

No	Idiom	Znaczenie	Użycie w zdaniu
1	Break the ice	przełamać lody	He told a joke to break the ice at the meeting.
2	Under the weather	źle się czuć	I'm feeling a bit under the weather today.
3	Once in a blue moon	bardzo rzadko	We see each other once in a blue moon.
4	Spill the beans	wygadać się	She spilled the beans about the surprise party.
5	Hit the nail on the head	trafić w sedno	You really hit the nail on the head with that comment.
6	A blessing in disguise	szczęście w nieszczęściu	Losing that job was a blessing in disguise.
7	Better late than never	lepiej późno niż wcale	He finally apologized, better late than never.
8	Break a leg	powodzenia	Break a leg in your performance tonight.
9	Cut corners	iść na skróty / oszczędzać na jakości	They cut corners when building the house.
10	Easy does it	spokojnie, powoli	Easy does it, don't rush.
11	Get out of hand	wymknąć się spod kontroli	The party got out of hand quickly.
12	Get your act together	wziąć się w garść	You need to get your act together before the presentation.
13	Go the extra mile	zrobić coś ponad oczekiwania	She always goes the extra mile for her clients.
14	Hang in there	trzymaj się	Hang in there, things will get better.
15	In hot water	w tarapatach	He found himself in hot water after missing the deadline.
16	It takes two to tango	coś wymaga dwóch stron	Don't blame him alone, it takes two to tango.
17	Jump on the bandwagon	iść za trendem	Many companies jumped on the eco bandwagon.
18	Keep your chin up	głowa do góry	Keep your chin up, everything will be fine.
19	Let the cat out of the bag	zdradzić sekret	He let the cat out of the bag about the surprise.
20	No pain, no gain	bez pracy nie ma kołaczy	You have to study hard; no pain, no gain.
21	Pull someone's leg	nabierać kogoś	I was just pulling your leg about the news.
22	Speak of the devil	o wilku mowa	Speak of the devil, here he comes!
23	The ball is in your court	piłka po twojej stronie	I've done my part; now the ball is in your court.
24	Time flies	czas leci	Time flies when you're having fun.
25	To make matters worse	co gorsza	To make matters worse, it started raining.
26	Up in the air	niepewne	Our plans are still up in the air.
27	Your guess is as good as mine	nie mam pojęcia	Who will win? Your guess is as good as mine.
28	Bite the bullet	zaciśnąć zęby	I had to bite the bullet and accept the decision.
29	Burn the midnight oil	pracować do późna	She burned the midnight oil to finish the project.
30	By the skin of your teeth	o mało co	He passed the exam by the skin of his teeth.
31	Cost an arm and a leg	kosztować fortunę	That car costs an arm and a leg.
32	Cry over spilled milk	plakać nad rozlanym mlekiem	Don't cry over spilled milk; it's too late to change.
33	Cut to the chase	przejsć do sedna	Let's cut to the chase and discuss the main issue.
34	Every cloud has a silver lining	każda chmura ma srebrną podszewkę	Don't worry; every cloud has a silver lining.
35	Hit the sack	iść spać	I'm tired, I'm going to hit the sack.
36	Keep an eye on	mieć na oku	Keep an eye on the kids while cooking.
37	Piece of the action	kawałek tortu / udział w czymś	He wants a piece of the action.
38	Pull yourself together	wziąć się w garść	Pull yourself together and calm down.
39	The best of both worlds	najlepsze z dwóch światów	Working part-time gives her the best of both worlds.
40	Throw in the towel	poddać się	After many failures, he finally threw in the towel.
41	Break the bank	kosztować fortunę	That vacation would break the bank.
42	Go back to the drawing board	wrócić do punktu wyjścia	The plan failed, so we went back to the drawing board.
43	Burn bridges	spalić mosty	He burned bridges with his former employer.
44	Barking up the wrong tree	mylić się co do przyczyny problemu	If you think I did it, you're barking up the wrong tree.
45	Hit the road	wyruszyć w drogę	We need to hit the road early tomorrow.
46	In a pickle	w kłopotcie	I'm really in a pickle with this problem.
47	Jump the gun	wyprzedzać fakty	He jumped the gun and started without approval.
48	Keep your fingers crossed	trzymać kciuki	Keep your fingers crossed for me.
49	Let off steam	odreagować	He went for a run to let off steam.
50	Make a long story short	krótko mówiąc	To make a long story short, we lost the match.
51	No strings attached	bez zobowiązań	You can use it, no strings attached.
52	Off the hook	odetchnąć, uniknąć kary	He got off the hook because of a technicality.

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53	Pull rank	<i>używać wyższej pozycji</i>	<i>He pulled rank to get his way.</i>
54	Read between the lines	<i>czytać między wierszami</i>	<i>You have to read between the lines in his letter.</i>
55	Sit on the fence	<i>nie zajmować stanowiska</i>	<i>He tends to sit on the fence during arguments.</i>
56	Take it with a grain of salt	<i>traktować z rezerwą</i>	<i>Take his advice with a grain of salt.</i>
