Część poświęcona czasownikom ułożona jest w kolejności alfabetycznej.

Wydanie książkowe obejmuje słownictwo dostępne w obszerniejszych multimedialnych wersjach kursów „Idioms” i „Phrasal Verbs”, przystosowanych do nauki online (w serwisie www.SuperMemo.com), w aplikacji SuperMemo.com na komputery PC z systemem operacyjnym Windows oraz na urządzeniach mobilnych z systemem operacyjnym iOS i Android. Kursy multimedialne z tej serii zostały opracowane z użyciem uznanej, opartej na badaniach naukowych i wielokrotnie nagradzanej metody SuperMemo. Jej zastosowanie w kursie językowym pozwala na zminimalizowanie czasu nauki przy zachowaniu prawie 100% efektywności pamiętania materiału. Dzięki kalendarzowi nauki oraz powtórkom kursy SuperMemo są jednocześnie indywidualnym planem nauki osoby uczącej się, dzięki czemu pomagają przyswajając sobie nowe słownictwo w maksymalnie efektywny sposób. Nauka z kursami nie jest obciążająca pomimo swojej intensywności – wystarczy poświęcić jej 20 minut dziennie, aby zauważalnie poszerzyć swoje zasoby leksykalne. Wynika to ze zdolności programu do optymalnego dostosowywania się do indywidualnych możliwości językowych i czasowych konkretnej osoby.

Życzymy owocnej nauki!
SuperMemo World

Idioms (Idioms)

to begin to cause trouble
wszczynać (np. awantury) ▶▶
 Jerry shouldn't be allowed to drink alcohol, or he'll _____ again in the pub.

a phrase spoken before drinking a glass of alcohol
Do dna! (toast) ▶▶
 Standing at the end of the table with a glass in her hand, she shouted: _____.

nobody knows
kto wie, kto to może wiedzieć ▶▶
 _____ what will happen next.

old-fashioned: crazy or foolish, or acting strangely
bez piątej klepki, postradał rozum do reszty ▶▶
 You must have been _____ to go there on your own. It's dangerous!

used to say that you can feel sth is going to happen soon
coś wisi w powietrzu, na coś się zapowiada ▶▶
 Yesterday Karen wasn't talking to anybody, and today she didn't go to work.
 I'm telling you, _____.

a person's successes and defeats
wzloty i upadki ▶▶
 A real friend will stick with you through _____.

located near, and therefore easily available
pod ręką, w zasięgu ręki ▶▶
 I'm going next door, so I will be _____ in case you need anything.

to bear no relation with sth
nie mieć z kimś / czymś nic wspólnego ▶▶
 Don't accuse me of taking your wallet, I had _____!

to sympathise with sb and to support them in a discussion or quarrel
brać czyjąś stronę ▶▶
 Why do you _____?! I thought I was your friend and not Troy!












working
w / przy pracy ▶▶
 Today, we have five hundred staff _____.

to achieve success in your profession
zajść daleko ▶▶
 Only by working hard can one _____.

used to dare sb to do better than you have just done to beat you
Spróbuj mnie przebić / pokonać! ▶▶
 _____,' said the player to his opponent after hitting the bull's-eye.

to continue moving and being busy
w ruchu, zajęty, zapracowany ▶▶
 I admire Alice. She's always _____. Where does she find all that strength, I wonder?

just for security, to be sure
na wszelki wypadek ▶▶
 It's supposed to be sunny, but please, bring a raincoat _____.

