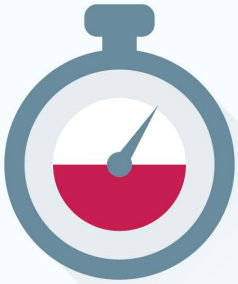
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3 MINUTE POLISH

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LESSON NOTES

3-Minute Polish #1 Self Introduction

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POLISH

1. Cześć! Jestem Marzena. Miło mi.
2. Dzień dobry! Nazywam się Marzena Kowalska.
3. Miło mi Pana poznać
4. Miło mi Panią poznać.

ENGLISH

1. Hi! I'm Marzena. Nice to meet you.(informal)
2. Good day, my name is Marzena Kowalska.(formal)
3. Nice to meet you.
4. Nice to meet you (to a woman).

VOCABULARY

Polish	English	Class	Gender
cześć	Hello, Hi.	expression	
jestem	I am	verb	
miło mi	I am pleased to	phrase	
Marzena	Marzena	proper noun	
nazywam się	I call myself	verb	

dzień dobry	good day	expression	
Marzena Kowlska	person's full name	proper noun	
Pana	Sir, you	noun	masculine
poznać	to meet	verb	
Panią	ma'am, you	noun	feminine
poznać	to meet, to get to know	verb	

SAMPLE SENTENCES

Cześć, Ewa. Hi, Eva.	**Cześć, Adam.** Hello, Adam.
Jestem chory. "I'm sick."	**Jestem lekarzem.** "I'm a doctor."
Jestem z Niemiec. "I'm from Germany."	**Z przyjemnością poznam twoich rodziców.** I would love to meet your parents.
Bardzo mi miło pana poznać. It's very nice to meet you, sir.	**Poznał Anię na studiach.** He met Ann at the university.

GRAMMAR

In this lesson you will learn how to introduce yourself.

	Register	*Polish*	English	Important Notes
Phrase 1	**informal**	***Cześć! Jestem Marzena. Miło mi.***	**Hi I'm Marzena. Nice to meet you.**	
Word 1		*cześć*	Hi	
Word 2		*jestem*	I am	conjugated verb
Word 3		*Marzena*	person's name	
Word 4		*miło mi*	I am pleased to	this the shortened version of miło mi cię poznać, "nice to meet you"
Phrase 2	**formal**	***Dzień dobry! Nazywam się Marzena Kowalska.***	**Good day, my name is Marzena Kowalska.**	
Word 1		*dzień dobry*	good day	
Word 2		*nazywam się*	I call myself	conjugated reflexive verb
Word 3		*Marzena Kowlska*	person's full name	
Phrase 3	**formal**	***Miło mi Pana poznać***	**Nice to meet you.**	
Word 1		*miło mi*	I am pleased to	

Word 2		*Pana*	Sir, you	ACC
Word 3		*poznać*	to meet	inf
Phrase 4	**formal**	***Miło mi Panią poznać.***	**Nice to meet you (to a woman).**	
Word 1		*miło mi*	I am pleased to	
Word 2		*Panią*	ma'm, you	ACC
Word 3		*poznać*	to get to know	INF

CULTURAL INSIGHT

When you introduce yourself, it's a good habit to shake hands. It doesn't matter whether you're meeting a man or a woman-do the handshake.
If you are not sure how to say 'Nice to meet you,' feel free to skip it. Polish people don't use it much.

LESSON NOTES

3-Minute Polish #2 Greetings

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POLISH

1. Cześć
2. Dzień dobry.
3. Do zobaczenia.
4. Do widzenia.

ENGLISH

1. Hi.(informal)
2. Good day.(formal)
3. See you.(informal)
4. Goodbye.(formal)

VOCABULARY

Polish	English	Class	Gender
zobaczenia	see		
do widzenia	goodbye	expression	
cześć	Hello, Hi.	expression	
dobry	good	adjective	masculine
dzień	day	noun	masculine

do	to, till	preposition

SAMPLE SENTENCES

Cześć, Ewa. Hi, Eva.	**Cześć, Adam.** Hello, Adam.
Dzień dobry, pani Anno. Good morning, Miss Anna.	**To jest dobry sklep.** This is a good store.
Jaki jest dzisiaj dzień? What day is it today?	**Jest piękny dzień.** It's a beautiful day.
Cały dzień spędziłam na zakupach. I (female) spent the whole day shopping.	**Idziemy do pubu.** We're going to the pub.
Idę do szkoły. I am going to school.	

GRAMMAR

In this lesson you will learn how to greet someone when you arrive and when you part.

	Register	*Polish*	English	Important Notes
Phrase 1	**informal**	***Cześć***	**Hi.**	
Word 1		*Cześć*	Hi	
Phrase 2	**formal**	***Dzień dobry.***	**Good day.**	

Word 1		*dobry*	good	masculine
Word 2		*dzień*	day	
Phrase 3	**informal**	***Do zobaczenia.***	**See you.**	
Word 1		*do*	to, till	
Word 2		*zobaczenia*	see	
Phrase 4	**formal**	***Do widzenia.***	**Goodbye.**	
Word 1		*do widzenia*	goodbye	

CULTURAL INSIGHT

When greeting someone far from you, you usually wave your hand. When the person is standing next to you, however, you hugging between friends is not uncommon, but you would never do a handshake.

LESSON NOTES

3-Minute Polish #3 Manners

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POLISH

1. Dziękuję.
2. Dziękuję bardzo.
3. Dziękuję uprzejmie.
4. Dzięki za wszystko.

ENGLISH

1. Thank you.
2. Thank you very much.
3. Thank you, gladly.
4. Thanks for everything.

VOCABULARY

Polish	English	Class
dziękuję	thank you	phrase, expression
bardzo	very much, very	adverb
uprzejmie	kindly	adverb
dzięki	Thanks (informal)	expression
za	for, in	preposition
wszystko	everything	pronoun, noun

SAMPLE SENTENCES

Dziękuję za pomoc. Thank you for your help!	**Bardzo lubię kawę.** I like coffee very much.
Bardzo za tobą tęsknię. I miss you very much.	**Dzięki! Do zobaczenia!** Thanks! See you!

Zapłacę za wszystko.

I will pay for everything.

GRAMMAR

In this lesson you will learn how to thank other people in various ways.

	Register	*Polish*	English	Important Notes
Phrase 1		***Dziękuję.***	**Thank you.**	
Phrase 2		***Dziękuję bardzo.***	**Thank you very much.**	
Word 1		*dziękuję*	thank you	
Word 2		*bardzo*	very much	
Phrase 3	**formal**	***Dziękuję uprzejmie.***	**Thank you, gladly.**	
Word 1		*dziękuję*	thank you	
Word 2		*uprzejmie*	kindly	
Phrase 4	**informal**	***Dzięki za wszystko.***	**Thanks for everything.**	

Word 1		*dzięki*	thanks	informal
Word 2		*za*	for	
Word 3		*wszystko*	everything	

CULTURAL INSIGHT

If someone does something for you, you would usually buy something small for that person. If you don't know what to buy, you can either do something for him or her in return. Or buy them a small box of chocolates—this always works!

LESSON NOTES

3-Minute Polish #4
Asking How Someone Is

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POLISH

1. Jak się masz?
2. Jak się pan miewa?
3. W porządku, dziękuję.
4. Nie za dobrze.

ENGLISH

1. How are you?
2. How are you? (to a man)
3. I'm fine. Thank you.
4. Not too well.

VOCABULARY

Polish	English	Class	Gender
jak	how	pronoun	
się masz	are you	verb	
pan	sir, you (man)	noun	masculine
miewa	is doing	verb	
w porządku	fine	phrase	

dziękuję	thank you	phrase, expression
nie	no, not	particle
za	too	adverb, preposition
dobrze	well, okay	adverb

SAMPLE SENTENCES

Jak masz na imię? What's your name?	**Jak się to pisze?** How do you write this?
Jak długo uczysz się polskiego? How long have you been studying Polish?	**w porządku** I'm fine.
Dziękuję za pomoc. Thank you for your help!	**Nie, nie lubię muzyki klasycznej.** "No, I don't like classical music."
On ma za dużo pracy w ten weekend. He has too much homework for this weekend.	**Dobrze.** I'm fine.
Tak, dobrze mówię. Yes, I speak it well.	**Nie czuję się dziś dobrze.** I'm not feeling well today.
Dobrze się czujesz? Are you feeling well?	

GRAMMAR

In this lesson you will learn how to ask and answer the question How are you?.

	Register	*Polish*	English	Important Notes
Phrase 1	**informal**	***Jak się masz?***	**How are you?**	
Word 1		*jak*	how	
Word 2		*się masz*	are you	reflexive, 2nd person, singlar
Phrase 2	**formal**	***Jak się pan miewa?***	**How are you (to a man)?**	
Word 1		*jak*	how	
Word 2		*pan*	sir, you	
Word 3		*miewa*	is doing	3rd person, singular
Phrase 3	**informal**	***W porządku, dziękuję.***	**I'm fine. Thank you.**	
Word 1		*w porządku*	fine	
Word 2		*dziękuję*	thank you	
Phrase 4	**formal**	***Nie za dobrze.***	**Not too well.**	
Word 1		*nie*	not	
Word 2		*za*	too	
Word 3		*dobrze*	well	

CULTURAL INSIGHT

It is not uncommon to ask about someone's well-being, but expect a long and usually negative answer. Poles love to complaining, especially to their friends and family.

LESSON NOTES

3-Minute Polish #5 Making Apologies

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POLISH

1. Przepraszam.
2. Sorry.
3. Nie o to mi chodziło.
4. Najmocniej przepraszam.

ENGLISH

1. Excuse me./ I'm sorry.
2. Excuse me./ I'm sorry.
3. I didn't mean it.
4. I am terribly sorry.

VOCABULARY

Polish	English	Class
Przepraszam	Excuse me./ I'm sorry.	expression
Sorry.	I'm sorry.	
nie	no, not	particle
o to	about this	phrase
chodziło	it was (about)	verb

najmocniej	terribly, very	adverb
przepraszam	I'm sorry.	expression

SAMPLE SENTENCES

Nie, nie lubię muzyki klasycznej.

"No, I don't like classical music."

GRAMMAR

In this lesson you will learn how to apologise yourself and say that you didn't do it on purpose or you are sorry.

	Register	***Polish***	**English**	**Important Notes**
Phrase 1		***Przepraszam.***	**Excuse me./ I'm sorry.**	
Word 1		*Przepraszam*	Excuse me./ I'm sorry.	
Phrase 2	**informal**	***Sorry.***	**Excuse me./ I'm sorry.**	**spoken with Polish accent and Polish "y", very informal and used by young people**
Word 1		*Sorry.*	I'm sorry.	
Phrase 3		***Nie o to mi chodziło.***	**I didn't mean it.**	

Word 1		*nie*	not	
Word 2		*o to*	about this	
Word 3		*chodziło*	it was (about)	3rd person, singular, past (it)
Phrase 4		***Najmocniej przepraszam.***	**I am terribly sorry.**	
Word 1		*najmocniej*	terribly, very	
Word 2		*przepraszam*	I'm sorry.	

CULTURAL INSIGHT

It really depends on the situation, but you would usually just say *Przepraszam* or "I'm sorry" while looking very apologetic. If you do something really bad, you can always try giving a small gift.

LESSON NOTES

3-Minute Polish #6 Refusing Politely

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POLISH

1. Nie, dziękuję.
2. Przepraszam, ale nie mogę tego przyjąć.
3. Przepraszam, ale już mam plany.
4. Przykro mi, ale nie dam rady.

ENGLISH

1. No, thank you.
2. I'm sorry, but I can't accept this.
3. I'm sorry, but I already have plans.
4. I'm sorry, but I won't make it.