57	The early bird catches the worm	<i>kto rano wstaje, temu Pan Bóg daje</i>	<i>The early bird catches the worm, so wake up early.</i>
58	Through thick and thin	<i>na dobre i na złe</i>	<i>They stayed friends through thick and thin.</i>
59	Throw caution to the wind	<i>zaryzykować</i>	<i>He threw caution to the wind and invested all his money.</i>
60	Time is money	<i>czas to pieniądz</i>	<i>Don't waste time; time is money.</i>
61	To each their own	<i>co kto lubi</i>	<i>I don't like it, but to each their own.</i>
62	Under your nose	<i>tuż przed nosem</i>	<i>The keys were right under your nose.</i>
63	Up to the mark	<i>na odpowiednim poziomie</i>	<i>His work was up to the mark.</i>
64	Water under the bridge	<i>woda, która upłynęła</i>	<i>Don't worry about it, it's water under the bridge.</i>
65	Wear your heart on your sleeve	<i>okazywać uczucia otwarcie</i>	<i>He wears his heart on his sleeve.</i>
66	Wild goose chase	<i>pogoń za czymś niemożliwym</i>	<i>Searching for the lost keys was a wild goose chase.</i>
67	You can't judge a book by its cover	<i>nie oceniaj po wyglądzie</i>	<i>You can't judge a book by its cover.</i>
68	Ace in the hole	<i>as w rękawie</i>	<i>He kept an ace in the hole for the negotiation.</i>
69	Add fuel to the fire	<i>dolać oliwy do ognia</i>	<i>His comments only added fuel to the fire.</i>
70	All ears	<i>w pełni skupiony na słuchaniu</i>	<i>I'm all ears, tell me what happened.</i>
71	Bark is worse than your bite	<i>pies jest groźniejszy niż jego szczekanie</i>	<i>Don't worry about him; his bark is worse than his bite.</i>
72	Bite your tongue	<i>powstrzymać się od powiedzenia czegoś</i>	<i>I had to bite my tongue during the meeting.</i>
73	By the book	<i>zgodnie z zasadami</i>	<i>The manager did everything by the book.</i>
74	Close but no cigar	<i>prawie, ale nie do końca</i>	<i>He was close but no cigar in the competition.</i>
75	Face the music	<i>stawić czoła konsekwencjom</i>	<i>He has to face the music after breaking the rules.</i>
76	Get a taste of your own medicine	<i>dostać nauczkę</i>	<i>He got a taste of his own medicine.</i>
77	Go down in flames	<i>skończyć katastrofą</i>	<i>The plan went down in flames.</i>
78	Hit the jackpot	<i>wygrać na loterii / odnieść wielki sukces</i>	<i>He hit the jackpot with his new business.</i>
79	Know the ropes	<i>znać się na rzeczy</i>	<i>She knows the ropes of this job.</i>
80	Let sleeping dogs lie	<i>nie wywołuj wilka z lasu</i>	<i>Let sleeping dogs lie; don't bring up old arguments.</i>
81	Make waves	<i>wywołać poruszenie</i>	<i>His comments made waves in the office.</i>
82	Miss the boat	<i>przegapić okazję</i>	<i>He missed the boat by not applying in time.</i>
83	Move heaven and earth	<i>zrobić wszystko, co możliwe</i>	<i>She moved heaven and earth to get the project done.</i>
84	Once bitten, twice shy	<i>raz oszukany, drugi raz ostrożny</i>	<i>Once bitten, twice shy, I won't trust him again.</i>
85	Out of the frying pan into the fire	<i>z deszczu pod rynnę</i>	<i>He went out of the frying pan into the fire by changing jobs.</i>
86	Play it safe	<i>grać bezpiecznie</i>	<i>I decided to play it safe and not invest.</i>
87	Pull the plug	<i>zakończyć coś</i>	<i>The company pulled the plug on the project.</i>
88	Put two and two together	<i>wyciągnąć wnioski</i>	<i>I put two and two together and realized the truth.</i>
89	Rain on someone's parade	<i>zepsuć komuś plany</i>	<i>I didn't mean to rain on your parade.</i>
90	Shoot from the hip	<i>mówić bez zastanowienia</i>	<i>He tends to shoot from the hip in meetings.</i>
91	Sit tight	<i>czekać cierpliwie</i>	<i>Sit tight, the doctor will see you soon.</i>
92	Skeleton in the closet	<i>tajemnica</i>	<i>He has a skeleton in the closet.</i>
93	Smell a rat	<i>coś jest podejrzone</i>	<i>I smell a rat in this deal.</i>
94	Take the bull by the horns	<i>wziąć byka za rogi</i>	<i>She took the bull by the horns and confronted the manager.</i>
95	The icing on the cake	<i>wisienka na torcie</i>	<i>Winning the bonus was the icing on the cake.</i>
96	Throw someone under the bus	<i>poświęcić kogoś dla własnej korzyści</i>	<i>He threw his colleague under the bus.</i>
97	Under the table	<i>nielegalnie / potajemnie</i>	<i>He was paid under the table.</i>
98	Up in arms	<i>oburzony</i>	<i>The citizens were up in arms about the decision.</i>
99	Up the creek without a paddle	<i>w tarapatach</i>	<i>We were up the creek without a paddle when the car broke down.</i>
100	Vanish into thin air	<i>rozpułynąć się</i>	<i>The magician made the rabbit vanish into thin air.</i>
101	Variety is the spice of life	<i>urozmaicenie to przyprawa życia</i>	<i>Try different hobbies; variety is the spice of life.</i>
102	Watch your back	<i>uważaj</i>	<i>Watch your back in that neighborhood.</i>
103	Wet blanket	<i>ktoś psujący zabawę</i>	<i>Don't be a wet blanket.</i>
104	Wild and woolly	<i>dziki, chaotyczny</i>	<i>The wild and woolly party lasted all night.</i>