- ◀◀ **to start something**  1
Jerry shouldn't be allowed to drink alcohol, or he'll **start something** again in the pub.
- ◀◀ **Bottoms up!**  2
Standing at the end of the table with a glass in her hand, she shouted: '**Bottoms up!**'
- ◀◀ **goodness knows**  3
Goodness knows what will happen next.
- ◀◀ **barking mad**  4
You must have been **barking mad** to go there on your own. It's dangerous!
- ◀◀ **something's in the air**  5
Yesterday Karen wasn't talking to anybody, and today she didn't go to work. I'm telling you, **something's in the air**.
- ◀◀ **ups and downs**  6
A real friend will stick with you through **ups and downs**.
- ◀◀ **at hand**  7
I'm going next door, so I will be **at hand** in case you need anything.
- ◀◀ **to have nothing to do with sth**  8
Don't accuse me of taking your wallet, I **had nothing to do with it!**
- ◀◀ **to side with sb**  9
Why do you **side with him?**! I thought I was your friend and not Troy!
- ◀◀ **on the job**  10
Today, we have five hundred staff **on the job**.
- ◀◀ **to go far**  11
Only by working hard can one **go far**.
- ◀◀ **Follow that!**  12
'Follow that!', said the player to his opponent after hitting the bull's-eye.
- ◀◀ **on the go**  13
I admire Alice. She's always **on the go**. Where does she find all that strength, I wonder?
- ◀◀ **just in case**  14
It's supposed to be sunny, but please, bring a raincoat **just in case**.

Idioms (Idioms)

after a longer period of time
na dłuższą metę ▶▶

The method works for now, but it might prove detrimental _____.

to go or do sth first and lead others
wskazywać drogę, przetrzeć szlak ▶▶

Your idea seems too risky to me. But if you think it's possible, go ahead and _____.
We'll follow you.

used to say that sth that sb has done is extremely bad
To samo / absolutne dno! ▶▶

They made a mess in the restaurant and then they refused to pay for the meal. _____!

the best
niezrównany, niemający sobie równych ▶▶

The clients must be persuaded that our products are _____.

to make it easier for sth new to start
utorować drogę, otwierać drzwi dla / przed ▶▶

This bus model will _____ a totally new mode of transport.

the basic components of a given piece of machinery or a plan, scheme etc.
co i jak, szczegóły, śrubki ▶▶

If you're interested in seeing all the _____ of our coffee machine, you're very welcome.

looking exactly like sb else
wypisz, wymaluj ▶▶

Georgie is _____ his own father. They're so alike!

to act in a risky way by moving beyond the limit of what is accepted
igrać z ogniem, przeginać ▶▶

That was the third time he'd come to me with the same lame excuse. I told him not to _____.

to prevent sth from happening or sb from doing sth
stawać na drodze, przeszkadzać ▶▶

Whenever I try to talk to Arthur, Sandra _____, and I have to wait for another opportunity to approach him.

to be difficult to eradicate
łatwo się nie poddawać, być trudnym do wykorzenia ▶▶













Old superstitions _____, especially in the country.

the last one but not less important
ostatni, ale nie mniej ważny ▶▶

And _____, here's our candidate: Debra Murray.

contradictory or inconsistent with sb or sth else
sprzeczny, w sprzeczności ▶▶

I must say that your opinions are totally _____ with my theory.
What are your arguments?

- ◀◀ **in the long run**  15
The method works for now, but it might prove detrimental **in the long run**.
- ◀◀ **to lead the way**  16
Your idea seems too risky to me. But if you think it's possible, go ahead and **lead the way**. We'll follow you.
- ◀◀ **It's the pits!**  17
They made a mess in the restaurant and then they refused to pay for the meal.
It's the pits!
- ◀◀ **second to none**  18
The clients must be persuaded that our products are **second to none**.
- ◀◀ **to open the doors to sth**  19
This bus model will **open the doors to** a totally new mode of transport.
- ◀◀ **nuts and bolts**  20
If you're interested in seeing all the **nuts and bolts** of our coffee machine, you're very welcome.
- ◀◀ **the picture of sb**  21
Georgie is **the picture of** his own father. They're so alike!
- ◀◀ **to push it**  22
That was the third time he'd come to me with the same lame excuse. I told him not to **push it**.
- ◀◀ **to get in the way**  23
Whenever I try to talk to Arthur, Sandra **gets in the way**, and I have to wait for another opportunity to approach him.
- ◀◀ **to die hard**  24
Old superstitions **die hard**, especially in the country.
- ◀◀ **last but not least**  25
And **last but not least**, here's our candidate: Debra Murray.
- ◀◀ **at odds**  26
I must say that your opinions are totally **at odds** with my theory.
What are your arguments?