VOCABULARY

Polish	English	Class
nie dam rady	I won't make it	phrase
przykro mi	I'm sorry	expression
plany	plans	noun
nie	no, not	particle
dziękuję	thank you	phrase, expression
przepraszam	I'm sorry.	expression

ale	but	conjunction
nie mogę	I can't	verb
tego	this	dereminitive pronoun
przyjąć	to accept	verb
już	already	particle
mam	I have, have	verb

SAMPLE SENTENCES

Nie, nie lubię muzyki klasycznej. "No, I don't like classical music."	**Dziękuję za pomoc.** Thank you for your help!
Wiem, że jesteś zajęty, ale czy mógłbyś zadzwonić do mojego prawnika. I know you are busy. But can you call my lawyer?	**Lubię twojego brata, ale nie lubię twojej siostry.** I like your brother, but I don't like your sister.
Lubię jabłka, ale tylko kwaśne. I like apples, but only sour ones.	**Już skończyłam.** I already finished.
Mam siostrę. "I have a sister."	**Mam osiemnaście lat.** "I'm eighteen years old."

GRAMMAR

In this lesson you will learn how to refuse politely an invite.

	Register	*Polish*	English	Important Notes

Phrase 1	**informal**	***Nie, dziękuję.***	**No, thank you.**	
Word 1		*nie*	no	
Word 2		*dziękuję*	thank you	
Phrase 2	**formal**	***Przepraszam, ale nie mogę tego przyjąć.***	**I'm sorry, but I can't accept this.**	
Word 1		*przepraszam*	I'm sorry	
Word 2		*ale*	but	
Word 3		*nie mogę*	I can't	1st, singular, negation
Word 4		*tego*	this	GEN
Word 5		*przyjąć*	to accept	inf
Phrase 3	**formal**	***Przepraszam bardzo, ale już mam plany.***	**I'm sorry, but I already have plans.**	
Word 1		*przepraszam*	I'm sorry	
Word 2		*ale*	but	
Word 3		*już*	already	
Word 4		*mam*	have	1st, singular (I)
Word 5		*plany*	plans	plural
Phrase 4		***Przykro mi, ale nie dam rady.***	**I'm sorry, but I won't make it.**	**it may be on the informal side, but this is more neutral**

Word 1		*przykro mi*	I'm sorry	
Word 2		*ale*	but	
Word 3		*nie dam rady*	I won't make it	1st, singular, negation

CULTURAL INSIGHT

It’s a good idea to think of a good excuse. First we always say why we cannot make it and then apologize for not being able to come. It is always good to promise that you will come next time.

LESSON NOTES

3-Minute Polish #7
Do You Speak English?

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POLISH

1. Czy mówi pan po angielsku?
2. Mówisz po angielsku?
3. Tak, mówię.
4. Nie, nie mówię.

ENGLISH

1. Do you speak English? (speaking to a man, formal)
2. Do you speak English?(informal)
3. Yes, I speak English.
4. No, I don't.

VOCABULARY

Polish	English	Class
czy	whether	particle
mówi	speak	verb
pan	sir, you (to a man)	noun
po angielsku	in English	phrase
mówisz	you speak	verb
tak	yes	particle

mówię	I speak	verb
nie	no, not	particle

SAMPLE SENTENCES

Oni mówią biegle po angielsku. They speak English fluently.	**Czy mówisz po polsku?** Do you speak Polish?
Tak, mam brata. Yes, I have a brother.	**Tak, szczególnie uwielbiam barszcz.** Yes, I especially love beetroot soup.
Tak, jest przepyszne. Yes, it's delicious.	**Tak, trochę mówię.** Yes, I speak a little.
Tak, dobrze mówię. Yes, I speak it well.	**Nie, nie lubię muzyki klasycznej.** "No, I don't like classical music."

GRAMMAR

In this lesson you will learn how to ask and answer the question Do you speak English?.

	Register	***Polish***	**English**	**Important Notes**
Phrase 1	**formal**	***Czy mówi pan po angielsku?***	**Do you speak English? (to a man)**	**when addressing a man**
Word 1		*czy*	whether	
Word 2		*mówi*	speak	3rd, singular

Word 3		*pan*	sir, you (to a man)	masculine
Word 4		*po angielsku*	in English	
Phrase 2	**informal**	***Mówisz po angielsku?***	**Do you speak English?**	**to both, a man and a women**
Word 1		*mówisz*	you speak	2nd, singular (You)
Word 2		*po angielsku*	in English	
Phrase 3		***Tak, mówię.***	**Yes, I speak English.**	**same for men and women**
Word 1		*tak*	yes	
Word 2		*mówię*	I speak	1st, singular (I)
Phrase 4		***Nie, nie mówię.***	**No, I don't.**	
Word 1		*nie*	no, not	
Word 2		*mówię*	I speak	1st, singular (I)

CULTURAL INSIGHT

Apart from in the big cities, many people still do not speak English. This is especially true of older people, who speak more German and/or Russian. Most of the younger people, however, should be able to speak English.

LESSON NOTES

3-Minute Polish #8
Talking About Your Age

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#8

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POLISH

1. Ile masz lat?
2. Ile ma pan lat?
3. Siedemnaście.
4. Wolałabym nie mówić.

ENGLISH

1. How old are you?(informal)
2. How old are you? (speaking to a man, formal)
3. I am 17.
4. I prefer not to say. (for a woman)

VOCABULARY

Polish	English	Class	Gender
ile	how many	pronoun, interrogative pronoun	
masz	you have	verb	
lat	years	noun	
ma	he has	verb	

pan	sir, you (man)	noun	masculine
siedemnaście	seventeen	numeral	
wolałabym	I prefer	verb	
nie	no, not	particle	
mówić	to speak; to say	verb	

SAMPLE SENTENCES

Kiedy masz urodziny? When is your birthday?	**Ile masz lat?** "How old are you?"
Ile masz lat? "How old are you?"	**Ten pierścionek kosztuje siedemnaście złotych.** This ring costs seventeen złoty.
Nie, nie lubię muzyki klasycznej. "No, I don't like classical music."	**Ludzie mówią "cześć".** The people are saying, "Hello".
Czy mówisz po polsku? Do you speak Polish?	

GRAMMAR

In this lesson you will learn how to ask someone's age and to say yours.

	Register	*Polish*	English	Important Notes

Phrase 1	**informal**	***Ile masz lat?***	**How old are you?**	**same for men and women**
Word 1		*ile*	how many	
Word 2		*masz*	you have	2nd, singular (You)
Word 3		*lat*	years	plural, GEN, non-masculine
Phrase 2	**formal**	***Ile ma pan lat?***	**How old are you (to a man)?**	**when addressing a man**
Word 1		*ile*	how many	
Word 2		*ma*	he has	3rd, singular (he -> formal You)
Word 3		*pan*	sir, you (man)	masculine
Word 4		*lat*	years	plural, GEN, non-masculine
Phrase 3		***Siedemnaście.***	**I am 17.**	
Word 1		*siedemnaście*	seventeen.	
Phrase 4		***Wolałabym nie mówić.***	**I prefer not to say. (for a woman)**	**for women**
Word 1		*wolałabym*	I prefer	1st, singular, masculine
Word 2		*nie*	not	
Word 3		*mówić*	to say	inf

CULTURAL INSIGHT

You would NEVER ask about somebody's age in Poland, especially if the person you are asking is a woman. Remember: Polish women are always 18.

LESSON NOTES

3-Minute Polish #9
Using Adjectives

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POLISH

1. Jestem szczęśliwy.
2. Jestem zmęczona.
3. Jesteśmy smutni.
4. Jesteście spóźnione.

ENGLISH

1. I am happy (for a man).
2. I am tired. (for a woman)
3. We are sad.
4. You are late (for a group of women only).

VOCABULARY

Polish	English	Class
jestem	I am	verb
szczęśliwy	happy	adjective
jesteśmy	we are	verb
smutni	sad	adjective
jesteście	you are	verb
spóźnieni	late	adjective

zmęczona	tired	adjective

SAMPLE SENTENCES

Szczęśliwa para przytula się na plaży.

"The happy couple is hugging on the beach."

GRAMMAR

In this lesson you will learn how to use adjectives in simple sentences.

	Register	*Polish*	English	Important Notes
Phrase 1		***Jestem szczęśliwy.***	**I am happy (for a man).**	**for women**
Word 1		*jestem*	I am	1st, singular (I)
Word 2		*szczęśliwy*	happy	masculine form
Phrase 2		***Jestem zmęczona.***	**I am tired. (for a woman)**	**for women**
Word 1		*jestem*	I am	1st, singular (I)
Word 2		*zmęczona*	tired	feminine
Phrase 3		***Jesteśmy smutni.***	**We are sad.**	
Word 1		*jesteśmy*	we are	plural (we)

Word 2		*smutni*	sad	plural, masculine (men and women, or men only)
Phrase 4	**informal**	***Jesteście spóźnione.***	**You are late (for a group of women only).**	**informal**
Word 1		*jesteście*	you are	2nd, plural (You)
Word 2		*spóźnieni*	late	plural, feminine (to a group of women)

CULTURAL INSIGHT

If you want to intensify the adjective, you can use *bardzo*, "very." For example, you can say *bardzo zmęczony*, "very tired" - if you are a man, or *bardzo ładna*, "very beautiful"—about a woman. Note that the category of adjectives in Polish doesn't have to overlap with other languages. For example, nationalities in Polish are nouns.

LESSON NOTES

3-Minute Polish #10 Asking How Much Something Costs

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POLISH

1. Ile to kosztuje?
2. Ile tamto kosztuje?
3. Dobrze, wezmę to.
4. Nie, dziękuję. To jest za drogie.

ENGLISH

1. How much does this cost?
2. How much does that cost?
3. OK, I'll take it.
4. No, thanks. It's too expensive.

VOCABULARY

Polish	English	Class	Gender
ile	how much, how many	pronoun, interrogative pronoun	
kosztuje	it costs	verb	
to	this	pronoun, determinative pronoun	neuter

tamto	that	pronoun, determinative pronoun	neuter
dobrze	well, okay	adverb	
wezmę	I will take	verb	
nie, dziękuję	no, thanks	phrase	
jest	it is, this is	verb	
za drogie	too expensive	phrase	

SAMPLE SENTENCES

Ile masz jabłek? How many apples do you have?	**Ile to kosztuje?** How much is this?
Ile masz wzrostu? How tall are you?	**Ile kosztuje kuszetka do Gdyni?** How much is the sleeper to Gdynia?
Ile to kosztuje? How much is this?	**Co to jest?** What's this?
Co to znaczy? What does it mean?	**To jest gazeta.** This is a newspaper.
To czy tamto "This or that."	**Dobrze.** I'm fine.
Tak, dobrze mówię. Yes, I speak it well.	**Nie czuję się dziś dobrze.** I'm not feeling well today.

Dobrze się czujesz? Are you feeling well?	**Jaka jest pogoda w Warszawie?** What's the weather like in Warsaw?
Która jest godzina? What time is it?	**Tak, jest przepyszne.** Yes, it's delicious.

GRAMMAR

In this lesson you will learn how to ask how much something costs.

	Polish	**English**	**Important Notes**
Phrase 1	***Ile to kosztuje?***	**How much does this cost?**	
Word 1	*ile*	how much	
Word 2	*to*	this	close
Word 3	*kosztuje*	it costs	3rd, singular, (it)
Phrase 2	***Ile tamto kosztuje?***	**How much does that cost?**	
Word 1	*ile*	how much	
Word 2	*tamto*	that	far
Word 3	*kosztuje*	it costs	3rd, singular, (it)
Phrase 3	***Dobrze, wezmę to.***	**OK, I'll take it.**	
Word 1	*dobrze*	okay	
Word 2	*wezmę*	I will take	1st, singular

Word 3	*to*	this	
Phrase 4	***Nie, dziękuję. To jest za drogie.***	**No, thanks. It's too expensive.**	
Word 1	*nie, dziękuję*	no, thanks	
Word 2	*jest*	this is	3rd, singular, (it)
Word 3	*za drogie*	too expensive	

CULTURAL INSIGHT

Bargaining in Poland is still pretty common when it comes to the street stands or markets. If you buy more than one thing, you can usually get a better deal. In big shops and supermarkets they would usually lower their prices at the end of each season.

LESSON NOTES

3-Minute Polish #11
How to Read Prices

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2 Polish
2 English
2 Vocabulary
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4 Grammar
5 Cultural Insight

#11

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POLISH

1. Jeden złoty
2. Dziesięć złotych.
3. Pięćdziesiąt pięć złotych i dziesięć groszy.
4. Dwadzieścia sześć złotych i jeden grosz.