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105	You can't have your cake and eat it too	<i>nie można mieć ciastka i zjeść ciastka</i>	<i>You can't have your cake and eat it too.</i>
106	Your heart skips a beat	<i>serce podskakuje</i>	<i>My heart skipped a beat when I saw her.</i>
107	Zip your lip	<i>zamknąć się</i>	<i>Zip your lip about the surprise.</i>
108	Zero tolerance	<i>zerowa tolerancja</i>	<i>The school has zero tolerance for bullying.</i>
109	Ace up your sleeve	<i>as w rękawie</i>	<i>He had an ace up his sleeve.</i>
110	All in the same boat	<i>w tej samej sytuacji</i>	<i>We are all in the same boat.</i>
111	Ballpark figure	<i>przybliżona liczba</i>	<i>Can you give me a ballpark figure?</i>
112	Devil's advocate	<i>adwokat diabła</i>	<i>I'll play devil's advocate for a moment.</i>
113	Down to earth	<i>praktyczny, realistyczny</i>	<i>She's very down to earth and easy to talk to.</i>
114	Fight fire with fire	<i>walczyć ogniem z ogniem</i>	<i>Sometimes you have to fight fire with fire.</i>
115	Fly off the handle	<i>wpaść w szat</i>	<i>He flew off the handle when he heard the news.</i>
116	Get a kick out of	<i>czerpać przyjemność</i>	<i>I get a kick out of watching comedies.</i>
117	Go back to square one	<i>wrócić do punktu wyjścia</i>	<i>The experiment failed; we went back to square one.</i>
118	Hang by a thread	<i>wiszieć na włosku</i>	<i>His life was hanging by a thread.</i>
119	Have a change of heart	<i>zmienić zdanie</i>	<i>She had a change of heart about the trip.</i>
120	Have a lot on your plate	<i>mieć dużo na głowie</i>	<i>I have a lot on my plate this week.</i>
121	In a nutshell	<i>w skrócie</i>	<i>In a nutshell, the project was a success.</i>
122	In the nick of time	<i>w ostatniej chwili</i>	<i>He arrived in the nick of time.</i>
123	Last but not least	<i>ostatni, ale nie mniej ważny</i>	<i>Last but not least, thanks to everyone.</i>
124	Let bygones be bygones	<i>niech przeszłość zostanie w przeszłości</i>	<i>Let bygones be bygones and move on.</i>
125	Like a fish out of water	<i>jak ryba wyjęta z wody</i>	<i>He felt like a fish out of water at the party.</i>
126	Make a mountain out of a molehill	<i>robić z igły widły</i>	<i>Don't make a mountain out of a molehill.</i>
127	Miss the mark	<i>nie trafić w cel</i>	<i>His comment missed the mark.</i>
128	Off the cuff	<i>bez przygotowania</i>	<i>He spoke off the cuff.</i>
129	On the dot	<i>punktualnie</i>	<i>The train arrives on the dot.</i>
130	On the same page	<i>być zgodnym</i>	<i>We need to be on the same page.</i>
131	Over the top	<i>przesadny</i>	<i>His reaction was over the top.</i>
132	Pass the buck	<i>zrzucić odpowiedzialność</i>	<i>Don't pass the buck.</i>
133	Pull strings	<i>wykorzystać wpływy</i>	<i>He pulled strings to get the job.</i>
134	Put your money where your mouth is	<i>pokazać, że potrafisz</i>	<i>Put your money where your mouth is.</i>
135	Read the riot act	<i>upomnieć</i>	<i>The teacher read the riot act to the students.</i>
136	Rock the boat	<i>robić zamieszanie</i>	<i>Don't rock the boat.</i>
137	Run like the wind	<i>biec jak wiatr</i>	<i>He ran like the wind to catch the bus.</i>
138	Sleep on it	<i>przespać się z decyzją</i>	<i>I need to sleep on it.</i>
139	Steal the show	<i>przyćmić innych</i>	<i>Her performance stole the show.</i>
140	Take a rain check	<i>przełożyć</i>	<i>I'll take a rain check on dinner.</i>
141	The best thing since sliced bread	<i>świetny pomysł</i>	<i>This app is the best thing since sliced bread.</i>
142	Touch base	<i>skontaktować się</i>	<i>Let's touch base next week.</i>
143	Turn a blind eye	<i>przymknąć oko</i>	<i>The teacher turned a blind eye.</i>
144	Two peas in a pod	<i>jak dwie krople wody</i>	<i>They are two peas in a pod.</i>
145	Up to scratch	<i>na odpowiednim poziomie</i>	<i>His work is up to scratch.</i>
146	Walk on eggshells	<i>chodzić jak po cienkim lodzie</i>	<i>I had to walk on eggshells around him.</i>
147	Break even	<i>wyjść na zero</i>	<i>The company barely broke even this year.</i>
148	Call the shots	<i>dyktować warunki</i>	<i>She calls the shots in the office.</i>
149	Cut and dried	<i>jasne, gotowe</i>	<i>The instructions were cut and dried.</i>
150	Don't count your chickens before they hatch	<i>nie dziel skóry na niedźwiedziu</i>	<i>Don't count your chickens before they hatch.</i>
151	Down for the count	<i>pokonany</i>	<i>After the argument, he was down for the count.</i>
152	Eat humble pie	<i>przyznać się do błędu</i>	<i>He had to eat humble pie after the mistake.</i>
153	Face up to	<i>stawić czoła</i>	<i>You must face up to your responsibilities.</i>
154	Fly by the seat of your pants	<i>improwizować</i>	<i>We had to fly by the seat of our pants.</i>
155	Get a second wind	<i>złapać nową energię</i>	<i>I got a second wind after a short break.</i>
156	Get cold feet	<i>stchórzyć</i>	<i>She got cold feet before the presentation.</i>

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157	Give the benefit of the doubt	dać kredyt zaufania	I'll give him the benefit of the doubt.