to make it possible for sth to happen
utorować drogę, przetrzeć szlak ▶▶
 The painter's experimentation _____ the development of a new art movement.

from time to time, occasionally
od czasu do czasu, co i rusz ▶▶
 _____ we would go for a walk to the nearby park.

continuing to exist or be popular, especially when it is not expected
cały i zdrowy, dobrze się mający ▶▶
 The old singer was _____, releasing new albums every year.

an inspiration, a hint
materiał do przemyśleń, strawa duchowa ▶▶
 Good books are the ones that give you _____.

fragments
drobiazgi, różności, fragmenty ▶▶
 She picked up all the _____ of the broken picture.

to cooperate with sb on a certain task
jednoczyć się, połączyć siły ▶▶
 The two companies _____ to work on the approaching conference schedule.

to begin a journey
ruszać w drogę ▶▶
 It was time for them to _____ so they grabbed the bags and got into the car.

used to tell sb, in a rude manner, to go away
Spadaj! Odczep się! ▶▶
 This problem concerns only me and Pam, so _____!

to keep being well-informed about sb or sth
mieć na oku, trzymać rękę na pulsie ▶▶
 I like to _____ his children to be sure they are fine.

to attract sb's attention, to be noticed
wpaść komuś w oko ▶▶
 Lenny almost immediately _____ my _____ in the crowd with this blue hair of his.

to intentionally avoid sb or sth
trzymać się z daleka od ▶▶
 I told you to _____ this place! It's dangerous in here!

sick and tired of sth
zmęczony czymś, mający czegoś po dziurki w nosie ▶▶
 _____ work and cold weather, she left for the Canary Islands to get some rest and enjoy the sun.

used to express admiration and envy about the way somebody lives
Żyć, nie umierać! ▶▶
 Look at this hotel! There's a pool, a gym, and a screening room! _____!

to do the same as sb else
iść za przykładem, zrobić to samo, co ktoś inny ▶▶
 Mark was so respected in his office that when he had a row with the management and decided to quit, many of his colleagues _____.

- ◀◀ **to pave the way for sb or sth**  27
The painter's experimentation **paved the way for** the development of a new art movement.
- ◀◀ **every now and then**  28
Every now and then we would go for a walk to the nearby park.
- ◀◀ **alive and well**  29
The old singer was **alive and well**, releasing new albums every year.
- ◀◀ **food for thought**  30
Good books are the ones that give you **food for thought**.
- ◀◀ **bits and pieces**  31
She picked up all the **bits and pieces** that had fallen from the old box.
- ◀◀ **to join forces with sb**  32
The two companies **joined forces** to work on the approaching conference schedule.
- ◀◀ **to hit the road**  33
It was time for them to **hit the road** so they grabbed the bags and got into the car.
- ◀◀ **Take a walk!**  34
This problem concerns only me and Pam, so **take a walk!**
- ◀◀ **to keep tabs on sb or sth**  35
I like to **keep tabs on** his children to be sure they are fine.
- ◀◀ **to catch sb's eye**  36
Lenny almost immediately **caught** my **eye** in the crowd with this blue hair of his.
- ◀◀ **to steer clear of sb or sth**  37
I told you to **steer clear of** this place! It's dangerous in here!
- ◀◀ **fed up with sth**  38
Fed up with work and cold weather, she left for the Canary Islands to get some rest and enjoy the sun.
- ◀◀ **This is the life!**  39
Look at this hotel! There's a pool, a gym, and a screening room! **This is the life!**
- ◀◀ **to follow suit**  40
Mark was so respected in his office that when he had a row with the management and decided to quit, many of his colleagues **followed suit**.