ENGLISH

1. One zloty.
2. Ten zloty.
3. Fifty-five zloty and ten grosz.
4. Twenty-six zloty and one grosz.

VOCABULARY

Polish	English	Class	Gender
jeden	one (1)	numeral, cardinal number	
złoty	Polish currency (PLN)	proper noun	masculine
dziesięć	ten (10)	numeral	

złotych	zloty, polish currency (PLN)	proper noun	
pięć	five (5)	numeral	
pięćdziesiąt	fifty (50)	numeral	
groszy	polish currency (grosz)	proper noun	
dzwadzieścia sześć	twenty-six	numeral	
grosz	grosz, polish currency (grosz)	noun, proper noun	masculine
i	and	conjunction	

SAMPLE SENTENCES

jeden rok For one year.	**Mam tylko jeden złoty.** I only have one złoty.
Proszę jedno jabłko. One apple, please.	**Mam tylko dziesięć minut.** I only have ten minutes.
Proszę dziesięć piw. Ten beers, please.	**Pięć złotych.** It's 5 zloty.
Pięć złotych. It's 5 zloty.	**Mam pięć batoników.** I have five chocolate bars.
pięć dziewczyn five girls	**Ona ma pięćdziesiąt książek na półce.** "She has fifty books on her bookshelf."

Znalazłam jeden grosz. I (female) found one grosz.	**I jak?** How is it? (food)
Moje ulubione owoce to wiśnie i truskawki. My favorite fruits are cherries and strawberries.	**Proszę kawę i herbatę.** Coffee and tea please.

GRAMMAR

In this lesson you will learn how to read prices.

	Polish	**English**	**Important Notes**
Phrase 1	***jeden złoty***	**One zloty.**	
Word 1	*jeden*	one	
Word 2	*złoty*	polish currency (PLN)	NOM
Phrase 2	***Dziesięć złotych.***	**Ten zloty.**	
Word 1	*dziesięć*	ten	
Word 2	*złotych*	polish currency (PLN)	GEN
Phrase 3	***Pięćdziesiąt pięć złotych i dziesięć groszy.***	**Fifty-five zloty and ten grosz.**	
Word 1	*pięćdziesiąt*	fifty	
Word 2	*pięć*	five	

Word 3	*złotych*	polish currency (PLN)	GEN
Word 4	*dziesięć*	ten	
Word 5	*groszy*	polish currency (grosz)	GEN
Phrase 4	***Dwadzieścia sześć złotych i jeden grosz.***	**Twenty-six zloty and one grosz.**	
Word 1	*dzwadzieścia sześć*	twenty-six	
Word 2	*i*	and	
Word 3	*jeden*	one	
Word 4	*grosz*	polish currency (grosz)	NOM

CULTURAL INSIGHT

Poland is still using its own currency, which is *zloty*. 1 zloty is 100 *groszy*, and as for now it is more or less 28 US cents. Most of the prices are already displayed with the taxes, but sometimes you may be charged extra when dining at a fancy restaurant.

LESSON NOTES

3-Minute Polish #12
Asking What Someone is Doing

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2 Polish
2 English
2 Vocabulary
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3 Grammar
4 Cultural Insight

#12

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POLISH

1. Co robisz?
2. Co pani robi?
3. Uczę się.
4. Nic takiego.

ENGLISH

1. What are you doing?
2. What are you doing?(speaking to a woman, formal)
3. I am studying.
4. Nothing special.

VOCABULARY

Polish	English	Class	Gender
co	what	pronoun, interrogative pronoun	
robisz	you do, you are doing	verb	
pani	ma'am, ms. mrs, sir, you (to woman)	noun	feminine

robi	you are doing	verb
uczę się	I'm studying	
nic takiego	nothing special	phrase

SAMPLE SENTENCES

O czym mówisz? What are you talking about?	**Co robisz?** What are you doing?
Co lubisz robić w weekendy? What do you like doing on weekends?	**Co czytasz?** What are you reading?
Co robisz? What are you doing?	**Dzień dobry, pani Anno.** Good morning, Miss Anna.
To jest pani Anna. This is Ms. Anna.	**uczę się** I'm studying.

GRAMMAR

In this lesson you will learn how to ask and answer the question What are you doing?.

	Register	***Polish***	**English**	**Important Notes**
Phrase 1	**informal**	***Co robisz?***	**What are you doing?**	**to both, men and women**
Word 1		*co*	what	
Word 2		*robisz*	you are doing	2nd, singular

Phrase 2	**formal**	***Co pani robi?***	**What are you (to a woman) doing?**	
Word 1		*co*	what	
Word 2		*pani*	sir, you (to woman)	
Word 3		*robi*	you are doing	3rd, singular
Phrase 3		***Studiuję.***	**I am studying.**	
Word 1		*studiuję*	I am studying.	1st, singular
Phrase 4		***Nic takiego.***	**Nothing special.**	
Word 1		*nic takiego*	nothing special	

CULTURAL INSIGHT

You would usually ask this question on the phone, when talking with your friend. This would usually imply that you want to invite your friend to do something together or ask him or her to do something for you if they happen to be free..

LESSON NOTES

3-Minute Polish #13
Who Is It?

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2 Polish
2 English
2 Vocabulary
3 Sample Sentences
3 Grammar
4 Cultural Insight

#13

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POLISH

1. Kto to jest?
2. Kim on jest?
3. To ja.
4. To jest mój kolega.

ENGLISH

1. Who is it?
2. Who is he?
3. It's me.
4. That is a friend of mine.

VOCABULARY

Polish	English	Class	Gender
kto	who	pronoun, interrogativ pronoun	
to	this	pronoun, determinative pronoun	neuter
jest	is	verb	

kim	who	interrogativ pronoun	
ja	I	personal pronoun	
on	he	personal pronoun	
mój	my, mine	possessive pronoun	masculine
kolega	friend	noun	masculine

SAMPLE SENTENCES

Kto tam? Who's there?	**Kto to jest?** Who is this?
Co to jest? What's this?	**Co to znaczy?** What does it mean?
To jest gazeta. This is a newspaper.	**To jest słodkie.** It's sweet.
Ja znam Anię. I know Ania.	**Ja mam dużo czasu.** I have a lot of time.
Mój tata jest policjantem. My dad is a policeman.	**On jest moim kolegą już 20 lat.** He has been my friend for twenty years.

GRAMMAR

In this lesson you will learn how to ask who it is.

	Polish	**English**	**Important Notes**

Phrase 1	***Kto to jest?***	**Who is it?**	
Word 1	*kto*	who	
Word 2	*to*	this	
Word 3	*jest*	is	3rd, singular
Phrase 2	***Kim on jest?***	**Who is he?**	
Word 1	*kim*	who	
Word 2	*on*	he	
Word 3	*jest*	is	3rd, singular (he/ she/it)
Phrase 3	***To ja.***	**It's me.**	**"is" (jest) is not needed)**
Word 1	*to*	This	
Word 2	*ja*	I	
Phrase 4	***To jest mój kolega.***	**That is a friend of mine.**	
Word 1	*to*	this	
Word 2	*jest*	is	3rd, singular (he/ she/it)
Word 3	*mój*	my	for masculine noun
Word 4	*kolega*	friend	NOM, masculine

CULTURAL INSIGHT

When you are asking who a certain person is, or just introducing one person to another, remember that it is very rude to point at this person with your finger. If you really need to do so, be sure to use your whole hand with your palm up. Pointing your finger at someone is like accusing that person, while using your whole hand is a more welcoming gesture.

LESSON NOTES

3-Minute Polish #14
When Are You Leaving?

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2 Polish
2 English
2 Vocabulary
3 Sample Sentences
3 Grammar
4 Cultural Insight

#14

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POLISH

1. Kiedy wyjeżdżasz?
2. Kiedy pan wyjeżdża?
3. Za dwie godziny.
4. W następnym tygodniu.

ENGLISH

1. When are you leaving? (informal)
2. When are you leaving? (speaking to a man, formal)
3. I leave in two hours.
4. I leave next week.

VOCABULARY

Polish	English	Class	Gender
wyjeżdża	he leaves	verb	
tygodniu	week	noun	masculine
następnym	next	adjective	
kiedy	when	adverb, pronoun, iterrogative pronoun	

wyjeżdżasz	you leave, he leaves	verb	
pan	sir, you (man)	noun	masculine
za	for, in	preposition	
godziny	hours	noun	non-masculine
dwie	two	numeral	
w	in	preposition	

SAMPLE SENTENCES

Kiedy zaczyna się mecz? When does the football game start?	**Kiedy masz urodziny?** When is your birthday?
Jestem w sklepie. I am in the store.	**Czy byłes w Warszawie?** Have you been to Warsaw?
Nauczyłem się w szkole. I learned it in school.	**Jestem w sklepie.** I am in the shop.

GRAMMAR

In this lesson you will learn how to ask when someone is leaving.

	Register	***Polish***	**English**	**Important Notes**
Phrase 1	**informal**	***Kiedy wyjeżdżasz?***	**When are you leaving?**	
Word 1		*kiedy*	when	

Word 2		*wyjeżdżasz*	you leave	2nd, singular, leave by a vehicle
Phrase 2	**formal**	***Kiedy pan wyjeżdża?***	**When are you leaving?(to a man)**	
Word 1		*kiedy*	when	
Word 2		*pan*	sir, you	
Word 3		*wyjeżdża*	he leaves	3rd, singular (he/she/it) -> formal
Phrase 3		***Za dwie godziny.***	**I leave in two hours.**	
Word 1		*za*	in	
Word 2		*dwie*	two	
Word 3		*godziny*	hours	ACC, plural
Phrase 4		***W następnym tygodniu.***	**I leave next week.**	
Word 1		*w*	in	
Word 2		*następnym*	next	
Word 3		*tygodniu*	week	LOC

CULTURAL INSIGHT

To say "to leave" in Polish, you would use the verb "to go (out)" because "to leave" sound very

strong. You can use either *wychodzisz*, which means "to go out on foot," or *wyjeżdżasz*, which means "to go out/depart using a vehicle."

LESSON NOTES

3-Minute Polish #15 Where Are You Going?

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#15

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POLISH

1. Gdzie idziesz?
2. Gdzie pan idzie?
3. Idę do supermarketu.
4. Idę do pracy.

ENGLISH

1. Where are you going?
2. Where are you going? (speaking to a man, formal)
3. I'm going to the supermarket.
4. I'm going to work.

VOCABULARY

Polish	English	Class	Gender
gdzie	where	pronoun, interrogative pronoun	
idziesz	you go	verb	
pan	sir, you	noun	masculine
idzie	he goes	verb	

idę	I go	verb	
do	to, till	preposition	
supermarketu	supermarket	noun	masculine
pracy	work	noun	feminine

SAMPLE SENTENCES

Gdzie mieszkasz? Where do you live?	**Gdzie jesteś?** Where are you?
Gdzie jest poczta? Where is the post office?	**Idziemy do pubu.** We're going to the pub.
Idę do szkoły. I am going to school.	

GRAMMAR

In this lesson you will learn how to ask where someone is going.

	Register	***Polish***	**English**	**Important Notes**
Phrase 1	**informal**	***Gdzie idziesz?***	**Where are you going?**	
Word 1		*gdzie*	where	
Word 2		*idziesz*	you go	2nd, singular (you), on foot

Phrase 2	**formal**	***Gdzie pan idzie?***	**Where are you going? (to a man)**	
Word 1		*gdzie*	where	
Word 2		*pan*	sir, you	
Word 3		*idzie*	he goes	3rd, singular (he/she/it), on foot
Phrase 3		***Idę do supermarketu.***	**I'm going to the supermarket.**	
Word 1		*idę*	I go	1st, singular (I)
Word 2		*do*	to	
Word 3		*supermarketu*	supermarket	GEN
Phrase 4		***Idę do pracy.***	**I'm going to work.**	
Word 1		*idę*	I go	1st, singular (I)
Word 2		*do*	to	
Word 3		*pracy*	work	GEN

CULTURAL INSIGHT

It is not uncommon to ask where someone is going between friends, but be sure not to overuse this question. Asking where someone is going is regarded as something that is quite annoying, especially if you don't know that person so well. It can be seen as a kind of attack on their privacy and some people can become quite cold after being asked this question too

many times.