158	Go out on a limb	zaryzykować	I went out on a limb and proposed the idea.
159	Have a chip on your shoulder	być urażonym	He has a chip on his shoulder about the promotion.
160	Head over heels	zakochany po uszy	She fell head over heels in love.
161	Hold your horses	wstrzymać się	Hold your horses; we're not leaving yet.
162	In the doghouse	w niełasce	He's in the doghouse with his wife.
163	Jump through hoops	pokonywać trudności	She jumped through hoops to get the visa.
164	Keep your nose clean	trzymać się z daleka od kłopotów	Keep your nose clean while at work.
165	Knock on wood	odpukać w niemalowane	Knock on wood, everything is fine.
166	Last laugh	ostatni śmiech	He had the last laugh after winning the lawsuit.
167	Leave someone high and dry	zostawić na lodzie	They left us high and dry with the project.
168	Neck of the woods	okolica	It's a quiet neck of the woods.
169	Not worth a dime	nic nie warty	That old phone isn't worth a dime.
170	Off the beaten track	na uboczu	They live off the beaten track.
171	On the house	gratis	The drinks were on the house.
172	Out of the question	wykluczone	That's out of the question.
173	Pay through the nose	zapłacić fortunę	I paid through the nose for this car.
174	Run-of-the-mill	przeciętny	It was a run-of-the-mill movie.
175	See eye to eye	zgadzać się	We see eye to eye on this matter.
176	Sleep like a log	spać jak susał	I slept like a log last night.
177	Steal someone's thunder	ukraść czyjeś pomysły	She stole my thunder by announcing it first.
178	Take it easy	wyluzować	Take it easy and relax.
179	The devil is in the details	diabeł tkwi w szczegółach	Be careful; the devil is in the details.
180	The elephant in the room	oczywisty problem, temat tabu	Let's address the elephant in the room.
181	Turn the tables	odwrócić sytuację na swoją korzyść	She turned the tables in the negotiation.
182	Walk a mile in someone's shoes	postawić się w czyjejś sytuacji	Try to walk a mile in her shoes.
183	Wear many hats	pełnić wiele ról	She wears many hats at work.
184	When it rains, it pours	nieszczęścia chodzą parami	When it rains, it pours - one problem followed another.
185	Wild card	nieprzewidywalna osoba	He's the wild card in the team.
186	Win hands down	wygrać bez wysiłku	She won hands down.
187	Wrap your head around	pojąć coś	I can't wrap my head around this problem.
188	Zero in on	skupić się na	Let's zero in on the main issue.
189	All bark and no bite	dużo gadać, mało robić	He's all bark and no bite.
190	At the drop of a hat	natychmiast	She leaves at the drop of a hat.
191	Back to the wall	pod ścianą	We were back to the wall in the negotiations.
192	Bite the hand that feeds you	kąsać rękę, która karmi	Don't bite the hand that feeds you.
193	Cross that bridge when you come to it	rozwiązać problem, gdy się pojawi	We'll cross that bridge when we come to it.
194	Cry wolf	wywołać fałszywy alarm	Don't cry wolf.
195	Get a word in edgewise	wtrącić się	I couldn't get a word in edgewise.
196	Hold your tongue	powstrzymać się od mówienia	He held his tongue.
197	Keep your eyes peeled	mieć oczy szeroko otwarte	Keep your eyes peeled for the package.
198	Kick the bucket	umrzeć	He kicked the bucket last year.
199	Not playing with a full deck	nie do końca przy zdrowych zmysłach	He's not playing with a full deck.
200	Out of the blue	nagle	Out of the blue, she called me.
201	Out of your depth	poza czyimiś możliwościami	I was out of my depth in the discussion.
202	Play it by ear	improwizować	Let's play it by ear.
203	The tip of the iceberg	wierzchołek góry lodowej	What you see is just the tip of the iceberg.
204	The whole nine yards	wszystko, co możliwe	He gave it the whole nine yards.
205	Turn over a new leaf	zacząć od nowa	He turned over a new leaf.
206	Up to no good	knuć coś złego	He's up to no good.
207	Up to your ears	po uszy w czymś	I'm up to my ears in work.
208	Use your loaf	użyć głowy	Use your loaf before deciding.



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209	When pigs fly	<i>kiedy piekło zamarznie</i>	<i>I'll believe it when pigs fly.</i>
210	Bite the dust	<i>paść</i>	<i>Many companies bit the dust during the recession.</i>
211	In the bag	<i>pewne, w kieszeni</i>	<i>The deal is in the bag.</i>
212	Keep your cool	<i>zachować spokój</i>	<i>Keep your cool during the interview.</i>
213	Knock your socks off	<i>zachwycić</i>	<i>The movie knocked my socks off.</i>
214	Leave no stone unturned	<i>nie pozostawić niczego przypadkowi</i>	<i>We'll leave no stone unturned.</i>
215	On cloud nine	<i>w siódmym niebie</i>	<i>She's on cloud nine.</i>
216	Put a sock in it	<i>zamknąć się</i>	<i>Put a sock in it, now.</i>
217	Put your foot in your mouth	<i>palnąć głupstwo</i>	<i>He put his foot in his mouth.</i>
218	Shoot the breeze	<i>pogadać</i>	<i>We spent the evening shooting the breeze.</i>
219	The sky's the limit	<i>nie ma ograniczeń</i>	<i>With your talent, the sky's the limit.</i>
220	Wet behind the ears	<i>niedoświadczony</i>	<i>He's wet behind the ears.</i>
221	With flying colors	<i>śpiewająco</i>	<i>She passed the test with flying colors.</i>
222	You can say that again	<i>zgadzam się w %</i>	<i>"It's hot today."</i>
223	On the ball	<i>czujny, ogarnięty</i>	<i>She's on the ball.</i>
224	On thin ice	<i>na cienkim lodzie</i>	<i>You're on thin ice.</i>
225	Out of the woods	<i>poza niebezpieczeństwem</i>	<i>The patient is out of the woods.</i>
226	Put all your eggs in one basket	<i>postawić wszystko na jedną kartę</i>	<i>Don't put all your eggs in one basket.</i>
227	Stick to your guns	<i>pozostać przy swoim</i>	<i>Stick to your guns.</i>
228	The last straw	<i>ostatnia kropla</i>	<i>His rudeness was the last straw.</i>
229	Two heads are better than one	<i>dwie głowy lepsze niż jedna</i>	<i>Two heads are better than one.</i>
230	Beat around the bush	<i>owijać w bawełnę</i>	<i>Stop beating around the bush.</i>
231	Behind the eight ball	<i>w trudnej sytuacji</i>	<i>We were behind the eight ball.</i>
232	Bite off more than you can chew	<i>wziąć na siebie za dużo</i>	<i>I bit off more than I could chew.</i>
233	By and large	<i>ogólnie rzecz biorąc</i>	<i>By and large, it's a good plan.</i>
234	Call it a day	<i>zakończyć na dziś</i>	<i>Let's call it a day.</i>
235	Cast in stone	<i>niezmienny</i>	<i>The rules are not cast in stone.</i>
236	Cold shoulder	<i>dać komuś kosza</i>	<i>She gave him the cold shoulder.</i>
237	Cross your heart	<i>przysięgać</i>	<i>Cross your heart you'll tell the truth.</i>
238	Don't hold your breath	<i>nie nastawiaj się</i>	<i>Don't hold your breath waiting for him.</i>
