

# PRACTICE TEST 1

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## Listening Part 1, Items 1-10, pp. 22-23

**1.1 discuss (v)****συζητώ**

to talk about something with someone, especially when you need to make a decision  
*I'll telephone you tomorrow, so that we can **discuss** our plans.*

- discussion (n)

**1.2 amount (n)****ποσότητα**

how much there is of something  
*We only have a small **amount** of sugar, so we'll need to order more.*

**1.3 take up (phr v)****Ξεκινάω κάτι, π.χ. μια δραστηριότητα**

to start doing a new activity (e.g. a new hobby) that you will continue to do regularly  
*I **took up** basketball when I was thirteen, and since then I have been playing every week for five years.*

**1.4 improve (v)****βελτιώνω**

to make something better  
*Beth **improved** her marks by studying harder.*

- improvement (n)

**1.5 fitness (n)****φυσική κατάσταση**

having a strong, active and healthy body  
*Anthony exercised at the gym every morning to increase his **fitness**.*

- fit (adj)

**1.6 cough: have a cough (phr)****βήχας**

to have a problem with your breathing (e.g. when you are ill), so that you keep letting out air with a loud sound  
*My grandfather smokes a lot of cigarettes, and he **has a cough**. He really should quit.*

- cough (v)

**1.7 sore throat (n)****πονόλαιμος**

pain in the throat (i.e. the inside of your neck), due to illness, too much shouting, etc.  
*Danny woke up with a **sore throat** and made some tea with honey to help him feel better.*

- soreness (n)

**1.8 temperature: have a (high) temperature (phr)****έχω πυρετό**

to feel that your body is too hot because of illness  
*Jackie feels ill and has a high temperature of 39°C.*

**1.9 ham (n)****ζαμπόν**

meat from the upper part of a pig's leg  
*Along with bacon, I also like to put some **ham** on my pizza.*

**1.10 plain (adj)****απλό**

(food) simple and without extra ingredients to change the taste  
*The shops sell potato chips that taste of bacon, pizza, tomato... But I just prefer the **plain** kind.*

**1.11 presentation (n)****παρουσίαση**

an event at a work meeting, a school class, etc., where someone shows and explains something (e.g. a project) to a group of people  
*It helps if you include images in your **presentation**, as the rest of the class will get bored if they can only listen to you talk for twenty minutes.*

- presenter (n)

**1.12 replace (v) [1]****αντικαθιστώ**

to change something that is old, damaged, etc., with something new  
*I can only use my laptop for twenty minutes before the power runs out. Maybe I need to **replace** the battery.*

- replacement (n)

**1.13 ink cartridge (n)****δοχείο με μελάνι**

the part of a printer that contains the ink  
*The photocopies from the printer were coming out white, so I put in a new **ink cartridge**.*

**1.14 attend (v)****παρακολουθώ, παρευρίσκομαι**

to go to an event (e.g. a class, a meeting, etc.)  
*I have to go to the doctor's tomorrow, so I won't be able to **attend** gym class in the morning.*  
 • attendance (n)

**1.15 sweet and sour (adj)****ξινό**

made with a sauce that combines different tastes as it contains both sugar and vinegar or lemon  
*Whenever we go to a Chinese restaurant, I like to order **sweet and sour** pork, as the taste is quite different from the food in other restaurants.*

**Listening Part 1, Transcript****1.16 especially (adv)****ειδικά**

[used to show that a statement is even more true for a specific person or thing]  
 Kim doesn't like winter days, **especially** those which have snow, because she can't drive her car in snowy weather.

**1.17 over: be over (phr v)****Όταν κάτι έχει τελειώσει**

(an event, a period, etc.) to have finished  
*Now that the weekend **is over**, it's time to get back to work.*

**1.18 celebrate (v)****γιορτάζω**

to do something special for people to enjoy themselves on an important day  
 You passed your exam! Well done! Let's have a party to **celebrate**.  
 • celebration (n), celebrative (adj)

**1.19 shape: to be out of shape (phr)****δεν είμαι πλέον σε καλή φυσική κατάσταση, αγύμναστος**

to be less healthy than you used to be, so that you find it more difficult to exercise, run, etc.  
*Paul hadn't played football for a year, and he **was so out of shape** that he couldn't finish the game.*