LESSON NOTES

3-Minute Polish #16 Asking Directions

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5 Cultural Insight

#16

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POLISH

1. Gdzie jest stacja?
2. Proszę iść prosto.
3. Proszę skręcić w prawo.
4. Proszę skręcić w lewo.

ENGLISH

1. Where is the station?
2. Go straight.
3. Turn right.
4. Turn left.

VOCABULARY

Polish	English	Class	Gender
gdzie	where	pronoun, interrogative pronoun	
jest	is	verb	
stacja	station	noun	feminine
proszę	please	expression	

prosto	straight	adverb	
iść	to go	verb	
skręcić	to turn	verb	
w	in	preposition	
prawo	right	noun	neuter
lewo	left	noun	neuter

SAMPLE SENTENCES

Gdzie mieszkasz? Where do you live?	**Gdzie jesteś?** Where are you?
Gdzie jest poczta? Where is the post office?	**To jest słodkie.** It's sweet.
Proszę mówić wolniej. Speak more slowly, please.	**Proszę mleko.** Milk, please.
Wracam prosto ze szkoły. I'm coming back straight from school.	**Tutaj musimy skręcić.** We have to turn here.
Mieszkam w Berlinie. I live in Berlin.	**Jeszcze nie byłam w Polsce.** I haven't been in Poland yet.
Jestem w sklepie. I am in the store.	**Samochód skręca w lewo.** "The car is turning left."

GRAMMAR

In this lesson you will learn how to ask and understand basic directions.

	Register	*Polish*	English	Important Notes
Phrase 1		***Gdzie jest stacja?***	**Where is the station?**	
Word 1		*gdzie*	where	
Word 2		*jest*	is	3rd, singular (he/she/it)
Word 3		*stacja*	station	
Phrase 2	**formal**	***Proszę iść prosto.***	**Go straight.**	
Word 1		*proszę*	please	actually a verb "to ask for sth" in 1st person singular
Word 2		*iść*	to go	
Word 3		*prosto*	straight	
Phrase 3	**formal**	***Proszę skręcić w prawo.***	**Turn right.**	
Word 1		*proszę*	please	actually a verb "to ask for sth" in 1st person singular
Word 2		*skręcić*	to turn	inf
Word 3		*w*	in	

Word 4		*prawo*	right	
Phrase 4	**formal**	***Proszę skręcić w lewo.***	**Turn left.**	
Word 1		*proszę*	please	actually a verb "to ask for sth" in 1st person singular
Word 2		*skręcić*	to turn	inf
Word 3		*w*	in	
Word 4		*lewo*	left	

CULTURAL INSIGHT

Don't hesitate to ask people on the street where something is. Poles love to help, and, if they have the time, they will be pretty happy to guide you to your destination.

LESSON NOTES

3-Minute Polish #17
Why?

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#17

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POLISH

1. Dlaczego się spóźniłeś?
2. Spóźniłam się na pociąg.
3. Czemu wracasz tak wcześnie?
4. Żeby się nie spóźnić na autobus.

ENGLISH

1. Why are you late? (to a man)
2. I missed the train. (for a woman)
3. Why do you leave so early?
4. To not be late for the bus.

VOCABULARY

Polish	English	Class	Gender
dlaczego	why	pronoun, interrogative pronoun	
się spóźniłeś	you are late	verb	
spóźniłam się	I missed/was late	verb	
na	on	preposition	

czemu	why	interrogative pronoun	
pociąg	train	noun	masculine
wracasz	go back	verb	
tak	so	pronoun	
wcześnie	early	adverb	
żeby	that	conjuntion	
się nie spóźnić	not to be late	verb	
autobus	bus	noun	masculine

SAMPLE SENTENCES

Dlaczego jeszcze nie jesteś gotowy? Why aren't you ready yet?	**Dlaczego nie zadzwoniłaś?** Why didn't you call?
Mam na imię John. "My name is John."	**Jak masz na imię?** "What's your name?"
Następny pociąg do Londynu przyjedzie za 30 minut. The next train to London will arrive in thirty minutes.	**Większość polskich pociągów jest stara.** Most Polish trains are old.
Podróżna czeka na pociąg. The traveler is waiting for the train.	**Pociąg InterCity jest najszybszy** InterCity is the fastest train.

Codziennie jeżdżę tym autobusem do pracy. Every day I get the bus to work.	**Ceny biletów autobusowych w Polsce rosną każdego roku.** The prices of bus tickets rise every year in Poland.

Uczniowie jadą autobusem.

The students ride the bus.

GRAMMAR

In this lesson you will learn how to ask and answer why.

	Register	*Polish*	English	Important Notes
Phrase 1	**informal**	***Dlaczego się spóźniłeś?***	**Why are you late? (to a man)**	
Word 1		*dlaczego*	why	
Word 2		*się spóźniłeś*	you are late	reflexive, 2nd, singular (you), to a man
Phrase 2		***Spóźniłam się na pociąg.***	**I missed the train. (for a woman)**	
Word 1		*spóźniłam się*	I missed/was late	1st, singular (I), feminine
Word 2		*na*	on	
Word 3		*pociąg*	train	ACC

Phrase 3	**informal**	***Czemu wracasz tak wcześnie?***	**Why do you leave so early?**	
Word 1		*czemu*	why	
Word 2		*wracasz*	go back	2nd, singular (you)
Word 3		*tak*	so	
Word 4		*wcześnie*	early	
Phrase 4		***Żeby się nie spóźnić na autobus.***	**To not be late for the bus.**	
Word 1		*żeby*	that	
Word 2		*się nie spóźnić*	not to be late	inf, negation
Word 3		*na*	on	
Word 4		*autobus*	bus	ACC

CULTURAL INSIGHT

Just like the "where are you going" question from an earlier lesson in this series, asking "why" can be regarded as a very rude and annoying thing to do. But this only goes for someone's personal life. If you want to ask why Poles do something, or why something is like it is, it will be perfectly ok to do so.

LESSON NOTES

3-Minute Polish #18 Possession

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4 Cultural Insight

#18

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POLISH

1. Masz długopis?
2. Czy ma pan długopis?
3. Tak, mam.
4. Tak, proszę.

ENGLISH

1. Do you have a pen?
2. Do you have a pen? (speaking to a man)
3. Yes, I have.
4. Yes, here you are.

VOCABULARY

Polish	English	Class	Gender
masz	you have	verb	
długopis	pen	noun	masculine
czy	whether	particle	
ma	he has	verb	
pan	sir, you	noun	masculine

tak	yes	particle
mam	I have, have	verb
proszę	please/here you are	expression

SAMPLE SENTENCES

Kiedy masz urodziny? When is your birthday?	**Ile masz lat?** "How old are you?"
Proszę dziewiętnaście długopisów. Nineteen pens, please.	**Tak, mam brata.** Yes, I have a brother.
Tak, szczególnie uwielbiam barszcz. Yes, I especially love beetroot soup.	**Tak, jest przepyszne.** Yes, it's delicious.
Tak, trochę mówię. Yes, I speak a little.	**Mam siostrę.** "I have a sister."
Mam osiemnaście lat. "I'm eighteen years old."	

GRAMMAR

In this lesson you will learn how to talk about possession.

	Register	***Polish***	**English**	**Important Notes**
Phrase 1	**informal**	***Masz długopis?***	**Do you have a pen?**	

Word 1		*masz*	you have	2nd, singluar (you)
Word 2		*długopis*	pen	
Phrase 2	**formal**	***Czy ma pan długopis?***	**Do you have a pen? (to a man)**	
Word 1		*czy*	whether	
Word 2		*ma*	he has	3rd, singular - formal you
Word 3		*pan*	sir, you	
Word 4		*długopis*	pen	
Phrase 3		***Tak, mam.***	**Yes, I have.**	
Word 1		*tak*	yes	
Word 2		*mam*	I have	1st, singular
Phrase 4		***Tak, proszę.***	**Yes, here you are.**	
Word 1		*tak*	yes	
Word 2		*proszę*	please/here you are	actually a verb "to ask for sth" in 1st person singular

CULTURAL INSIGHT

There are plenty of possessive pronouns in Polish. The form of the pronoun changes with the

gender of the noun that follows. So you will use *mój*, meaning "my" for a masculine noun like *długopis*, which means "pen", but you would use *moja*, meaning "my" for feminine nouns, like *książka*, which means "book."

LESSON NOTES

3-Minute Polish #19
Going Without

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4 Cultural Insight

#19

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POLISH

1. Nie mam długopisu.
2. Nie mam czasu.
3. Nie wiem.
4. Nie rozumiem.

ENGLISH

1. I don't have a pen.
2. I don't have time.
3. I don't know.
4. I don't understand.

VOCABULARY

Polish	English	Class	Gender
nie mam	I don't have	verb	
długopisu	pen	noun	masculine
nie	no, not	particle	
czasu	time	noun	masculine
wiem	I know	verb	

rozumiem	I understand	verb

SAMPLE SENTENCES

Nie, nie lubię muzyki klasycznej.

"No, I don't like classical music."

GRAMMAR

In this lesson you will learn how to state essential negative statements.

	Polish	**English**	**Important Notes**
Phrase 1	***Nie mam długopisu.***	**I don't have a pen.**	
Word 1	*nie mam*	I don't have	1st, singular, neg
Word 2	*długopisu*	pen	GEN
Phrase 2	***Nie mam czasu.***	**I don't have time.**	
Word 1	*nie mam*	I don't have	1st, singular, neg
Word 2	*czasu*	time	GEN
Phrase 3	***Nie wiem.***	**I don't know.**	
Word 1	*nie*	no, not	
Word 2	*wiem*	I know	1st, singular
Phrase 4	***Nie rozumiem.***	**I don't understand.**	
Word 1	*nie*	no, not	

Word 2	*rozumiem*	I understand	1st, singular

CULTURAL INSIGHT

Making a negative sentence in Polish is pretty simple—you just need to add the particle *nie*, meaning “not,” in front of the verb and it can be used in the same way even with the infinitive forms. If you have an object that follows, it will usually appear in the genitive case.

LESSON NOTES

3-Minute Polish #20 Talking about Your Likes

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2 Polish
2 English
2 Vocabulary
3 Sample Sentences
3 Grammar
4 Cultural Insight

#20

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POLISH

1. Lubisz czekoladę?
2. Lubi pani słodycze?
3. Tak, lubię.
4. Tak, uwielbiam!

ENGLISH

1. Do you like chocolate? (informal)
2. Do you like sweets? (speaking to a woman, formal)
3. Yes, I like it.
4. Yes, I love it!

VOCABULARY

Polish	English	Class	Gender
lubisz	you like	verb	
czekoladę	chocolate	noun	feminine
pani	ma'm, you	noun	feminine
lubi	he likes	verb	
tak	yes	particle	

słodycze	sweets	noun	neutral
lubię	I like	verb	
uwielbiam	love, I love	verb	

SAMPLE SENTENCES

Czy lubisz polskie jedzenie? Do you like Polish food?	**Tak, mam brata.** Yes, I have a brother.
Tak, szczególnie uwielbiam barszcz. Yes, I especially love beetroot soup.	**Tak, jest przepyszne.** Yes, it's delicious.
Tak, trochę mówię. Yes, I speak a little.	**Tak, szczególnie uwielbiam barszcz.** Yes, I especially love beetroot soup.

GRAMMAR

In this lesson you will learn how to ask and answer affirmatively to the question.