239	Down to the wire	<i>do ostatniej chwili</i>	<i>It went down to the wire.</i>
240	Drive someone up the wall	<i>doprowadzać do szału</i>	<i>He drives me up the wall.</i>
241	Feather in your cap	<i>powód do dumy</i>	<i>Winning was a feather in his cap.</i>
242	Get down to business	<i>przejsć do sedna</i>	<i>Let's get down to business.</i>
243	Get off on the wrong foot	<i>zacząć źle</i>	<i>We got off on the wrong foot.</i>
244	Give it a shot	<i>spróbować</i>	<i>Give it a shot.</i>
245	Go overboard	<i>przesadzić</i>	<i>Don't go overboard.</i>
246	Hit the books	<i>wkuwać</i>	<i>I need to hit the books.</i>
247	It's not rocket science	<i>to nie jest trudne</i>	<i>It's not rocket science.</i>
248	Kill two birds with one stone	<i>upiec dwie pieczenie na jednym ogniu</i>	<i>I killed two birds with one stone.</i>
249	Level playing field	<i>równe szanse</i>	<i>We need a level playing field.</i>
250	Make ends meet	<i>wiązać koniec z końcem</i>	<i>It's hard to make ends meet.</i>
251	Method to the madness	<i>metoda w szaleństwie</i>	<i>There's a method to the madness.</i>
252	Off the record	<i>nieoficjalnie</i>	<i>He told me off the record.</i>
253	On pins and needles	<i>w niepewności</i>	<i>I'm on pins and needles waiting.</i>
254	Out of your league	<i>poza czyimś zasięgiem</i>	<i>She's out of your league.</i>
255	Over the moon	<i>bardzo szczęśliwy</i>	<i>She's over the moon.</i>
256	Piece of cake	<i>bułka z masłem</i>	<i>The test was a piece of cake.</i>
257	Rome wasn't built in a day	<i>nie od razu Rzym zbudowano</i>	<i>Rome wasn't built in a day.</i>
258	Saved by the bell	<i>uratowany w ostatniej chwili</i>	<i>I was saved by the bell.</i>
259	Shoot yourself in the foot	<i>zaszkodzić sobie samemu</i>	<i>He shot himself in the foot.</i>
260	Be snowed under	<i>być zawalonym pracą</i>	<i>I'm snowed under with deadlines this week.</i>

No	Idiom	Znaczenie	Użycie w zdaniu
261	Bend over backwards	<i>bardzo się starać</i>	<i>She bent over backwards to help her team.</i>
262	Blow off steam	<i>wyładować emocje</i>	<i>He goes running to blow off steam.</i>
263	Burn bridges	<i>palić za sobą mosty</i>	<i>Don't burn bridges when you leave a job.</i>
264	Catch someone red-handed	<i>złapać na gorącym uczynku</i>	<i>They caught him red-handed stealing.</i>
265	Rain or shine	<i>bez względu na okoliczności</i>	<i>I go jogging every morning, rain or shine.</i>
266	Cut someone some slack	<i>być dla kogoś wyrozumiałym</i>	<i>Cut her some slack, she's new here.</i>
267	Drop the ball	<i>zawalić sprawę</i>	<i>He dropped the ball on that project.</i>
268	Draw the line	<i>postawić granicę</i>	<i>I draw the line at working weekends.</i>
269	Ease someone's mind	<i>uspokoić kogoś</i>	<i>The email eased my mind.</i>
270	Get the hang of something	<i>załapać coś</i>	<i>I finally got the hang of driving.</i>
271	Go cold turkey	<i>rzucić coś nagle</i>	<i>He quit smoking cold turkey.</i>
272	Hit a dead end	<i>trafić w ślepy zaułek</i>	<i>Our investigation hit a dead end.</i>
273	In the long run	<i>na dłuższą metę</i>	<i>It'll pay off in the long run.</i>
274	Keep something under wraps	<i>trzymać coś w tajemnicy</i>	<i>The project is still under wraps.</i>
275	Leave someone in the dark	<i>trzymać kogoś w niewiedzy</i>	<i>They left us in the dark.</i>
276	Make a big deal out of something	<i>robić z igły widły</i>	<i>Don't make a big deal out of it.</i>
277	Make up your mind	<i>zdecydować się</i>	<i>Make up your mind already.</i>
278	Move the goalposts	<i>zmieniać zasady w trakcie</i>	<i>They keep moving the goalposts.</i>
279	Not my cup of tea	<i>nie w moim guście</i>	<i>Horror movies aren't my cup of tea.</i>
280	On short notice	<i>na ostatnią chwilę</i>	<i>Thanks for coming on such short notice.</i>
281	Out of the loop	<i>poza obiegiem informacji</i>	<i>I'm out of the loop on this issue.</i>
282	Pull yourself together	<i>ogarnąć się</i>	<i>Pull yourself together and focus.</i>
283	Raise eyebrows	<i>wzbudzić zdziwienie</i>	<i>His comment raised eyebrows.</i>
284	Read between the lines	<i>czytać między wierszami</i>	<i>You need to read between the lines.</i>
285	Ring a bell	<i>coś komuś świta</i>	<i>That name rings a bell.</i>
286	Rule of thumb	<i>ogólna zasada</i>	<i>As a rule of thumb, save %.</i>
287	Short end of the stick	<i>gorsza część</i>	<i>He got the short end of the stick.</i>
288	Sweep something under the rug	<i>zamiatać pod dywan</i>	<i>They swept the issue under the rug.</i>
289	Take something for granted	<i>brać coś za pewnik</i>	<i>Don't take her help for granted.</i>
290	Think outside the box	<i>myśleć nieszablonowo</i>	<i>We need to think outside the box.</i>
291	Throw someone off	<i>wybić kogoś z rytmu</i>	<i>That question threw me off.</i>
292	Under pressure	<i>pod presją</i>	<i>He works well under pressure.</i>
293	Wear someone out	<i>wykończyć kogoś</i>	<i>The trip really wore me out.</i>
294	What goes around comes around	<i>karma wraca</i>	<i>Be kind; what goes around comes around.</i>
295	Work against the clock	<i>pracować pod presją czasu</i>	<i>We're working against the clock.</i>
296	Worth your while	<i>warte zachodu</i>	<i>It's worth your while.</i>
297	Get your wires crossed	<i>źle się zrozumieć</i>	<i>We got our wires crossed.</i>
298	Hit close to home	<i>dotknąć osobiście</i>	<i>That story hit close to home.</i>
299	In black and white	<i>czarno na białym</i>	<i>It's written in black and white.</i>
300	Lose track of time	<i>stracić poczucie czasu</i>	<i>I lost track of time.</i>
301	Make yourself at home	<i>czuj się jak u siebie</i>	<i>Make yourself at home.</i>
302	On second thought	<i>po namyśle</i>	<i>On second thought, let's wait.</i>
303	Across the board	<i>we wszystkich obszarach</i>	<i>Prices went up across the board.</i>
304	Ahead of the curve	<i>wyprzedzać trendy</i>	<i>She's ahead of the curve in marketing.</i>
305	At your fingertips	<i>na wyciągnięcie ręki</i>	<i>All the data is at your fingertips.</i>
306	Back on your feet	<i>stanąć na nogi</i>	<i>He's finally back on his feet.</i>
307	Ball is rolling	<i>coś ruszyło</i>	<i>The project is rolling now.</i>
308	Bear in mind	<i>mieć na uwadze</i>	<i>Bear in mind that it takes time.</i>
309	Behind closed doors	<i>za zamkniętymi drzwiami</i>	<i>The decision was made behind closed doors.</i>
310	Below the radar	<i>niepostrzeżenie</i>	<i>He stayed below the radar.</i>
311	Bring something to the table	<i>wnieść wartość</i>	<i>She brings experience to the table.</i>
312	Change your tune	<i>zmienić zdanie</i>	<i>He quickly changed his tune.</i>