**1.20 basic (adj)****βασικό**

very important and necessary  
*The **basic** ingredients for a cake are flour, eggs and sugar.*

**1.21 fine (adj)****Μια χαρά**

[used to show that the writer/speaker doesn't have a problem with something]  
*I'd prefer to meet on Tuesday, but Wednesday is also **fine**.*

**1.22 physical (adj)****Φυσική,σωματική**

relating to the body  
*You have to take care of your **physical** health by exercising and eating well, and also look after your emotional health by avoiding stress.*

**1.23 condition (n)****κατάσταση**

the way that someone or something is, e.g. how healthy a person is, at a particular time  
*The DeWight family take good care of their home and keep it in good **condition**, unlike the Smiths, whose house looks ready to fall down.*

**1.24 wear someone out (phr v)****εξαντλώ κάποιον από την κούραση**

(e.g. a difficult task) to make someone extremely tired, so that they have no more energy left  
*Lifting heavy boxes all day completely **wore us out**, and we didn't even have enough energy to walk home.*  
 • worn out (adj)

**1.25 gentle (adj)**

ήπια

(e.g. exercise) not heavy or extreme

*You can start with a routine of **gentle** exercise then move on to more difficult activities later.*

- gentleness (n)

**1.26 strain (v)**

καταπονώ

to put too much force on a part of the body, in a way that causes pain, damage or injury

*The effort of trying to read in the dark can **strain** your eyes.*

- strain (n), strained (adj)

**1.27 muscle (n)**

μυς

a part of the body that causes movement

*To run fast uphill, you need good strong **muscles** in your legs.*

- muscular (adj)

**1.28 ache (v)**

πονάει

to feel slight pain for a long time

*After running the marathon, my body **was aching** all over and I really needed a massage.*

- ache (n)

**1.29 in case: (just) in case (conj)**

στην περίπτωση που

because there is a possibility that something might happen and you need to be prepared

*Let's leave half-an-hour earlier, **just in case** there is a lot of traffic on the roads.*

**1.30 tablet (n)**

Ταμπλέτα, δισκίο

medicine in the form of a small, hard object that you swallow

*To reduce my symptoms, the doctor said I have to take two **tablets** of this medicine every morning.*

**1.31 throat (n)**

λάρυγγας

the inside of your neck

*I drank the tea, which was too hot, burning the inside of my mouth and my **throat**.*

**1.32 selection (of something) (n)**

ποικιλία

a number of things (e.g. products) that you can choose from

*The store has such a large **selection** of cakes that I'm not sure which one to choose.*

- select (v)

**1.33 success (n)**

επιτυχία

something (e.g. an event) that had a positive result

*Despite the rain, the outdoor party was a real **success** and everyone enjoyed themselves.*

- succeed (v)

**1.34 glad (adj)**

χαρούμενος, ικανοποιημένος

feeling pleased and happy about something

*I'm so **glad** that I will never have to see that horrible man again.*

- gladness (n)

**1.35 make the effort (to do something) (phr)**

προσπαθώ

to do something, even if it is difficult, because you think it is important

*Even when I'm tired, I always **make the effort to** write in my diary every night.*

**1.36 miss [1] (v)**

χάνω

to not go to a place (e.g. to class) or to an event, usually a place or an event that you should go to or want to go to