	Register	***Polish***	**English**	**Important Notes**
Phrase 1	**informal**	***Lubisz czekoladę?***	**Do you like chocolate?**	
Word 1		*lubisz*	you like	2nd, singular
Word 2		*czekoladę*	chocolate	ACC
Phrase 2	**formal**	***Lubi pani słodycze?***	**Do you like sweets? (to a woman)**	

Word 1		*lubi*	she likes	3rd, singular
Word 2		*pani*	ma'm, you	
Word 3		*słodycze*	sweets	ACC, plural (always)
Phrase 3		***Tak, lubię.***	**Yes, I like it.**	
Word 1		*tak*	yes	
Word 2		*lubię*	I like	1st, singular
Phrase 4		***Tak, uwielbiam!***	**Yes, I love it!**	
Word 1		*tak*	yes	
Word 2		*uwielbiam*	I love	1st, singular

CULTURAL INSIGHT

If you don't know how to start a conversation in Poland, just try asking about someone's likes. To express your likes, you would usually use *lubię*, meaning "I like." We rarely say *Kocham*, which is "I love," but if you need something stronger, you can say *uwielbiam*, which means "I love/really like/adore."

LESSON NOTES

3-Minute Polish #21
Talking about Your Dislikes

CONTENTS

2 Polish
2 English
2 Vocabulary
2 Sample Sentences
3 Grammar
3 Cultural Insight

#21

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POLISH

1. Nie lubię tego.
2. Nie lubię czekać.
3. Niecierpię tego.
4. Niecierpię czekać.

ENGLISH

1. I don't like this.
2. I don't like waiting.
3. I hate this.
4. I hate waiting.

VOCABULARY

Polish	English	Class
nie lubię	I don't like	verb
tego	this	dereminitive pronoun
czekać	to wait	verb
niecierpię	I hate	verb

SAMPLE SENTENCES

Nie lubię czekać.

I don't like waiting.

GRAMMAR

In this lesson you will learn how to say that you don't like something.

	Polish	**English**	**Important Notes**
Phrase 1	***Nie lubię tego.***	**I don't like this.**	
Word 1	*nie lubię*	I don't like	1st, singular, neg
Word 2	*tego*	this	GEN
Phrase 2	***Nie lubię czekać.***	**I don't like waiting.**	
Word 1	*nie lubię*	I don't like	1st, singular, neg
Word 2	*czekać*	to wait	inf
Phrase 3	***Niecierpię tego.***	**I hate this.**	
Word 1	*niecierpię*	I hate	1st, singular
Word 2	*tego*	this	GEN
Phrase 4	***Niecierpię czekać.***	**I hate waiting.**	
Word 1	*niecierpię*	I hate	1st, singular
Word 2	*czekać*	to wait	inf

CULTURAL INSIGHT

In Poland it is considered to be rude to say that you don't like something. If you really don't

want to do or eat something, it is better to say that you are not "a fan of it" or *Nie przepadam za...*, literally "I am not particularly a fan of… ."

LESSON NOTES

3-Minute Polish #22 Ordering at a Restaurant

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2 Polish
2 English
2 Vocabulary
3 Sample Sentences
3 Grammar
5 Cultural Insight

#22

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POLISH

1. Czy mogę dostać menu?
2. Co pan poleca?
3. Dla mnie będzie kawa.
4. Poproszę kawę.

ENGLISH

1. Can I see the menu?
2. What do you recommend? (speaking to a man)
3. A coffee for me.
4. One coffee please.

VOCABULARY

Polish	English	Class	Gender
czy	whether	particle	
mogę	I can	verb	
dostać	to get	verb	
menu	menu	noun	neuter

co	what	pronoun, interrogative pronoun	
pan	sir, you	noun	masculine
poleca	recommend	verb	
dla mnie	for me	phrase	
będzie	will be	verb	
kawa	coffee	noun	feminine
poproszę	please	expression	
kawę	coffee	noun	feminine

SAMPLE SENTENCES

O czym mówisz? What are you talking about?	**Co robisz?** What are you doing?
Co lubisz robić w weekendy? What do you like doing on weekends?	**Co czytasz?** What are you reading?
Kawa to doskonały początek dnia. Coffee is a perfect beginning of the day.	**Nie lubię kawy z mlekiem.** I don't like coffee with milk.
Lubię czarną kawę. I like my coffee black.	

GRAMMAR

In this lesson you will learn how to order at a restaurant or coffee shop.

	Register	*Polish*	English	Important Notes
Phrase 1		***Czy mogę zobaczyć menu?***	**Can I see the menu?**	
Word 1		*czy*	whether	
Word 2		*mogę*	I can	1st, singular
Word 3		*dostać*	to get	inf
Word 4		*menu*	menu	
Phrase 2	**formal**	***Co pan poleca?***	**What do you recommend? (to a man)**	
Word 1		*co*	what	
Word 2		*pan*	sir, you	
Word 3		*poleca*	recommend	3rd, singular, formal you
Phrase 3		***Dla mnie będzie kawa.***	**A coffee for me.**	
Word 1		*dla mnie*	for me	
Word 2		*będzie*	will be	3rd, singular, future
Word 3		*kawa*	coffee	NOM
Phrase 4		***Poproszę kawę.***	**One coffee please.**	

Word 1		*poproszę*	please	actually a verb "to ask for sth" in 1st person singular
Word 2		*kawę*	coffee	ACC

CULTURAL INSIGHT

At most coffee shops, there are no staff walking around taking your order, so you need to order your coffee at the counter. If you go to a restaurant or a beer garden, you have to call for the waiter. Attract their attention by simply saying *przepraszam!*

LESSON NOTES

3-Minute Polish #23
Asking for the Bill

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2 Polish
2 English
2 Vocabulary
3 Sample Sentences
4 Grammar
5 Cultural Insight

#23

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POLISH

1. Czy można prosić o rachunek?
2. Gdzie mogę zapłacić?
3. Przepraszam, ale reszta się nie zgadza.
4. Proszę zatrzymać resztę.

ENGLISH

1. Can I have the bill, please?
2. Where can I pay?
3. Excuse me, the change is wrong.
4. Keep the change.

VOCABULARY

Polish	English	Class	Gender
resztę	the change	noun	feminine
zatrzymać	to keep/stop	verb	
czy	whether	particle	
można	one can	verb	
rachunek	the bill	noun	masculine

prosić o	to ask for	expression, phrase	
mogę zapłacić	I can pay	phrase	
gdzie	where	pronoun, interrogative pronoun	
Przepraszam.	Excuse me.	expression, phrase	
ale	but	conjunction	
reszta	the change	noun	feminine
się nie zgadza	is wrong/ it doesn't agree	verb	
proszę	please	expression	

SAMPLE SENTENCES

Proszę cię o radę. "I am asking you for advice."	**Gdzie mieszkasz?** Where do you live?
Gdzie jesteś? Where are you?	**Gdzie jest poczta?** Where is the post office?
Przepraszam, gdzie jest dworzec? Excuse me, where is the train station?	**Przepraszam, czy to miejsce jest zajęte?** Exuse me, is this seat taken?
Wiem, że jesteś zajęty, ale czy mógłbyś zadzwonić do mojego prawnika. I know you are busy. But can you call my lawyer?	**Lubię twojego brata, ale nie lubię twojej siostry.** I like your brother, but I don't like your sister.

Lubię jabłka, ale tylko kwaśne. I like apples, but only sour ones.	**Proszę mówić wolniej.** Speak more slowly, please.

Proszę mleko.

Milk, please.

GRAMMAR

In this lesson you will learn how to ask for the bill and check the change.

	Polish	**English**	**Important Notes**
Phrase 1	***Czy można prosić o rachunek?***	**Can I have the bill, please?**	
Word 1	*czy*	whether	
Word 2	*można*	one can	special verb, specific conjugation, no inf
Word 3	*prosić o*	to ask for	inf
Word 4	*rachunek*	the bill	ACC
Phrase 2	***Gdzie mogę zapłacić?***	**Where can I pay?**	
Word 1	*gdzie*	where	
Word 2	*mogę zapłacić*	I can pay	
Phrase 3	***Przepraszam, ale reszta się nie zgadza.***	**Excuse me, the change is wrong.**	

Word 1	*przepraszam*	excuse me	
Word 2	*ale*	but	
Word 3	*reszta*	the change	NOM
Word 4	*się nie zgadza*	is wrong/ it doesn't agree	3rd, singular, reflexive, negation
Phrase 4	***Proszę zatrzymać resztę.***	**Keep the change.**	
Word 1	*proszę*	please	actually a verb "to ask for sth" in 1st person singular
Word 2	*zatrzymać*	to keep/stop	inf
Word 3	*resztę*	the change	ACC

CULTURAL INSIGHT

When you are paying your bill in Poland, it is common to leave tips. You can say that you don't need the change, which is *Reszty nie trzeba* or *Proszę zatrzymać resztę*. If you don't have small money for the tip and your bill is 25 zloty but you have only 50, you can always give 50 and say do *30 (trzydziestu) proszę*, meaning "to 30 please." This means that your change will be 20 zloty.

LESSON NOTES

3-Minute Polish #24 Offering an Invitation

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2 Vocabulary
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3 Grammar
5 Cultural Insight

#24

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POLISH

1. Masz plany na piątkowy wieczór?
2. Czy ma pan plany na piątkowy wieczór?
3. Idę obejrzeć film.
4. Przyłączysz się?

ENGLISH

1. Do you have plans on Friday night?
2. Do you have plans on Friday night? (speaking to a man, formal)
3. I'm going to the movies.
4. Will you join?

VOCABULARY

Polish	English	Class	Gender
masz	you have	verb	
plany	plans	noun	
na	for, on	preposition	
piątkowy wieczór	Friday's evening	phrase	
czy	whether	particle	

ma	he has	verb	
pan	sir, you	noun	masculine
na piątkowy wieczór	for the Friday's evening	phrase	
idę	I go	verb	
obejrzeć	to watch	verb	
film	movie	noun	masculine
przyłączysz się	you join	verb	

SAMPLE SENTENCES

Kiedy masz urodziny? When is your birthday?	**Ile masz lat?** "How old are you?"
Masz pieniądze na prezent? Do you have money for the gift?	**Idę na film.** I'm going for a movie.
Masz na imię Andrzej. Your name is Andrew.	**To jest interesujący film.** This is an interesting movie.

GRAMMAR

In this lesson you will learn how to invite someone out.

	Register	*Polish*	English	Important Notes

Phrase 1	**informal**	***Masz plany na piątkowy wieczór?***	**Do you have plans on Friday night?**	
Word 1		*masz*	you have	2nd, sin
Word 2		*plany*	plans	plural
Word 3		*na*	for, on	
Word 4		*piątkowy wieczór*	Friday's evening	
Phrase 2	**formal**	***Czy ma pan plany na piątkowy wieczór?***	**Do you have plans on Friday night? (to a man)**	
Word 1		*czy*	whether	
Word 2		*ma*	he has	3rd, sin, formal you
Word 3		*pan*	sir, you	
Word 4		*plany*	plans	plural
Word 5		*na piątkowy wieczór*	for the Friday's evening	
Phrase 3		***Idę obejrzeć film.***	**I'm going to the movies.**	
Word 1		*idę*	I go	1st, singular
Word 2		*obejrzeć*	to watch	inf
Word 3		*film*	movie	ACC

Phrase 4	**informal**	***Przyłączysz się?***	**Will you join?**	
Word 1		*przyłączysz się*	you join	reflexive, 2nd, singular

CULTURAL INSIGHT

Poles tend to plan their evening at the very last minute, since they are quite spontaneous. So don't be surprised if you get invited the same day. Poles also love big gatherings, so it is almost always ok to bring a friend or two with you, but it is always good to ask if it is ok. If you get invited to Polish house remember, do NOT eat before you go. You will be offered plenty of food and saying that you have already eaten will not help.

LESSON NOTES

3-Minute Polish #25
On the Phone

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3 Grammar
4 Cultural Insight

#25

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POLISH

1. Tak słucham.
2. Mówi Monika.
3. Czy mogę rozmawiać z Tomkiem?
4. Zadzwonię jeszcze raz później.

ENGLISH

1. Hello. (answering the phone)
2. This is Monica.
3. May I talk to Thomas?
4. I'll call again later.

VOCABULARY

Polish	English	Class
Tak słucham.	Hello. (answering to the phone)	expression
mówi	speaking	verb
Monika	Monica	proper noun
czy mogę	Can I	phrase
rozmawiać	to talk	verb

z	with	connector, preposition
Tomkiem	Thomas	proper noun
zadzwonię	I call	verb
jeszcze raz	one more time	phrase
później	later	adverb

SAMPLE SENTENCES

Mój brat rozmawia teraz przez telefon. My brother is talking on the phone now.	**Nie rozmawiam z Robertem.** I don't talk to Robert.
Nie lubię rozmawiać przez telefon. I don't like talking on the phone.	**Rozmawiam teraz przez telefon.** I'm talking on the phone now.
Lubię herbatę z cytryną. I like tea with lemon.	**Rozmawiam z Adamem.** I'm talking with Adam.