No	Idiom	Znaczenie	Użycie w zdaniu
313	Clear the air	wyjaśnić napięcia	Let's clear the air.
314	Come out of your shell	otworzyć się	She came out of her shell.
315	Cover your bases	zabezpieczyć się	Let's cover all bases.
316	Cut to size	sprowadzić na ziemię	He was cut to size by his boss.
317	Don't push your luck	nie igrać z losem	You got a warning, so don't push your luck.
318	Drop hints	dawać aluzje	She kept dropping hints.
319	Fall into place	wszystko się uktada	Things finally fell into place.
320	From scratch	od zera	We built the website from scratch.
321	Get the ball rolling	zacząć	Let's get the ball rolling.
322	Go with the flow	płynąć z nurtem	Just go with the flow.
323	Have mixed feelings	mieć mieszane uczucia	I have mixed feelings about it.
324	Hold the fort	pilnować spraw	Can you hold the fort?
325	In the spotlight	w centrum uwagi	She's in the spotlight now.
326	Keep something at bay	trzymać coś na dystans	He keeps stress at bay.
327	Learn the hard way	nauczyć się na błędach	I learned the hard way.
328	Make a scene	robić scenę	Don't make a scene.
329	Make yourself scarce	zniknąć	He made himself scarce.
330	Mean business	mówić serio	She means business.
331	Miss the point	nie zrozumieć sedna	You missed the point.
332	No hard feelings	bez urazy	No hard feelings, okay?
333	Not out of the woods	nie po wszystkim	We're not out of the woods yet.
334	On the same wavelength	nadawać na tych samych falach	We're on the same wavelength.
335	Out of character	nie w czymś stylu	That was out of character.
336	Over your head	ponad twoimi możliwościami	That task is over my head.
337	Play along	grać w grę	I played along.
338	Put something on hold	wstrzymać	The project is on hold.
339	Read the room	wyczuć atmosferę	You need to read the room.
340	Rise to the occasion	sprostać wyzwaniu	She rose to the occasion.
341	Shake things up	namieszać	Let's shake things up.
342	Speak volumes	mówić wiele (bez słów)	Her silence spoke volumes.
343	Stand your ground	stać przy swoim	He stood his ground.
344	Step out of line	przekroczyć granicę	You really stepped out of line.
345	Take a back seat	zejść na drugi plan	He took a back seat.
346	Take something at face value	brać coś dosłownie	Don't take it at face value.
347	That ship has sailed	za późno	Sorry, that ship has sailed.
348	Think on your feet	szybko reagować	You need to think on your feet.
349	Throw your weight around	nadużywać władzy	He throws his weight around.
350	Under one roof	pod jednym dachem	We all live under one roof.
351	Walk away from	zrezygnować	He walked away from the deal.
352	As luck would have it	jak na złość / na szczęście	As luck would have it, we met again.
353	At a crossroads	na rozdrożu	She's at a crossroads in her career.
354	Back someone up	poprzeć kogoś	I'll back you up if needed.
355	Be on the safe side	dmuchać na zimne	Take an umbrella to be on the safe side.
356	Bite your lip	powstrzymać emocje	He bit his lip and stayed quiet.
357	Blow something out of proportion	wyolbrzymić	You're blowing it out of proportion.
358	Break rank(s)	wyłamać się	One member broke ranks.
359	Bring something up	poruszyć temat	She brought it up gently.
360	By all means	oczywiście	By all means, go ahead.
361	Come clean	przyznać się	He finally came clean.
362	Come to terms with	pogodzić się z	She came to terms with the decision.
363	Cut someone off	przerwać komuś	He cut me off mid-sentence.
364	Do someone a favor	wyświadczyć przysługę	Can you do me a favor?

No	Idiom	Znaczenie	Użycie w zdaniu
365	Draw a blank	<i>mieć pustkę w głowie</i>	<i>I drew a blank during the test.</i>
366	Fall flat	<i>nie wypalić</i>	<i>The joke fell flat.</i>
367	Get carried away	<i>ponieść się</i>	<i>He got carried away with spending.</i>
368	Get something out of your system	<i>wyrzucić z siebie</i>	<i>I needed to get it out of my system.</i>
369	Give someone a heads-up	<i>uprzedzić</i>	<i>Thanks for the heads-up.</i>
370	Go against the grain	<i>iść pod prąd</i>	<i>That idea goes against the grain.</i>
371	Have second thoughts	<i>mieć wątpliwości</i>	<i>I’m having second thoughts.</i>
372	In good hands	<i>w dobrych rękach</i>	<i>You’re in good hands.</i>
373	In hindsight	<i>z perspektywy czasu</i>	<i>In hindsight, it was obvious.</i>
374	Jump to conclusions	<i>wyciągać pochopne wnioski</i>	<i>Don’t jump to conclusions.</i>
375	Keep a low profile	<i>nie rzucać się w oczy</i>	<i>He kept a low profile.</i>
376	Let it slide	<i>odpuścić</i>	<i>I’ll let it slide this time.</i>
377	Make a comeback	<i>wrócić do formy</i>	<i>She made a strong comeback.</i>
378	Miss the mark	<i>chybić</i>	<i>The comment missed the mark.</i>
379	Not sit well with someone	<i>nie pasować komuś</i>	<i>That decision didn’t sit well with me.</i>
380	On a whim	<i>pod wpływem impulsu</i>	<i>We left on a whim.</i>
381	Out of the picture	<i>poza sprawą</i>	<i>He’s out of the picture now.</i>
382	Overstep the mark	<i>przekroczyć granicę</i>	<i>She overstepped the mark.</i>