*I'm not feeling well, so I'm afraid I'll have to **miss** the party.*

- 1.37 assignment (n)**  
**άσκηση**  
 a task or job that someone (e.g. a student) has to do for his/her studies or for work  
*For their next homework **assignment**, the students had to write a text of five hundred words about their favorite movie.*  
 • assign something (to someone) / (someone) something
- 1.38 novel (n)**  
**μυθιστόρημα**  
 a book that tells a story  
*'Great Expectations', by the English writer Charles Dickens, tells the story of a character named Pip, and it is one of the best **novels** I have ever read.*  
 • novelist (n)
- 1.39 go through (to something) (phr v)**  
**περνάω επιτυχώς μια διαδικασία**  
 to pass to the next level, e.g. of a competition  
*The team managed to win the quarter-finals and **go through to** the semi-finals.*
- 1.40 frankly (adv)**  
**ειλικρινά**  
 [used at the beginning of a statement to show that the writer/speaker is giving his/her honest opinion]  
*I know that everyone likes that movie but, **frankly**, I think it's terrible.*  
 • frank (adj)
- 1.41 miss [2] (v)**  
**αγνοείται**  
 to not have someone/something that is necessary for something to work  
*My laptop **is missing** the 'w' key, so I can only write 'here' instead of 'where'.*
- 1.42 coach (n)**  
**προπονητής**  
 a person who trains a sports team or an athlete  
*Our basketball **coach**, Mr. Peters, gives advice to each member of the team about how he can improve his game.*  
 • coach (v)
- 1.43 guess: it's anyone's guess (phr)**  
**εικασία**  
 it is impossible to know for sure  
*This story is so mysterious that **it's anyone's guess** what will happen at the end.*
- 1.44 out of something: be out of something (phr v)**  
**Ξεμένω**  
 to not have any more of something, usually because all the rest is/are being used or has/have been used  
*I'm afraid we **are already out of** chairs, so some of you will have to remain standing.*
- 1.45 handout (n)**  
**φυλλάδιο**  
 a paper containing information that is given to a group of people (e.g. students)  
*The teacher gave the students a **handout** with all the information they needed for their project.*  
 • hand out something (to someone) (phr v)
- 1.46 end up (something / doing something) (phr v)**  
**καταλήγω**  
 to finally be or do something, usually something unpleasant that you did not expect  
*My friends hadn't brought any money with them, so I **ended up** having to pay for everyone's tickets.*
- 1.47 fortune: spend a fortune (on something) (phr)**  
**Ξοδεύω μια περιουσία**  
 to spend a huge amount of money on something extremely expensive  
*Max **has spent a fortune on** his vintage comic book collection, which is worth twenty thousand dollars.*

**1.48 stall (n)**

πάγκος πωλητή

a small area where something is sold

*There is a small **stall** on the street outside the stadium, where you can buy hot dogs and burgers.*

**1.49 otherwise (adv)**

Αλλιώς, διαφορετικά

[used to show that the writer/speaker is talking about what could happen if something else does not happen]

*You should wear a warm jacket, **otherwise** you're going to get cold.*

**1.50 broke (adj)**

άφραγκος

having no money

*I'm so **broke** I don't even have the money to pay for a bus ticket.*

**1.51 Tell me about it! (phr)**

εμένα μου λες

[used to show that the writer/speaker strongly agrees with what someone else has said, e.g. because he/she has experienced the same thing]

*"I hate Mrs. Lowell's math class. It's so difficult!"  
"Tell me about it! I can hardly understand anything."*

**1.52 supposed: be supposed to do something (v) [1]**

υποτίθεται

to be expected to do something, often something that you do not do as expected

*Jack **was supposed to** call me at ten in the morning, but I didn't hear from him until three in the afternoon.*

**1.53 instead (of something / doing something) (adv)**

αντ'αυτού, αντί να

rather than something else

*Why don't you go out and get some fresh air, **instead of** sitting in front of the screen all day?*

**1.54 coast (n)**

ακτή

the area where the sea meets the land

*It was such a nice day that we decided to drive along the **coast** and have a picnic by the sea.*

- coastal (adj)

**Listening Part 2, Items 11-20, p. 24****1.55 survey (n)**

ερωτηματολόγιο

a group of questions to get information about people's opinions or experiences on a topic, e.g. for research

*The researchers asked five hundred people, aged between eighteen and thirty, to answer an online **survey**, in order to get information about people's daily routines.*

- survey (v)

**1.56 regarding (prep)**

σχετικά με

on the topic of

*I have some advice for you **regarding** next week's exam.*

- regard (v)

**1.57 form (n)**

μορφή

the way in which a thing exists or appears

*In the book, we see that the wizard takes the **form** of a lion.*

**1.58 purchase (v)**

αγοράζω

to buy something

*You can **purchase** products cheaper during the winter sales.*

- purchase (n)

**1.59 vinyl (n)**

βινύλιο

a synthetic plastic used for making music records

*Back in the 1960s, people used to buy music on **vinyl** records.*

**1.60 cassette (n)****κασέτα**

a small plastic case, which contains magnetic tape that lets you listen to and record music, speech or sound

*Then, in the 1980s, people started buying music on **cassettes**, which were cheaper and easier to carry and store.*

**1.61 find out (something / about something) (phr v)****ανακαλύπτω**

to get more information about something (e.g. a subject)