GRAMMAR

In this lesson you will learn how to understand the basic vocabulary on the phone.

	Polish	**English**	**Important Notes**
Phrase 1	***Tak słucham.***	**Hello. (answering the phone)**	
Word 1	*Tak słucham.*	hello	
Phrase 2	***Mówi Monika.***	**This is Monica.**	

Word 1	*mówi*	speaking	3rd, singular (she/ he/it)
Word 2	*Monika*	Monica	
Phrase 3	***Czy mogę rozmawiać z Tomkiem?***	**May I talk to Thomas?**	
Word 1	*czy mogę*	Can I	
Word 2	*rozmawiać*	to talk	inf
Word 3	*z*	with	
Word 4	*Tomkiem*	Thomas	INST
Phrase 4	***Zadzwonię jeszcze raz później.***	**I'll call again later.**	
Word 1	*zadzwonię*	I call	1st, singular (I)
Word 2	*jeszcze raz*	one more time	
Word 3	*później*	later	

CULTURAL INSIGHT

On the phone, after the person answering says *Tak słucham* we usually answer with *Dzień dobry* meaning "Good morning/good afternoon", but if it's really late it is ok to say *Dobry wieczór* meaning "Good evening". When you call a friend, you can say *Cześć*, which means "Hello" and can be also used as "bye" at the end of the conversation.

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LESSON NOTES

Top 400 Activities: Daily Routines in Polish #1
In the Morning

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2 Polish
3 English
4 Vocabulary
5 Sample Sentences

1

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POLISH

1. Budzę się o 7 rano.
2. Wyłączam alarm.
3. Wstaję z łóżka.
4. Myję twarz.
5. Nakładam pastę do zębów na szczoteczkę.
6. Myję zęby.
7. Spuszczam wodę w toalecie.
8. Włączam telewizor.
9. Oglądam wiadomości.
10. Ubieram się.
11. Robię kawę.
12. Jem śniadanie.
13. Wynoszę śmieci.
14. Wyprowadzam psa.
15. Karmię kota.
16. Kłócę się z dziećmi.

CONT'D OVER

17. Rozmawiam z rodziną.

18. Zamykam drzwi.

19. Czekam na windę.

20. Unikam sąsiada.

ENGLISH

1. I wake up at 7 a.m.

2. I turn off my alarm.

3. I get out of bed.

4. I wash my face.

5. I put toothpaste on my toothbrush.

6. I brush my teeth.

7. I flush the toilet.

8. I turn on the TV.

9. I watch the news.

10. I put on my clothes.

11. I make coffee.

CONT'D OVER

12. I eat breakfast.

13. I take out the trash.

14. I walk the dog.

15. I feed the cat.

16. I argue with the kids.

17. I talk with my family.

18. I lock the door.

19. I wait for the elevator.

20. I avoid the neighbor.

VOCABULARY

Polish	English	Class	Gender
sąsiad	neighbor	noun	
budzić się	wake up	verb	
śniadanie	breakfast	noun	neuter
łóżko	bed	noun	neutral
twarz	face	noun	feminine
szczoteczka do zębów	toothbrush	phrase	feminine
alarm	alarm	noun	masculine
toaleta	toilet	noun	feminine

zęby	teeth	noun	non-masculine-personal
wiadomości	news	noun	non-masculine-personal
telewizor	TV	noun	masculine
ubrania	clothes	noun	
kawa	coffee	noun	feminine
śmieci	trash	noun	
pies	dog	noun	masculine
kot	cat	noun	masculine
dziecko	kid	noun	
rodzina	family	noun	feminine
drzwi	door	noun	
winda	elevator	noun	feminine

SAMPLE SENTENCES

Chłopiec budzi się i wychodzi z łóżka. "The boy wakes up and leaves his bed."	**Co chcesz zjeść na śniadanie?** "What do you want to have for breakfast?"
Rodzina je śniadanie. The family is eating breakfast.	**Moje nowe łóżko jest niewygodne.** My new bed is not comfortable.
Pokojówka ścieli łóżko w pokoju hotelowym. "The maid is making the bed in a hotel room."	**Dziewczyna myje twarz.** "The girl is washing her face."

Gdzie mogę kupić szczoteczkę do zębów? "Where can I buy a toothbrush?"	**Kobieta myje zęby.** "The woman is brushing her teeth."
Mój dziadek ogląda wiadomości każdego wieczora. My grandma watches news every evening.	**Uwielbiam kupować ubrania.** I love shopping for clothes.
Kawa to doskonały początek dnia. Coffee is a perfect beginning of the day.	**Nie lubię kawy z mlekiem.** I don't like coffee with milk.
Lubię czarną kawę. I like my coffee black.	**Jeśli czegoś nie zmienimy, niedługo będziemy mieli tyle śmieci, że sobie nie poradzimy.** If we don't change something, soon we will have bigger amount of trash than we can handle.
Około 50% Polaków ma psa. Around fifty percent of Polish people own a dog.	**Kudłaty pies biegnie za piłką.** The shaggy dog is running after a ball.
1/3 Polaków ma przynajmniej jednego kota. One third of Polish people have at least one cat.	**Czarny kot przechodzi przez ekran.** The black cat is walking across the screen.
Moja rodzina odwiedza mnie co miesiąc. My family comes to visit every month.	**Moja rodzina jest duża.** My family is big.
Rodzina je śniadanie. The family is eating breakfast.	**Ta winda nie działa.** This elevator doesn't work.

LESSON NOTES

Top 400 Activities: Daily Routines in Polish #2 Commuting to Work

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2 Polish
3 English
4 Vocabulary
5 Sample Sentences

2

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POLISH

1. Przytulam moje dzieci.
2. Wychodze do pracy.
3. Ide na przystanek autobusowy.
4. Przechodze przez ulice.
5. Kupuje bilet.
6. Wchodze po schodach.
7. Biegne na autobus.
8. Pokazuje moj bilet kierowcy.
9. Slucham muzyki na smartfonie.
10. Ucinam sobie krotka drzemke.
11. Oferuje swoje miejsce starszej kobiecie.
12. Sprawdzam na zegarku, ktora jest godzina.
13. Sprawdzam ruch uliczny na telefonie.
14. Wykonuje telefon.
15. Staje w korku.
16. Czytam wiadomosci na telefonie.

CONT'D OVER

17. Jade na rowerze.

18. Kupuje przekaski do pracy.

19. Wchodze do budynku.

20. Wbiegłem po ruchomych schodach.

ENGLISH

1. I hug my kids.

2. I go to work.

3. I walk to the bus station.

4. I cross the street.

5. I buy a ticket.

6. I go up the stairs.

7. I rush to catch the bus.

8. I show my ticket to the bus driver.

9. I listen music on my smart phone.

10. I take a short nap.

11. I offer my seat to an older woman.

CONT'D OVER

12. I check on the watch what time it is.

13. I check the traffic on my phone.

14. I make a phone call.

15. I get stuck in a traffic jam.

16. I read news on my phone.

17. I ride my bicycle.

18. I buy snacks for work.

19. I enter the building.

20. I wait for the elevator.

VOCABULARY

Polish	English	Class	Gender
przytulić	hug	verb	
praca	work	noun	feminine
przystanek autobusowy	bus station	noun	
ulica	street	noun	feminine
bilet	ticket	noun	masculine
schody	stairs	noun	
autobus	bus	noun	masculine
kierowca	driver	noun	masculine

muzyka	music	noun	feminine
drzemka	nap	verb	
miejsce	seat	noun	neutral
zegarek	watch	noun	masculine
ruch uliczny	traffic	noun	
telefon	phone call	phrase	
korek uliczny	traffic jam	noun	
telefon	phone	noun	masculine
rower	bicycle	noun	masculine
przekąska	snack	noun	feminine
budynek	building	noun	masculine
ruchome schody	Escalators	noun	

SAMPLE SENTENCES

Ta ulica jest bardzo długa. "This street is very long."	**Proszę bilet normalny.** Regular ticket, please.
Codziennie jeżdżę tym autobusem do pracy. Every day I get the bus to work.	**Ceny biletów autobusowych w Polsce rosną każdego roku.** The prices of bus tickets rise every year in Poland.
Uczniowie jadą autobusem. The students ride the bus.	**On nie jest dobrym kierowcą.** He’s not a good driver.
Jakiej muzyki słuchasz? What kind of music do you listen to?	**Kobieta słucha muzyki.** "The woman is listening to music."

Po ukończeniu szkoły dostała od rodziców zegarek. She got a watch from her parents after the graduation ceremony.	**Masz telefon?** Do you have a phone?
Zgubił telefon po drodze do domu. "He lost his phone on his way home."	**Czy masz telefon komórkowy?** Do you have a cell phone?
Rower. It's a bicycle.	**Kobieta przygotowuje przekąskę.** "The woman is preparing a snack."
W tym budynku był wczoraj pożar. There was a fire in this building yesterday.	**Ten budynek to mój dom.** "This building is my house."

LESSON NOTES

Top 400 Activities: Daily Routines in Polish #3 Computers and Computing

CONTENTS

2 Polish
3 English
4 Vocabulary
5 Sample Sentences

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POLISH

1. Wlaczam moj komputer.
2. Czytam notatki na moim tablecie.
3. Sprawdzam moj e-mail.
4. Instaluje nowe oprogramowanie.
5. Kompresuje pliki do jednego zipa.
6. Sciagam plik.
7. Drukuje dokument.
8. Przesylam wideo na YouTuba.
9. Odpowiadam na komentarze.
10. Zamykam program.
11. Uruchamiam ponownie komputer.
12. Przegladam internet.
13. Dodaje strone internetowa do ulubionych.
14. Dodaje zdjecie jako zalacznik do e-maila.
15. Wlaczam firewalla.
16. Uzywam darmowego konta e-mail.

CONT'D OVER

17. Sprawdzam folder ze spamem.

18. Uzywam dwoch roznych przegladarek internetowych.

19. Zamykam wszystkie okna.

20. Wylaczam komputer.

ENGLISH

1. I turn on my computer.

2. I read notes on my tablet.

3. I check my e-mail.

4. I install new software.

5. I compress files into a single zip file.

6. I download a file.

7. I print out a document.

8. I upload a video to YouTube.

9. I reply to a comment.

10. I quit the program.

11. I restart the computer.

CONT'D OVER

12. I browse the Internet.

13. I bookmark a website.

14. I add an image as an attachment to an email.

15. I turn on the firewall.

16. I use a free email account.

17. I check the spam folder.

18. I use two different web browsers.

19. I close all windows.

20. I shut down the computer.

VOCABULARY

Polish	English	Class	Gender
zamknac	shut down	noun	
komputer	computer	noun	masculine
tablet	tablet	noun	
e-mail	e-mail	noun	masculine
oprogramowanie	software	noun	
plik	file	noun	
sciagac	download	verb	
dokument	document	noun	masculine

przeslac	upload	verb	
komentarz	comment	verb	
program	program	noun	
uruchomic ponownie	restart	verb	
internet	Internet	noun	masculine
strona internetowa	website	noun	
zalacznik	attachment	noun	
firewall	firewall	noun	
konto	account	noun	
spam	spam	noun	
przegladarka internetowa	web browser	noun	
okno	window	noun	neutral

SAMPLE SENTENCES

Mój komputer cały czas pokazuje błąd. My computer is displaying error messages all the time.	**Programista pisze e-mail.** "The programmer is typing an e-mail."
Możesz wysłać mi najnowsze dokumenty? Could you send me the newest documents?	**Patrzą na dokumenty z księgowości.** "They are looking at accounting documents."
Łazienka ma malutkie okno. The bathroom has a tiny window.	**Robi się trochę zimno. Możesz zamknąć okno?** "It's getting a bit cold. Could you close the window, please?"

