

ZADANIE 1 – Vocabulary (SPORT & AKTYWNOŚĆ FIZYCZNA – wybór)

1. Regular training helps improve physical ____.
a) power b) fitness c) strength
2. He pulled a ____ during the match.
a) muscle b) bone c) joint
3. She decided to ____ part in the charity run.
a) take b) make c) join
4. Athletes need time to ____ after intense exercise.
a) relax b) recover c) refresh
5. He broke the school ____ in long jump.
a) record b) result c) score
6. Stretching reduces the risk of ____.
a) effort b) injury c) damage
7. She trains ____ a week.
a) twice b) double c) second
8. He was completely ____ after the race.
a) exhausted b) bored c) relaxed

ZADANIE 2 – Vocabulary (ŻYWIENIE & ZDROWIE – słowotwórstwo)

1. A balanced diet is essential for good _____. (HEALTH)
2. Fast food is often low in ____ value. (NUTRITION)
3. He became more ____ after cutting down on sugar. (ENERGY)
4. This product contains ____ ingredients only. (NATURE)
5. Too much salt is ____ to your heart. (HARM)
6. Regular meals help maintain a ____ lifestyle. (BALANCE)
7. This supplement is highly _____. (EFFECT)
8. She follows a ____ diet recommended by her doctor. (SPECIAL)

ZADANIE 3 – Vocabulary (PRZYIMKI & KOŁOKACJE – różne tematy)

1. He suffers ____ back pain.
2. I'm responsible ____ preparing the presentation.
3. She succeeded ____ passing the final exam.
4. He apologised ____ his behaviour.
5. I'm not used ____ eating so late.
6. They agreed ____ the new rules.
7. She focuses ____ her studies.
8. He complained ____ the poor service.

ZADANIE 4 – Vocabulary (UZUPEŁNIANIE Z BANKIEM SŁÓW ✓)

Uzupełnij zdania, używając słów z ramki.
Dwa słowa są zbędne.

choice • pressure • confidence • goal • opinion • experience • problem • solution • responsibility • effort

1. He achieved his main ____ after months of training.
2. She spoke with great ____ during the interview.
3. We had no ____ but to cancel the trip.
4. He handled the situation under a lot of ____.
5. This job gives me a sense of ____.
6. She shared her ____ on healthy eating.
7. Lack of sleep is a serious ____.
8. They finally found a workable ____.

ZADANIE 5 – Vocabulary (TECHNOLOGIA & MEDIA – wybór)

1. This app allows users to ____ their progress.
a) follow b) track c) check
2. He spends too much time ____ social media.
a) browsing b) scrolling c) watching
3. The file was ____ by mistake.
a) removed b) deleted c) destroyed
4. She posted a ____ about the event.
a) comment b) message c) notification
5. Online learning has many ____.
a) benefits b) profits c) values
6. The device stopped ____ suddenly.
a) operating b) running c) working
7. He prefers ____ contact to online chats.
a) direct b) real c) personal
8. This website is not very ____.
a) reliable b) dependable c) believable

ZADANIE 6 – Vocabulary (RELACJE & EMOCJE – uzupełnianie)

1. She has a good ____ with her parents.
2. He felt ____ when nobody supported him.
3. They had a serious ____ about their future.
4. She showed great ____ during the crisis.
5. He finally expressed his true ____.
6. Trust is the basis of any healthy ____.
7. She was ____ about the exam results.
8. He tends to ____ conflicts rather than solve them.

ZADANIE 7 – Vocabulary (EDUKACJA & PRACA – wybór)

1. He failed the exam due to lack of ____.
a) preparation b) attention c) revision

2. She plans to ____ a degree abroad.
a) achieve b) obtain c) gain
3. Group work helps develop ____ skills.
a) social b) personal c) communication
4. He applied ____ the position last week.
a) to b) for c) on
5. She was promoted because of her ____.
a) effort b) commitment c) motivation
6. The course is designed ____ beginners.
a) for b) to c) with
7. He missed the lecture ____ illness.
a) because b) due to c) thanks to
8. Lifelong learning is becoming more ____.
a) common b) usual c) typical

ZADANIE 8 – Vocabulary (CZAS WOLNY & PODRÓŻE – uzupełnianie)

1. We booked the tickets well ____ advance.
2. She enjoys discovering new ____.
3. The trip turned ____ to be unforgettable.
4. He prefers active ____ to sightseeing.
5. They stayed at a small ____ hotel.
6. The journey took longer than ____.
7. We packed ____ essentials only.
8. He likes travelling ____ his own.

GRAMMAR TEST + READING

ZADANIE 1 – Czesy przeszłe

Wybierz poprawną formę.