*I'm interested in tropical plants and would like to **find out** more information on the subject.*

**1.62 terms: in terms of****αναφορικά με**

[used to show which specific part of someone/ something you are referring to]

*The two songs have very different musical styles, but they are similar **in terms of** the words.*

**Listening Part 2, Transcript****1.63 move (v)****μετακομίζω**

to change the place that you live in

*I used to live in London, but I **moved** to New York last year.*

- move (n)

**1.64 put down (phr v)****σημειώνω**

to write or mark something, usually a piece of information and with a pen or a pencil

*We may need to call you on your cell phone or your home phone, so please **put down** both numbers on the form.*

**1.65 concern (v)****αφορά**

to relate to a certain topic

*If your question **concerns** the exam, you should ask your teacher, as I don't know much on that topic.*

- concerning (adj)

**1.66 fan (n)****λάτρης, οπαδός**

a person who likes and takes great interest in something (e.g. a sports team)

*All the **fans** went crazy when their team scored in the final minute.*

**1.67 rarely (adv)****σπάνια**

not often

*I used to see Will all the time, but now we only meet **rarely**.*

- rare (adj), rarity (n)

**1.68 to be honest (phr)****για να είμαι ειλικρινής**

[used to show that the writer/speaker is saying something that might seem surprising, shocking, insulting, unusual, etc.]

*Jason is a good guitar player but, **to be honest**, I think his songs are a bit boring.*

**1.69 liking: for my liking (phr)****για τα γούστα μου**

compared to what I normally like

*This chocolate is a bit too sweet **for my liking**.*

**1.70 peace and quiet (phr)****να βρω την ηρεμία μου**

freedom from noise, trouble, anxiety, etc.

*I can't wait to get out of this noisy and crowded mall and find some **peace and quiet** back home.*

- 1.71 pick (v)**  
**διαλέγω**  
 to choose something from a number of options  
*I **picked** my favorite song from the list and clicked play.*  
 • pick (n), picky (adj)
- 1.72 spot (n)**  
**σημείο**  
 a specific place that is used or is suitable for something  
*If you want to relax and enjoy nature, this quiet bench next to the river is the perfect **spot**.*
- 1.73 actually (adv)**  
**Βασικά**  
 [used to show that the writer/speaker is saying something that the other person may not know or expect and therefore may find surprising, unusual, etc.]  
*"Has anyone ever told you that you and Steven look very alike?" "**Actually**, we're brothers."  
 "Really? I didn't know that."*
- 1.74 format (n)**  
**μορφή**  
 the way a sound recording is made available  
*I prefer it if a song track is in mp3 **format** because I can save it on my computer.*
- 1.75 definitely (not) (adv)**  
**αναμφίβολα (όχι) / σίγουρα (όχι)**  
 [used to show that the writer/speaker is 100% sure about something]  
*"Do you think we can trust Isabelle?"  
 "**Definitely**. She always tells the truth."*
- 1.76 loads (of something) (n)**  
**πολύ**  
 a lot of  
*He's extremely busy and has **loads of** work to do.*
- 1.77 convenient (adj)**  
**βολικό**  
 easy and not likely to cause problems for someone  
*There is so much traffic on the roads that it is easier and more **convenient** to go on foot.*  
 • convenience (n), inconvenient (adj), inconvenience (n)
- 1.78 booklet (n)**  
**έντυπο**  
 a small book, with a paper cover, that gives information  
*The toy comes with a three-page **booklet** that explains how to put the pieces together.*
- 1.79 occasionally (adv)**  
**περιστασιακά**  
 not often, every now and then  
*They don't often have the chance to leave the city, although they **occasionally** go to their summer house when they have time.*  
 • occasional (adj)
- 1.80 review (n)**  
**κριτική / αξιολόγηση**  
 a written article or a video in which someone gives his/her opinion about something (e.g. a new movie) and how good or bad it is  
*The **review** said that the food is excellent and gave the restaurant five stars.*  
 • reviewer (n)
- 1.81 critic (n)**  
**κριτικός**  
 a person who writes or speaks about how good or bad something is (e.g. a work of art)  
*The **critic** felt that, in his professional opinion, the movie lacked a full development of the characters.*  
 • critique (v), critique (n)