Gosposia myje okno.

"The housekeeper is cleaning the window."

LESSON NOTES

Top 400 Activities: Daily Routines in Polish #4 Housework

CONTENTS

2 Polish
3 English
4 Vocabulary
5 Sample Sentences

4

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POLISH

1. Wycieram okno.
2. Odkurzam dywan.
3. Czyszcze piekarnik.
4. Wycieram kurz z polki.
5. Place rachunki.
6. Podlewam rosliny.
7. Robie pranie.
8. Uzywam plynu do zmiekczania.
9. Zmywam naczynia.
10. Wymieniam zarowke.
11. Kaze dzieciom odrobic zadanie domowe.
12. Gotuje obiad.
13. Kupuje artykuly spozywcze.
14. Skladam nowa polke na ksiazki.
15. Przestawiam meble.
16. Maluje sciany.

CONT'D OVER

17. Naprawiam zepsute krzeslo.

18. Myje rodzinny samochod.

19. Odwiedzam rodzicow.

20. Spedzilem dzien na lenieniu sie.

ENGLISH

1. I wipe the window.

2. I vacuum the carpet.

3. I clean the oven.

4. I dust the shelves.

5. I pay the bills.

6. I water the plants.

7. I do laundry.

8. I use fabric softener.

9. I wash the dishes.

10. I change a lightbulb.

11. I ask the kids to finish their homework.

CONT'D OVER

12. I make lunch.

13. I buy groceries.

14. I assemble a new bookshelf.

15. I rearrange the furniture.

16. I paint the walls.

17. I fix a broken chair.

18. I wash the family car.

19. I visit my parents.

20. I spend day being lazy.

VOCABULARY

Polish	English	Class	Gender
obiad	lunch	noun	masculine
okno	window	noun	neutral
dywan	carpet	noun	masculine
piekarnik	oven	noun	masculine
półka	shelf	noun	feminine
rachunek	bill	noun	masculine
roślina	plant	noun	
pranie	laundry	noun	

plyn do zmiekczania tkanin	softener	noun	
naczynie	dish	noun	
żarówka	light bulb	noun	feminine
zadanie domowe	homework	phrase	neutral
artykuły spożywcze	groceries	noun	
półka na książki	bookshelf	noun	
meble	furniture	noun	
ściana	wall	noun	feminine
krzesło	chair	noun	neutral
samochód	car	noun	masculine
rodzic	parent	noun	masculine
spędzać	to spend	verb	

SAMPLE SENTENCES

Co miałeś wczoraj na obiad? What did you have for lunch yesterday?	**Łazienka ma malutkie okno.** The bathroom has a tiny window.
Robi się trochę zimno. Możesz zamknąć okno? It's getting a bit cold. Could you close the window, please?	**Gosposia myje okno.** The housekeeper is cleaning the window.
W Polsce istnieje ogromna gama rozmiarów, kształtów i kolorów dywanów. There is a huge range of sizes, shapes and colors of carpets in Poland.	**Gospodyni odkurza dywan.** The homemaker is vacuuming the carpet.

Masz w domu piekarnik? Do you have an oven at home?	**Nie dotykajcie tego, co jest na tej półce.** Do not touch what is on this shelf.
Mężczyzna wybiera żarówkę. "The man is choosing a light bulb."	**Masz pracę domową?** Do you have any homework?
Ta ściana jest brudna. This wall is dirty.	**On wybrał niebieski samochód.** He chose a blue car.
Samochód. It's a car.	**Prawie każda polska rodzina ma samochód.** Almost every Polish family owns a car.
Małżeństwo jedzie samochodem wiejską drogą. The married couple drives on the country road.	**Jan kupił nowy samochód.** John bought a new car.
Twoi rodzice mieszkają we Francji? Your parents live in France?	**On spędza zbyt wiele godzin przed ekranem komputera.** He spends too many hours in front of a computer screen.

LESSON NOTES

Top 400 Activities: Daily Routines in Polish #5 At the Office

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2 Polish
3 English
4 Vocabulary
5 Sample Sentences

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POLISH

1. Odbijam moj identyfikator.
2. Siedze przy moim biurku.
3. Ustalam swoje priorytety.
4. Wykonuje rozne zadania.
5. Tworze dokumentacje.
6. Biore udzial w spotkaniu.
7. Robie porzadek na moim biurku.
8. Wkladam dlugopis do szuflady.
9. Odpowiadam na e-mail.
10. Robie notatki.
11. Zamawiam sprzet biurowy.
12. Wysylam fax.
13. Ide na obiad z kolegami z pracy.
14. Otrzymuje telefon.
15. Przygotowuje prezentacje.
16. Biore platny urlop.

CONT'D OVER

17. Mam nowy pomysl.

18. Robie notatki na kartce papieru.

19. Wychodze z biura o czasie.

20. Robie godzinne nadgodzin.

ENGLISH

1. I clock in with my ID card.

2. I sit at my desk.

3. I set priorities.

4. I work on various tasks.

5. I create documentation.

6. I attend a meeting.

7. I tidy up my desk.

8. I put a pen in a drawer.

9. I answer an e-mail.

10. I take notes.

11. I order office equipment.

CONT'D OVER

12. I send a fax.

13. I go for lunch with my colleagues.

14. I receive a phone call.

15. I prepare a presentation.

16. I take a paid vacation.

17. I get a new idea.

18. I take notes on scratch paper.

19. I leave the office on time.

20. I work one hour overtime.

VOCABULARY

Polish	English	Class	Gender
nadgodziny	overtime	noun	
wychodzic	leave	verb	
identyfikator	ID card	noun	
biurko	desk	noun	neutral
priorytet	priority	noun	
zadanie	task	noun	
dokumentacja	documentation	noun	
spotkanie	meeting	noun	neutral

robic porzadek	tidy up	verb	
szuflada	drawer	noun	
odpowiedź	answer	noun	feminine
notatka	note	noun	
sprzęt	equipment	noun	masculine
faks	fax	noun	masculine
obiad	lunch	noun	masculine
telefon	phone call	phrase	
prezentacja	presentation	noun	feminine
urlop	vacation	noun	masculine
pomysł	idea	noun	masculine
papier	paper	noun	masculine

SAMPLE SENTENCES

Na jego biurku jest straszny bałagan. His desk is a real mess.	**Menadżer robi sobie przerwę przy biurku.** "The manager is taking a break at the desk."
Spotkanie odbędzie się w finansowej dzielnicy. The meeting will take place in the finance district.	**Mój szef często spóźnia się na spotkania finansowe.** My boss is often late for company meetings.
Kobieta zastanawia się nad odpowiedzią. "The woman is thinking about the answer."	**Mój nastoletni kuzyn wydał wszystkie oszczędności na profesjonalny sprzęt do wspinaczki.** "My teenage cousin spent all his savings on professional climbing equipment."

Co miałeś wczoraj na obiad? What did you have for lunch yesterday?	**Najlepszym sposobem na to, by sprzedać pomysł jest bycie dobrzy przygotowanym do prezentacji.** The best way to sell an idea is to be well prepared for a presentation.
Kiedy masz urlop? When do you have vacation?	**Pomysł Agnieszki był najlepszy.** "Agnes's idea was the best."

LESSON NOTES

Top 400 Activities: Daily Routines in Polish #6 Health and Diet

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2 Polish
3 English
4 Vocabulary
5 Sample Sentences

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POLISH

1. Probuje nowej diety.
2. Staje na wadze.
3. Pracuje nad polepszeniem mojego metabolizmu.
4. Cwicze dwa razy w tygodniu.
5. Robie brzuszki codziennie.
6. Robie papki codziennie.
7. Ide na kontrole lekarska.
8. Plucze gardlo po powrocie do domu.
9. Chce uniknac przeziebienia.
10. Staram sie jesc wiecej warzyw.
11. Jem jedzenie bogate w mineraly.
12. Zawiera dużo witamin.
13. Staram sie jesc duzo blonnika.
14. Ograniczam weglowodany.
15. Jem jedzenie bogate w bialko.
16. Wbiegam po schodach.

CONT'D OVER

17. Staram sie jesc zbalansowane posilki.

18. Licze kalorie.

19. Stram sie zmiejszyc ilosc slodyczy.

20. Ulegam pokusie.

ENGLISH

1. I try a new diet.

2. I step on a scale.

3. I work on increasing my metabolism.

4. I exercise twice a week.

5. I do sit-ups every day.

6. I do push-ups every day.

7. I get a health checkup.

8. I gargle after returning home.

9. I want to avoid catching a cold.

10. I try to eat more vegetables.

11. I eat food rich in minerals.

CONT'D OVER

12. I take lots of vitamins.

13. I make sure to eat a lot of fiber.

14. I reduce carbohydates.

15. I eat food rich in protein.

16. I run up the stairs.

17. I try to eat a balanced diet.

18. I count calories.

19. I cut back on sweets.

20. I give in to temptation.

VOCABULARY

Polish	English	Class	Gender
pokusa	temptation	noun	
dieta	diet	noun	
waga	scale	noun	
metabolizm	metabolism	noun	
ćwiczenie	exercise	noun	
brzuszki	sit-up	adjective	
papki	push-up	noun	
kontrola lekarska	health checkup	noun	

płukanie gardła	gargle	verb	
przeziębienie	cold	noun	neutral
warzywo	vegetable	noun	neutral
mineral	mineral	noun	
witamina	vitamin	noun	
blonnik	fiber	noun	
węglowodan	carbohydrate	noun	
białko	protein	noun	
schody	stairs	noun	
zrównoważona dieta	balanced diet	noun	
kaloria	calorie	noun	
słodki	sweet	adjective	

SAMPLE SENTENCES

To tylko przeziębienie. "It's just a cold."	**Papryka, brokuły, cukinia, por, marchewka, bakłażan i sałata to wszystko warzywa.** Peppers, broccoli, zucchini, leeks, carrots, eggplants, and lettuce are all vegetables.
Czy pomidor jest owocem, czy warzywem? Is a tomato a fruit or a vegetable?	**To jest słodkie ciasto.** This is a sweet cake.

LESSON NOTES

Top 400 Activities: Daily Routines in Polish #7 Hanging Out

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5 Sample Sentences

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POLISH

1. Wybieram miejsce na spotkanie sie z moim przyjacielem.
2. Staram sie nie byc spoznionym.
3. Griluje na plazy.
4. Kupuje duzo ubran na wyprzedarzy.
5. Przymierzam ubrania w przymierzalni.
6. Znajduje okazje.
7. Pije kawe w kawiarni.
8. Spotykam sie z przyjaciolmi w centrum handlowym.
9. Sprzedaje stare ubrania na pchlim targu.
10. Znajduje sobie nowe hobby.
11. Ogladam nowy film.
12. Dostaje darmowy bilet do kina.
13. Przejezdzam sie kolejka gorska.
14. Restauracja otwiera sie o 10 rano.
15. Sprawdzam metke z cena.
16. Pytam sie sprzedawcy o cene.