1. I ____ my phone when I realised it was missing.
a) had lost b) lost c) was losing

2. She ____ for over an hour before the train arrived.
a) waited b) was waiting c) had been waiting
3. By the time we got home, everyone ____.
a) slept b) had slept c) was sleeping
4. He ____ TV when the power went out.
a) watched b) was watching c) had watched
5. They ____ the match before it started to rain.
a) finished b) had finished c) were finishing
6. I didn't notice that he ____ earlier.
a) left b) had left c) was leaving

ZADANIE 2 – Future forms

Uzupełnij zdania poprawną formą przyszłą.

1. I think technology ____ even faster in the future.
a) will develop b) is developing c) develops
2. This time tomorrow, we ____ the new software.
a) will install b) will be installing c) install
3. She's tired – she ____ early tonight.
a) will go b) is going c) goes
4. By 2030, most people ____ remotely.
a) will work b) will be working c) work
5. Look at those clouds! It ____ soon.
a) is going to rain b) will rain c) rains
6. We ____ the results by the end of the week.
a) will receive b) are receiving c) receive

ZADANIE 3 – Strona bierna

Wybierz poprawną odpowiedź.

1. The app ____ by millions of users every day.
a) is used b) uses c) was using
2. The email ____ before the system crashed.
a) had been sent b) was sent c) has sent
3. New features ____ next month.
a) will introduce b) will be introduced c) introduce

4. The problem ____ immediately.
a) solved b) was solved c) has solved
5. Online data ____ carefully protected.
a) must be b) must c) must being
6. The device ____ in China.
a) produces b) is produced c) was producing

ZADANIE 4 – Modal verbs

Wybierz poprawną odpowiedź.

1. You ____ share your password with anyone.
a) mustn't b) don't have to c) couldn't
2. He ____ be at home – the lights are on.
a) must b) can't c) shouldn't
3. You ____ download the app to use the service.
a) have to b) mustn't c) shouldn't
4. She ____ finish the task yesterday, but she forgot.
a) should have b) must have c) could have
5. We ____ use our phones during the exam.
a) aren't allowed to b) don't have to c) shouldn't
6. He ____ fix the problem himself, but he asked for help.
a) could b) must c) should

ZADANIE 5 – Mowa zależna

Wybierz poprawną odpowiedź.

1. "I'm working late," he said.
→ He said that he ____ late.
a) is working b) was working c) has been working
2. "I'll call you tomorrow," she said.
→ She said she ____ the next day.
a) will call b) would call c) calls
3. "We installed the update yesterday," they said.
→ They said they ____ the update the day before.
a) installed b) had installed c) were installing

4. "Don't click on that link," he warned me.
→ He warned me ____ on that link.
a) not clicking b) not to click c) don't click
5. "Can you help me?" she asked.
→ She asked if I ____ help her.
a) can b) could c) will
6. "I've never used this software before," he said.
→ He said that he ____ that software before.
a) never used b) hadn't used c) hasn't used

ZADANIE 6 – Conditionals & mixed structures

Wybierz poprawną odpowiedź.

1. If you ____ the instructions, you wouldn't have this problem.
a) followed b) had followed c) would follow
2. If I have time, I ____ the app today.
a) download b) will download c) would download
3. We wouldn't be late if you ____ earlier.
a) left b) had left c) would leave
4. If technology ____ unavailable, many jobs would stop.
a) became b) becomes c) will become
5. If she ____ more careful, she wouldn't lose files so often.
a) were b) had been c) is
6. If they hadn't upgraded the system, it ____ now.
a) wouldn't work b) wouldn't be working c) won't work

READING – Technology (B1+/B2)

The Impact of Technology on Daily Life

Modern technology has changed the way we live, work and communicate. Smartphones allow us to stay connected at all times, while social media platforms make sharing information easier than ever before. Many people now work remotely, using online tools to collaborate with colleagues from different parts of the world.

However, technology also brings challenges. Excessive screen time can affect concentration and mental health, and personal data may be at risk if users are not careful. Despite these issues, technological progress continues to shape our future. Learning how to use digital tools responsibly is becoming an essential skill, especially for younger generations who grow up surrounded by technology.

ZADANIE 7 – Reading (T / F)

1. Technology has changed communication methods.
2. Remote work is becoming less popular.
3. Technology can influence mental health.

ZADANIE 8 – Reading (Multiple choice)

4. One advantage of technology mentioned in the text is:
 - a) less work
 - b) easier collaboration
 - c) shorter working hours
5. One risk of technology is:
 - a) limited access to information
 - b) data security problems
 - c) lack of communication