**1.82 critical (adj)**

επικριτικός

expressing a negative opinion of something  
*The engineer was very **critical** about the design, calling it ‘completely terrible’.*

• criticism (n)

**1.83 done: be (almost) done (phr)**

τελειώσαμε

to have (almost) finished something that you are/were doing

*We just have one more exercise to finish then we’re **done** and can go home.*

**1.84 hardly ever (adv)**

σχεδόν ποτέ

almost never

*Ever since Jane became a nurse, she is always at work and we **hardly ever** see her socially.*

**1.85 sell out (phr v)**

ξεπουλώω

(e.g. tickets) to be all sold, so that there are none left

*The new book was so popular that the first 50,000 copies **sold out** after only one day, and customers had to wait for the bookstores to get new copies.*

**1.86 that’s too bad (phr)**

κακώς

[used to show that the writer/speaker sympathizes about something unfortunate]  
*“Jane and I don’t speak to each other anymore.”  
 “**That’s too bad.** You used to be such good friends.”*

**1.87 act (n)**

συγκρότημα

a musician or group of musicians

*We saw four bands play at the rock concert.  
 My favorite **act** was The Resonators, who played old-style rock n’ roll.*

**1.88 overall (adj)**

εν γένει

general, including all the people or things in a certain category

*Apart from his messy hair, his **overall** appearance – his clothes, his shoes, his glasses – is smart.*

**Listening Part 3, Items 21-25, p. 25****1.89 hold (v)**

διεξάγω

to have an event (a party, a meeting, a competition, etc.) that involves a number of people

*The students **are holding** a meeting next week, and everyone should go.*

**1.90 drawback (n)**

μειονέκτημα

a disadvantage or problem of something that also has advantages

*The only **drawback** of the electric car is that on longer journeys you need to stop and charge it often, so the journey takes even longer.*

**1.91 headphones (n)**

ακουστικά

a piece of electrical equipment with two parts that are worn over or inside the ears, for listening to something recorded (e.g. music)

*When my parents are home and I want to listen to music in my bedroom, I put my **headphones** on, so that they won’t complain about the noise.*

**1.92 outdated (adj)**

απαρχαιωμένος

no longer used or produced

*CDs are now considered **outdated**, as these days most people use the Internet to listen to music.*

**1.93 stereo speakers (n)**

ηχεία

a kind of electrical equipment that plays sound (e.g. music) in a way that seems to come from various directions and seems realistic to the listener

*The sound from these new **stereo speakers** is so realistic that it feels as if you are in the movie.*

**1.94 ideal (adj)**

ιδανικός

perfectly suitable for someone/something

*This science book is **ideal** for younger students because it explains everything in a simple way that children can understand.*

## Listening Part 3, Transcript

**1.95 point: that is the point (phr)**

Αυτή είναι η ουσία

that is the purpose/aim of something

*These horror movies aim to make people feel scared. **That is the point.** If you don't feel frightened, the movie hasn't done its job!*

**1.96 set (of something) (n)**

σετ

a group of things that go together and are the same in some way (e.g. they are used for the same purpose)

*I went to the arts store to buy a **set** of twenty-four colored pencils.*

**1.97 shout (v)**

φωνάζω

to say something or make a noise with your voice loudly

*My friend was standing at the other end of the street, so I had to **shout** as loud as I could.*

• shout (n)

**1.98 break: take a break (from something / doing something) (phr)**

διάλειμμα

to stop doing something so that you can rest

*I think we should **take a break from** watching this series. We've already watched six episodes, and my eyes are beginning to hurt.*

• break (from something / from doing something) (v)

**1.99 concerned: as far as [I am] concerned (phr)**

όσο με αφορά

in [my] opinion, for [me]

*The boss says we should look smart at the office. **As far as he's concerned**, sneakers and jeans just give the wrong image.*

**1.100 benefit (n)**

όφελος, πλεονέκτημα

an advantage

*One of the many **benefits** of exercising during the day is that it helps you sleep better at night.*

• beneficial (adj), benefit someone/something (v), benefit (from something) (v)

**1.101 dull (adj) [2]**

βαρετός

boring

*The movie was so **dull** I lost interest after only twenty minutes.*

**1.102 crowd (n)**

πλήθος

a large group of people standing or sitting together

*A **crowd** of 3,000 people stood in front of the stage, waiting for the singer to come out.*