CONT'D OVER

17. Przechadzam sie po sasiedztwie.

18. Degustuje czekolade w sklepie z czekolada.

19. Szukam wolontariatu.

20. Gubie moj aparat cyfrowy.

ENGLISH

1. I choose a place to meet with my friend.

2. I try not to be late.

3. I barbecue on the beach.

4. I buy a lot of clothes at a sale.

5. I try on the clothes in a fitting room.

6. I find bargains.

7. I drink coffee at the cafe.

8. I meet with my friends at the mall.

9. I sell old clothes at a flea market.

10. I find myself a new hobby.

11. I watch a new movie.

CONT'D OVER

12. I get a free movie ticket.

13. I ride on a roller coaster.

14. The restaurant opens at 10 a.m.

15. I check the price tag.

16. I ask the sales clerk about the price.

17. I walk around the neighborhood.

18. I try a sample at the chocolate store.

19. I look for volunteer activities.

20. I lose my digital camera.

VOCABULARY

Polish	English	Class	Gender
aparat cyfrowy	digital camera	noun	
wolontariat	volunteer activities	noun	
miejsce	place	noun	neuter
spóźniony	late	adjective	masculine
grilowac	barbecue	verb	
wyprzedaż	sale	noun	feminine
przymierzalnia	fitting room	noun	
okazja	bargain	noun	

kawiarnia	café	noun	feminine
centrum handlowe	mall	phrase	neutral
pchli targ	flea market	noun	
hobby	hobby	noun	neuter
film	movie	noun	masculine
bilet	ticket	noun	masculine
kolejka gorska	roller coaster	noun	
restauracja	restaurant	noun	feminine
metka z cena	price tag	noun	
sprzedwca	sales clerk	noun	
sąsiedztwo	neighborhood	noun	neuter
czekolada	chocolate	noun	feminine

SAMPLE SENTENCES

Czy dojechaliśmy już do miejsca spotkania? Have we arrived to the meeting place yet?	**On jest zawsze spóźniony na zajęcia.** He is always late for class.
Jesteś zawsze spóźniony! You're always late!	**Ten sklep ma wszystko w wyprzedaży.** The store has everything on sale.
Tam jest fajna kawiarnia. There is a cool cafe.	**To jest moja ulubiona kawiarnia.** It's my favorite café.
Jakie masz hobby? What's your hobby?	**Moje hobby to czytanie.** My hobby is reading.
To jest interesujący film. This is an interesting movie.	**Proszę bilet normalny.** Regular ticket, please.

Atmosfera w tej restauracji przyciąga wielu klientów. The atmosphere in this restaurant draws a lot of customers.	**To jest moja ulubiona restauracja.** This is my favorite restaurant.
Ta restauracja jest najlepsza. This restaurant is the best.	**To sąsziedztwo jest naprawdę spokojne i łatwo stąd dojechać do śródmieścia.** This neighborhood is really calm and it is easy to access the downtown area from it.
Niektórzy nie mogą żyć bez czekolady. Some people just can't live without chocolate.	**Polska czekolada jest jedną z najlepszych na świecie.** Polish chocolate is some of the best in the world.

LESSON NOTES

Top 400 Activities: Daily Routines in Polish #8 Dining Out

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POLISH

1. Rezerwuje miejsce dla niepalacych.
2. Wolam kelnera.
3. Prosze o karte win.
4. Zamawiam picie.
5. Nakladam sobie duzo z bufetu.
6. Zamawiam talerz serow.
7. Robie sie zachlanny i zamawiam duzo dan.
8. Wpadam na znajomego w kafeterii.
9. Zamawiam wiecej porcji.
10. Upuszczam moje paleczki.
11. Swietuje urodziny mojego dziecka w dobrej restauracji.
12. Probuje lokalnego piwa.
13. Polewam salatke dressingiem.
14. Nalewam sobie wody z dzbanka.
15. Zamawiam rybe na danie glowne.
16. Prosze o wiecej ryzu.

CONT'D OVER

17. Zamawiam deser.

18. Szukam wykalaczek.

19. Proszze o rachunek.

20. Place karta kredytowa.

ENGLISH

1. I call a waiter.

2. I ask for a wine list.

3. I order a drink.

4. I get a lot of food at the buffet.

5. I order an assorted cheese platter.

6. I get greedy and order a lot of dishes.

7. I bumped into a friend at the cafeteria.

8. I order one more portions.

9. I drop my chopsticks.

10. I celebrate my childrens' birthdays at nice restaurants.

11. I try a local beer.

CONT'D OVER

12. I put salad dressing on the salad.

13. I pour water from a pitcher.

14. I order fish for the main course.

15. I ask for more rice.

16. I order a dessert.

17. I look for toothpicks.

18. I ask for the bill.

19. I pay by credit card.

VOCABULARY

Polish	English	Class	Gender
rezerwować	to reserve	verb	
kelner	waiter	noun	masculine
karta win	wine list	noun	
picie	drink	noun	
bufet	buffet	noun	
talerz	platter	noun	
zachlanny	greedy	adjective	
kawiarnia	cafeteria	noun	
porcja	plate	noun	

paleczki	chopsticks	noun	
świętować	celebrate	verb	
piwo	beer	noun	neutral
sałatka	salad	noun	Feminine
dzbanek	pitcher	noun	masculine
danie główne	main course	phrase	neutral
ryż	rice	noun	
deser	dessert	noun	masculine
wykałaczka	toothpick	noun	feminine
rachunek	bill	noun	masculine
karta kredytowa	credit card	phrase	feminine

SAMPLE SENTENCES

Jeśli to możliwe zawsze rezerwuj z wyprzedzeniem. If possible, always reserve in advance.	**Nie mogę uwierzyć, że kelner w tamtym imejscu jest tak niegrzeczny!** I can't believe how rude the waiter is at this place!
Piwo to najpopularniejszy alkohol w Polsce. "Beer is the most popular alcohol in Poland."	**Kiedy byłem w Polsce, często piłem piwo.** When I was in Poland, I often drank beer.
Lubię zimne piwo. I like cold beer.	**Moje śniadanie to sałatka i jogurt.** My breakfast is salad and yoghurt.
Sernik to najlepszy deser na świecie. Cheesecake is the best dessert in the world.	

LESSON NOTES

Top 400 Activities: Daily Routines in Polish #9 Relaxing at Home

CONTENTS

2 Polish
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4 Vocabulary
5 Sample Sentences

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POLISH

1. Zapalam swieczke zapachowa.
2. Zaparzam ziolowa herbate.
3. Czyszcze twardy dysk.
4. Tasuje talie kart.
5. Robie robotki reczne.
6. Gram z przyjaciolmi w gre planszowa.
7. Otwieram puszke piwa.
8. Ide do sklepu spozywczego.
9. Samochod dostawczy przejezdza przed moim domem.
10. Zamawiam pizze.
11. Udaje, ze nie ma mnie w domu.
12. Gram w gry wideo z moimi znajomymi.
13. Gubie pilota.
14. Ogladam telewizje kablowa.
15. Kloce sie z moim dziecmi o pilota.
16. Wypozyczam film

CONT'D OVER

17. Zmieniam kanal.

18. Czytam dziecku ksiazke.

19. Krytykuje wystapienie aktora.

ENGLISH

1. I light scented candle.

2. I make herbal tea.

3. I clean up a hard disk.

4. I shuffle a deck of cards.

5. I do some crafts.

6. I play a board game with my friends.

7. I open a can of beer.

8. I go to the convenience store.

9. The delivery truck comes by my house.

10. I order a pizza.

11. I pretend not to be at home.

12. I play video games with my friends.

CONT'D OVER

13. I lose the remote control.

14. I watch cable TV.

15. I fight with my children over the remote control.

16. I rent online movie.

17. I change the channel.

18. I read a book to my child.

19. I criticize an actor's performance.

VOCABULARY

Polish	English	Class	Gender
świeczka	candle	noun	feminine
herbata ziołowa	herbal tea	noun	
dysk twardy	hard disk	noun	
karta	card	noun	feminine
robotki reczne	craft	noun	
gra planszowa	board game	noun	
puszka	can	noun	feminine
sklep spożywczy	convenience store	noun	
samochód dostawczy	delivery truck	noun	
pizza	pizza	noun	feminine
udać	pretend	verb	

gra wideo	video game	noun	
zgubic	lose	verb	
telewizja kablowa	cable TV	noun	
pilot	remote control	verb	masculine
wypożyczać	to rent	verb	
kanał	channel	noun	
ostatni odcinek	final episode	noun	
książka	book	noun	feminine
aktor	actor	noun	masculine

SAMPLE SENTENCES

Liczba świeczek na torcie oznacza liczbę lat. The number of candles on a cake shows the number of years.	**W tym sklepie nie ma kart doładowujących.** In this store there aren't prepaid cards.
Ona tworzy rękodzieło z puszek po napojach. She does handicraft with soda cans.	**Zamówiłem pizzę z ekstra serem.** I ordered pizza with extra cheese.
Proszę, podaj mi pilot. "Please pass me the remote control."	**Wypożyczę mały samochód.** I will rent a little car.
Ta książka jest całkiem zabawna. This book is pretty funny.	**Ta książka jest dla ciebie** This book is for you.
To jest moja książka. This is my book.	**Ten aktor jest świetny w dramatycznych scenach.** This actor is great in dramatic scenes.

LESSON NOTES

Top 400 Activities: Daily Routines in Polish #10 At Night

CONTENTS

2 Polish
3 English
4 Vocabulary
5 Sample Sentences

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POLISH

1. Otwieram drzwii wejsciowe.
2. Wchodze do mieszkania.
3. Wlaczam swiatlo.
4. Odpoczywam na kanapie.
5. Ogladam wieczorne wiadomosci.
6. ZAprawszm przyjaciol na kolacje.
7. Przygotowuje kolacje.
8. Klade dzieci do lozka.
9. Opowiadam dzieciom bajki na dobranoc.
10. Opowiadam znajomym smieszne kawaly.
11. Nalewam szklanke wina.
12. Rozlewam wino na stol.
13. Sprzatam balagan.
14. Rozmawiam z szzefem przez telefon.
15. Opowiadam o moim dniu.
16. Planuje jutrzejszy dzien.

CONT'D OVER

17. Biore kapiel.

18. Susze wlosy suszarka.

19. Laduje baterie w telefonie.

20. Ide spac okolo polnocy.

ENGLISH

1. I unlock the front door

2. I enter the apartmant

3. I turn on the light

4. I relax on the sofa

5. I watch the evening news.

6. I invite friends over for dinner.

7. I prepare dinner.

8. I put the children to bed.

9. I tell bedtime stories to my children.

10. I tell hilarious jokes to my friends.

11. I pour a glass of wine.

CONT'D OVER

12. I spill wine on the table.

13. I clean up the mess.

14. I talk with my boss on the phone.

15. I talk about my day.

16. I plan for tomorrow.

17. I take a hot bath.

18. I dry my hair with a hair dryer.

19. I charge the batteries on my phone.

20. I go to sleep around midnight.

VOCABULARY

Polish	English	Class	Gender
drzwi	door	noun	non-masculine personal
mieszkanie	apartment	noun	neutral
światło	light	noun	neuter
kanapa		noun	
zegarek	watch	noun	masculine
przyjaciel	friend	noun	
kolacja	dinner	noun	
dziecko	child	noun	neutral

bajka	story	noun	
żart	joke	noun	
wino	wine	noun	neutral
stol	table	noun	
bałagan	mess	noun	
rozmawiać	to talk	verb	
dzień	day	noun	masculine
planować	to plan	verb	
kąpiel	bath	noun	feminine
suszarka do włosów	hair dryer	noun	
bateria	battery	noun	feminine
północ	midnight	noun	feminine

SAMPLE SENTENCES

Nie zamykaj drzwi. Don't close the door.	**Nie stać mnie na wynajęcie mieszkania w centrum miasta.** I can't afford to rent an apartment in the city center.
Jeśli zaoszczędzę wystarczająco dużo pieniędzy, kupię mieszkanie. If i save enough money, I will buy an apartment.	**Mężczyzna włącza światło.** "The man turns on the light."
Po ukończeniu szkoły dostała od rodziców zegarek. She got a watch from her parents after the graduation ceremony.	**Dziecko bawi się zabawkami.** A child plays with toys.

Mój brat rozmawia teraz przez telefon. My brother is talking on the phone now.	**Nie rozmawiam z Robertem.** I don't talk to Robert.
Nie lubię rozmawiać przez telefon. I don't like talking on the phone.	**Rozmawiam teraz przez telefon.** I'm talking on the phone now.
Jaki jest dzisiaj dzień? What day is it today?	**Jest piękny dzień.** It's a beautiful day.
Cały dzień spędziłam na zakupach. I (female) spent the whole day shopping.	**Nie planuję nic na wakacje.** I don’t plan anything for holidays.
Nie wiedziałam, że klawiatura chodzi na baterie. I didn't know that my keyboard runs on batteries.	**Zegar wybił północ.** The clock struck midnight.
Wróciliśmy po północy. "We got back after midnight."	

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