383	Put in a good word	<i>polecić</i>	<i>She put in a good word for me.</i>
384	Run its course	<i>dobiec końca</i>	<i>Let the process run its course.</i>
385	See how things go	<i>zobaczyć, jak się potoczy</i>	<i>Let’s see how things go.</i>
386	Set the record straight	<i>wyjaśnić</i>	<i>He set the record straight.</i>
387	Slip someone’s mind	<i>wylecieć z głowy</i>	<i>It slipped my mind.</i>
388	Stick around	<i>zostać</i>	<i>Stick around for a bit.</i>
389	Take a toll on	<i>odbić się na czymś</i>	<i>Stress took a toll on her health.</i>
390	Take something personally	<i>brać coś do siebie</i>	<i>Don’t take it personally.</i>
391	Think twice	<i>zastanowić się dwa razy</i>	<i>Think twice before quitting.</i>
392	To no avail	<i>bez skutku</i>	<i>They tried to help, but to no avail.</i>
393	Up to speed	<i>na bieżąco</i>	<i>I’ll get you up to speed.</i>
394	Walk the line	<i>balansować</i>	<i>He walks the line between honesty and tact.</i>
395	Wear thin	<i>zużywać się / męczyć</i>	<i>My patience is wearing thin.</i>
396	Without a hitch	<i>bez problemów</i>	<i>The event went off without a hitch.</i>
397	At the end of the day	<i>koniec końców</i>	<i>At the end of the day, family matters most.</i>
398	All hands on deck	<i>wszyscy do pomocy</i>	<i>It’s all hands on deck today.</i>
399	Back and forth	<i>tam i z powrotem</i>	<i>We emailed back and forth for days.</i>
400	Be in two minds	<i>wahać się</i>	<i>I’m in two minds about moving.</i>
401	Behind schedule	<i>opóźniony</i>	<i>The project is behind schedule.</i>
402	Call someone out	<i>wytknąć komuś</i>	<i>She called him out on his behavior.</i>
403	Carry weight	<i>mieć znaczenie</i>	<i>His opinion carries weight.</i>
404	Come full circle	<i>zatoczyć koło</i>	<i>The story came full circle.</i>
405	Down the road	<i>w przyszłości</i>	<i>We’ll deal with it down the road.</i>
406	Draw the short straw	<i>mieć pecha</i>	<i>I drew the short straw and worked late.</i>
407	Face value	<i>dostowne znaczenie</i>	<i>Don’t take it at face value.</i>
408	Fall into someone’s lap	<i>przejść łatwo</i>	<i>The job fell into his lap.</i>
409	Get your priorities straight	<i>ustawić priorytety</i>	<i>You need to get your priorities straight.</i>
410	Go off track	<i>zejść z tematu</i>	<i>The meeting went off track.</i>
411	Hang by a thread	<i>wisieć na włosku</i>	<i>His job is hanging by a thread.</i>
412	Have a say	<i>mieć coś do powiedzenia</i>	<i>Everyone should have a say.</i>
413	In plain sight	<i>na widoku</i>	<i>The answer was in plain sight.</i>
414	Keep something in mind	<i>pamiętać o czymś</i>	<i>Keep this in mind.</i>
415	Leave a bad taste	<i>pozostawić niesmak</i>	<i>The comment left a bad taste.</i>
416	Make room for	<i>zrobić miejsce</i>	<i>We need to make room for changes.</i>



No	Idiom	Znaczenie	Użycie w zdaniu
417	Off the top of your head	<i>bez zastanowienia</i>	<i>Off the top of my head, I'd say yes.</i>
418	On your own	<i>samodzielnie</i>	<i>You'll have to do it on your own.</i>
419	Out of line	<i>nie na miejscu</i>	<i>That remark was out of line.</i>
420	Pick up the pace	<i>przyspieszyć</i>	<i>We need to pick up the pace.</i>
421	Put someone at ease	<i>uspokoić kogoś</i>	<i>Her smile put me at ease.</i>
422	Right off the bat	<i>od razu</i>	<i>He agreed right off the bat.</i>
423	Run out of steam	<i>stracić energię</i>	<i>I ran out of steam halfway through.</i>
424	See something coming	<i>przewidzieć</i>	<i>I didn't see that coming.</i>
425	Sit well with someone	<i>pasować komuś</i>	<i>That idea doesn't sit well with me.</i>
426	Take something lightly	<i>bagatelizować</i>	<i>Don't take this lightly.</i>
427	That rings true	<i>brzmi prawdziwie</i>	<i>What she said rings true.</i>
428	Through and through	<i>na wskroś</i>	<i>He's honest through and through.</i>
429	Under the impression	<i>być przekonanym</i>	<i>I was under the impression you knew.</i>
430	Up for grabs	<i>do wzięcia</i>	<i>The tickets are up for grabs.</i>
431	Walk someone through something	<i>przeprowadzić kogoś przez coś</i>	<i>She walked me through the process.</i>
432	Wear many faces	<i>mieć wiele oblicz</i>	<i>The city wears many faces.</i>
433	Without further ado	<i>bez zbędnych ceregieli</i>	<i>Without further ado, let's begin.</i>
434	Worth noting	<i>warte uwagi</i>	<i>It's worth noting that prices changed.</i>
435	You name it	<i>co tylko chcesz</i>	<i>They sell everything—you name it.</i>
436	Zoom in on	<i>skupić się</i>	<i>Let's zoom in on the problem.</i>
437	In one piece	<i>cały i zdrowy</i>	<i>We arrived in one piece.</i>
438	Make do	<i>radzić sobie</i>	<i>We'll have to make do.</i>
439	Add fuel to the fire	<i>dolewać oliwy do ognia</i>	<i>His comment only added fuel to the fire.</i>
440	At odds with	<i>być w konflikcie z</i>	<i>His actions are at odds with his words.</i>
441	Be caught off guard	<i>dać się zaskoczyć</i>	<i>I was caught off guard by the question.</i>