**1.103 separate (adj)**

ξεχωριστό

on its own and not joined to something else

*While taking the test, each of the students must sit at a **separate** table, because it is easier for them to copy each other's work if they are sitting two or three together at the same table.*

**1.104 compartment (n)****βαγόνι**

one part of a railway or metro train

*We were sitting in the **compartment** at the back of the train.***1.105 point: that is my point (phr)****αυτό ακριβώς λέω και εγώ**

that is the opinion that I am expressing

*"We'd have a better chance of winning the tournament if our players improved their physical fitness, instead of concentrating on technique all the time."**"That's a good point. They need more than just ball skills to win games."**"That's exactly my point."***1.106 no matter how/who/where, etc. (conj)****ανεξάρτητα από**

[used to say that something has no effect on a situation]

***No matter** what time of year it is, the price for hotel rooms doesn't change.***1.107 harmful (to something) (adj)****βλαπτικός**

able to cause damage to someone or something, e.g. someone's health or the natural environment

*Dogs should never eat onions, as this is one of the types of food that are **harmful to** dogs and can make them sick.*

• harm (n), harm (v), harmless (adj)

**1.108 turn up (phr v)****δυναμώνω, ανεβάζω την ένταση**

to move a control on a device to make it louder, brighter, faster, etc.

*The video is too quiet. Can you **turn up** the sound and make it louder, so I can hear what the actors are saying?***1.109 bother (v)****ενοχλώ**

to annoy or upset someone

*I can't phone Rea after 11 pm. She's probably sleeping, and I don't want to **bother** her and make her angry.*

• bother (n), bothersome (adj)

**1.110 replace (v) [2]****αντικαθιστώ**

to take the place of something else, e.g. something that is not as good or no longer available

*The band are not happy with their singer and want to find someone new to **replace** him.*

• replacement (n)

**1.111 suitable (adj)****κατάλληλος**

with everything that is needed for a particular person, purpose, or situation

*My apartment is too noisy, but at least the library is a **suitable** place to study, as it is quiet and there are always plenty of free tables.*

• suit (v)

**Listening Part 4, Items 26-30, p. 26****1.112 dog trainer (n)****εκπαιδευτής/εκπαιδεύτρια σκύλων***Our **dog trainer**, Sally, taught our dog to stop biting furniture.*

• dog training (n)

**1.113 vet (n)****κτηνίατρος***Our dog hasn't eaten her food for three days. I think we should take her to the **vet**, to see if she's ill.*

• veterinarian (n), veterinary (adj)

**1.114 observe (v)**

παρατηρώ

While studying the *Andromeda galaxy*, astronomers **observed** a change in the position of several stars.

- observation (n)

**1.115 calm down (phr v)**

ηρεμώ

I asked the kids to **calm down** but they kept running around and making noise.

- calm (adj), calm (n)

**1.116 conclusion (n)**

συμπέρασμα

a decision or idea based on looking at all the evidence

After looking carefully at all the evidence, their **conclusion** was shocking: these were not stars but planets.

- conclude (v)

**1.117 anxiety (n)**

άγχος

an illness in which someone always feels worried or scared, often without a real reason and in a way that has a bad effect on his/her life

Doctors say that **anxiety** is a common illness in modern society, with thousands of people reporting feeling worried every day.

- anxious (adj)

**1.118 medication (n)**

φαρμακευτική αγωγή

a drug used for medical treatment

The newly discovered **medication** can be taken in the form of a syrup and it helps to stop stomach pain.

- medicate (v)

**1.119 beat (n)**

Ρυθμός/ ανεβάζω ένταση

a strong sound that you can hear regularly in a piece of music, often made by a drum, marking the time that all the musicians follow when playing

Before the song starts, the drummer hits the fast **beat**: one...two...three...four...

**Listening Part 4, Transcript****1.120 producer (n)**

παραγωγός

someone who records something (e.g. music) in a studio

The band have asked a famous **producer** to help them record their new album in the studio.

- produce (v), production (n)

**1.121 energetic (adj)**

ενεργητικός

showing great activity

Our gym teacher is very **energetic**, and she really gets you moving.

- energy (n), energize (v)

**1.122 curious (adj)**

περίεργος

strange and unusual

Her eyes had a **curious** color that I had never seen before, something between blue and green.