<p>everywhere wszędzie ▶▶</p> <p>We've been looking _____ but nobody has seen Stanley.</p>
<p>fantastic, unbelievably good nie z tej ziemi, niesamowity, fantastyczny ▶▶</p> <p>It was the most beautiful wedding I'd ever seen. It was truly _____!</p>
<p>used to say that sth is not very difficult or important To nic takiego / wielkiego. ▶▶</p> <p>Don't you worry about that broken vase. _____.</p>
<p>used to say that sth is highly likely to happen To pewne jak w banku. ▶▶</p> <p>I'm sure we are going to win. I'm telling you, _____.</p>
<p>to worsen the situation (e.g. by unskillfully trying to apply first aid) pogorszyć sprawę / sytuację ▶▶</p> <p>She wanted to apologise for her behaviour, but was afraid to _____ by saying something wrong.</p>
<p>to have been happening for some time already and now reaching its highest level of activity (about an event, process, etc.) iść / posuwać się pełną parą, trwać w najlepsze ▶▶</p> <p>The work on this new project is now _____, and there should be no problem with finishing it on time.</p>
<p>used to say sth was meant to happen the way it happened To przeznaczenie. To (komuś) było pisane. ▶▶</p> <p>I always knew that Mark and Linda would end up as a couple. _____.</p>
<p>on the whole, in general w sumie, w zasadzie ▶▶</p> <p>There were some boring moments in this movie, but _____ I liked it.</p>
<p>very successful on the way to one's goal na fali ▶▶</p> <p>The baseball team was _____, winning one game after another.</p>
<p>used to say how nice it is to be back in your own place Nie ma to jak w domu! ▶▶</p> <p>Only twenty miles to go, and then _____!</p>
<p>used to tell sb that they are boring and that they should look for sth else to do Znajdź sobie coś do roboty! Nie nudź! ▶▶</p> <p>You're turning into a couch potato. Go out and _____!</p>
<p>to agree to help sb to do sth in the way suggested by them bawić się / podjąć współpracę / współpracować z kimś ▶▶</p> <p>We came up with a very good offer at the meeting, but they refused to _____ us.</p>
<p>still successful nadal / wciąż dobrze się trzymać ▶▶</p> <p>After all these years, our company is _____ and making a lot of money.</p>

- ◀◀ **far and wide** 🔊41
We've been looking **far and wide** but nobody has seen Stanley.
- ◀◀ **out of this world** 🔊42
It was the most beautiful wedding I'd ever seen. It was truly **out of this world**!
- ◀◀ **It's no big deal.** 🔊43
Don't you worry about that broken vase. **It's no big deal.**
- ◀◀ **It's in the bag.** 🔊44
I'm sure we are going to win. I'm telling you, **it's in the bag.**
- ◀◀ **to make matters worse** 🔊45
She wanted to apologise for her behaviour, but was afraid to **make matters worse** by saying something wrong.
- ◀◀ **to be in full swing** 🔊46
The work on this new project is now **in full swing**, and there should be no problem with finishing it on time.
- ◀◀ **It was in the stars.** 🔊47
I always knew that Mark and Linda would end up as a couple. **It was in the stars.**
- ◀◀ **by and large** 🔊48
There were some boring moments in this movie, but **by and large** I liked it.
- ◀◀ **on a roll** 🔊49
The baseball team was **on a roll**, winning one game after another.
- ◀◀ **Home sweet home!** 🔊50
Only twenty miles to go, and then **home sweet home!**
- ◀◀ **Get a life!** 🔊51
You're turning into a couch potato. Go out and **get a life!**
- ◀◀ **to play ball with sb** 🔊52
We came up with a very good offer at the meeting, but they refused to **play ball with us.**
- ◀◀ **still going strong** 🔊53
After all these years, our company is **still going strong** and making a lot of money.