442	Bend the rules	<i>naginać zasady</i>	<i>They bent the rules to finish on time.</i>
443	Blow the whistle	<i>ujawnić nadużycia</i>	<i>She decided to blow the whistle.</i>
444	Call someone's bluff	<i>sprawdzić czy ktoś blefuje</i>	<i>He called their bluff during negotiations.</i>
445	Come to light	<i>wyjść na jaw</i>	<i>New facts came to light.</i>
446	Cross a line	<i>przekroczyć granicę</i>	<i>That joke crossed a line.</i>
447	Dig your heels in	<i>uprzeć się</i>	<i>He dug his heels in and refused to apologize.</i>
448	Fall on deaf ears	<i>trafić w próżnię</i>	<i>My warnings fell on deaf ears.</i>
449	Give someone the runaround	<i>zbywać kogoś</i>	<i>Customer service gave me the runaround.</i>
450	Go down that road	<i>iść w tym kierunku</i>	<i>I'm not ready to go down that road.</i>
451	Have bigger fish to fry	<i>mieć ważniejsze sprawy</i>	<i>I have bigger fish to fry today.</i>
452	In the same breath	<i>jednocześnie</i>	<i>She criticized him and praised him in the same breath.</i>
453	Keep someone in the loop	<i>informować na bieżąco</i>	<i>Please keep me in the loop.</i>
454	Leave something open-ended	<i>pozostawić bez rozstrzygnięcia</i>	<i>The ending was left open-ended.</i>
455	Lose sight of	<i>stracić z oczu (cel)</i>	<i>Don't lose sight of your goals.</i>
456	Make a judgment call	<i>podjąć trudną decyzję</i>	<i>I had to make a judgment call.</i>
457	Make no bones about it	<i>nie owijać w bawełnę</i>	<i>He made no bones about his dislike.</i>
458	Not add up	<i>nie trzymać się logiki</i>	<i>His explanation doesn't add up.</i>
459	On the brink of	<i>na skraju</i>	<i>She's on the brink of quitting.</i>
460	Paint yourself into a corner	<i>zapędzić się w kozi róg</i>	<i>He painted himself into a corner.</i>
461	Pass muster	<i>spełniać standardy</i>	<i>The report didn't pass muster.</i>
462	Put the cart before the horse	<i>pomylić kolejność</i>	<i>You're putting the cart before the horse.</i>
463	Raise the bar	<i>podnieść poprzeczkę</i>	<i>This project really raised the bar.</i>
464	Read the fine print	<i>czytać drobny druk</i>	<i>Always read the fine print.</i>
465	Run counter to	<i>być sprzecznym z</i>	<i>This policy runs counter to our values.</i>
466	See the writing on the wall	<i>widzieć, co się święci</i>	<i>He saw the writing on the wall and resigned.</i>
467	Set something in motion	<i>zapoczątkować</i>	<i>That decision set everything in motion.</i>
468	Sit well with you	<i>być do zaakceptowania</i>	<i>That compromise sits well with me.</i>

No	Idiom	Znaczenie	Użycie w zdaniu
469	Split hairs	<i>czepiać się szczegółów</i>	<i>Let's not split hairs.</i>
470	Stack the odds against someone	<i>ustawić kogoś na straconej pozycji</i>	<i>The rules stack the odds against small businesses.</i>
471	Stick your neck out	<i>narażać się</i>	<i>She stuck her neck out for him.</i>
472	Strike a chord	<i>trafić do odbiorców</i>	<i>The speech struck a chord.</i>
473	Take something with a pinch of salt	<i>podchodzić sceptycznie</i>	<i>Take his claims with a pinch of salt.</i>
474	That's a tall order	<i>to spore wyzwanie</i>	<i>Finishing today is a tall order.</i>
475	Toe the line	<i>podporządkować się zasadom</i>	<i>Employees must toe the line.</i>
476	Turn a corner	<i>wyjść na prostą</i>	<i>The company has finally turned a corner.</i>
477	Under the surface	<i>pod pozorami</i>	<i>There's tension under the surface.</i>
478	Upset the apple cart	<i>zepsuć układ</i>	<i>He didn't want to upset the apple cart.</i>
479	Walk a fine line	<i>balansować na granicy</i>	<i>She walks a fine line as a manager.</i>
480	Weigh your options	<i>rozważyć możliwości</i>	<i>Take time to weigh your options.</i>
481	What's at stake	<i>co jest stawką</i>	<i>He knows what's at stake.</i>
482	Without missing a beat	<i>bez wahania</i>	<i>She answered without missing a beat.</i>
483	Work something out	<i>rozwiązać problem</i>	<i>We'll work it out.</i>
484	Worth its weight in gold	<i>na wagę złota</i>	<i>Good advice is worth its weight in gold.</i>
485	Write something off	<i>spisać na straty</i>	<i>Don't write him off yet.</i>
486	A slippery slope	<i>śliski grunt</i>	<i>That decision is a slippery slope.</i>
487	Beyond a shadow of a doubt	<i>bez cienia wątpliwości</i>	<i>She's guilty beyond a shadow of a doubt.</i>
488	Cut both ways	<i>działać w dwie strony</i>	<i>Honesty cuts both ways.</i>
489	Hold water	<i>mieć sens</i>	<i>That argument doesn't hold water.</i>
490	Push the envelope	<i>przesuwać granice</i>	<i>The company keeps pushing the envelope.</i>
491	Shift the blame	<i>zrzucać winę na kogoś innego</i>	<i>Instead of taking responsibility, he tried to shift the blame.</i>
492	Draw a line under something	<i>zamknąć sprawę i iść dalej</i>	<i>Let's draw a line under this mistake and move on.</i>
493	Open a can of worms	<i>otworzyć puszkę Pandory, wywołać lawinę problemów</i>	<i>Asking that question opened a can of worms.</i>



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