- curiousness (n)

**1.123 compose (v)**

συνθέτω

to write a piece of music or poetry

It took the musician years to **compose** this symphony.

- composer (n), composition (n)

**1.124 instrument (n)**

μουσικό όργανο

an object used for making musical sounds, e.g. a piano, a guitar, drums, etc.

Sam can play lots of **instruments**: the guitar, the violin, the piano, and the flute.

**1.125 immediately (adv)**

αμέσως

right away, with no delay

*If there is a fire, leave the building **immediately** and do not waste time collecting your things.*

- immediate (adj)

**1.126 relax (v)**

χαλαρώνω

to make or become less nervous or angry

*I know you're nervous, but try to **relax** by taking deep breaths.*

- relaxation (n), relaxed (adj)

**1.127 bark (v)**

γαβγίζω

(dogs) to 'shout' loudly

*The dogs **bark** loudly when anyone they don't know passes outside the garden.*

- bark (n)

**1.128 search: in search of something (phr)**

σε αναζήτηση

*Many people come to the amusement park **in search of** fun and entertainment.*

- search (for something) (v), search (n)

**1.129 respond (to something) (v)**

ανταποκρίνομαι

to be affected by someone or something, so that you do something as a result

*Many people **responded to** the street musicians by stopping to watch and clapping their hands, and some even started dancing.*

- response (to something) (n), responsive (to something) (adj)

**1.130 come across (phr v)**

βρίσκω, ανακαλύπτω, συναντώ

to find something, often by luck

*I was scrolling, looking for anything interesting, when I **came across** an article about my school.*

**1.131 alternative (to something) (n)**

εναλλακτική (λύση)

two or more available possibilities

*If you don't drink cow's milk, almond milk is an excellent **alternative**.*

- alternatively (adv)

**1.132 lay down (on something) (phr v)**

Ξαπλώνω

to put your body on something (e.g. a bed) in a horizontal position

*The couch is big enough to **lay down on** and go to sleep.*

**1.133 researcher (n)**

ερευνητής

a person who does academic or scientific study

*While working at the university as a **researcher** in chemistry, she made a discovery that would change the world.*

- research (v), research (n)

**1.134 suffer from something (phr v)**

πάσχω από κάτι (π.χ. μια αρρώστια)

to have an illness or a condition that causes problems over a long period

*Despite **suffering from** asthma, she became one of the most successful long-distance runners.*

**1.135 stress (n)**

άγχος

a state of mental or emotional pressure, e.g. from having too much work to do

*Robert's job is causing him a lot of **stress**, as he has to work long hours and complete a lot of work in a short time.*

- stressful (adj), stressed (adj), stress (v), stress out (phr v), stressed-out (adj)

**1.136 commonly (adv)**

συνήθως, συχνά

by most people and in most situations

*Matthew is his real name, but he is **commonly** known as Matty.*

- common (adj)

- 1.137 reduce (v)**  
 περιορίζω, μειώνω  
 to make something smaller or less in amount or size  
*Reading magazines online, instead of the printed versions, helps to **reduce** the amount of paper we use.*  
 • reduction (n)
- 1.138 effective (adj)**  
 αποτελεσματικός  
 successful in giving a good result  
*The team's new strategy was very **effective**, and they won six out of their next eight games.*
- 1.139 refer to something (v)**  
 αναφέρομαι (σε κάτι)  
 to mention something when speaking or in a piece of writing  
*In my essay, I **referred to** three examples to support my main idea.*  
 • reference (n)
- 1.140 positive (adj)**  
 θετικός  
 good or useful  
*These studies show that music has a **positive** effect on students' concentration and can help them to learn more in class.*
- 1.141 heavy (adj)**  
 βαρύς  
 (a sound) loud and deep  
*The giant spoke in a **heavy** voice that made the whole house shake.*  
 • heaviness (n)
- 1.142 disturbing (adj)**  
 ενοχλητικός  
 making you feel anxious, uncomfortable, or shocked  
*Young children might find these scary clown faces **disturbing**.*  
 • disturb (v)
- 1.143 match (v)**  
 ταιριάζω  
 to be the same or closely similar to something  
*Kim's handwriting **matches** the writing on the letter, so she must have written it.*  
 • match (n)
- 1.144 heartbeat (n)**  
 χτύπος καρδιάς  
 the repeated movement of the heart, and the sound this makes  
*The room got so silent that I could hear my own **heartbeat**.*
- 1.145 achieve (v)**  
 φέρνω σε πέρας, καταφέρνω  
 to succeed in getting something or making something happen  
*Students who read books **achieve** better grades at school.*  
 • achievement (n)
- 1.146 turn someone/something into someone/something (v)**  
 μετατρέπω  
 to change someone/something so that he/she/it becomes someone/something else  
*They're going to **turn** the old factory **into** a movie theater.*
- 1.147 uninterrupted (adj)**  
 αδιάκοπος, αδιατάρακτος  
 without a break or a pause  
*I would prefer to watch an **uninterrupted** TV program, instead of one that stops for commercials every ten minutes.*  
 • interrupt (v)
- 1.148 react (to something) (v)**  
 αντιδρώ  
 to do or feel something because of something else  
*When I told him I had to miss the party, I didn't expect him to **react to** the news by shouting and crying.*  
 • reaction (n)

**1.149 variety (of something) (n)****ποικιλία**

a number of things of a similar type that are different in some way

*The painter has a **variety** of paintbrushes, some small ones and some large ones.*

• vary (v), various (adj), varying (adj)

**1.150 reggae (n)****ρέγκε**

a type of music that was invented by Jamaican musicians, using guitars, drums and other instruments (e.g. keyboards), usually in a style that is relaxing and good to dance to

*Like many **reggae** musicians, Bob Marley wore long hair, called 'dreadlocks', and he sang songs about freedom, peace, and love.*

**1.151 bass (n)****μπάσο**

the deep, low sound in music, and a type of guitar that makes these sounds

*The music had such heavy **bass** that you could feel the floor shaking.*

**Note on pronunciation:** The word 'bass' rhymes with 'face'.

**1.152 post and packaging (n)****έξοδα αποστολής**

the cost of putting a product into suitable packaging (e.g. a box) and sending it to the customer through the postal system, which is often added to the price of the product itself when someone orders something

*I ordered a new jacket online. It cost seventy-five dollars, plus five dollars for **post and packaging**.*

**1.153 retirement plan (n)****συνταξιοδότηση, συνταξιοδοτικό σύστημα**

A system in which people give a small amount of the money they make from their jobs each month, usually around 10%. This money is kept in a savings account until the person reaches old age and stops working (i.e. takes **retirement**), and it is then given back to the person in monthly amounts (i.e. a **pension**) for him/her to live on.

*My parents each pay \$130 per month towards their **retirement plan**, so that they will still have money to live on after they get old and stop working.*

• retire (v), retired (adj), retiree (n)

**1.154 apartment (n)****διαμέρισμα**

a separate part of a building in which people live, usually on one floor and with a number of rooms

*The building consists of three **apartments**, and my family live in the one on the top floor.*

**1.155 principal (n)****διευθυντής/διευθύντρια σχολείου**

the head teacher who is in charge of a school  
*When he became **principal**, Mr. Hodges decided to change some of the school rules.*

**1.156 discount (n)****έκπτωση**

a reduction in the amount of money you have to pay (e.g. for a product)

*Students get a 50% **discount** on movie theater tickets, so they only have to pay five dollars instead of ten.*

• discounted (adj), discount (v)

## Reading and Use of Language Task 2, p. 29

**1.157 reusable (adj)****επαναχρησιμοποίησης**

(e.g. a plastic cup) able to be used more than once, in order to reduce trash

*Dan uses **reusable** shopping bags to help save the environment.*

- reuse (v)

**1.158 tutor (n)****ακαδημαϊκός σύμβουλος**

(in a school, college or university) a teacher who gives help to one student or one group of students, e.g. by giving career advice

*If you can't decide which courses to study, you should ask your **tutor** to give you some advice.*

- tutor (v)

**1.159 progress: make progress (phr)****βελτιώνω**

to have success and improve or get better at something

*I **made** a lot of **progress** in my Spanish lessons this week, as I learned lots of new vocabulary and wrote my first long essay.*

**1.160 independently (adv)****ανεξάρτητα**

in a way that does not need control or help from other people

*When you reach the age of 21, you are old enough to live **independently** and without help from your parents.*

- independence (n), independent (adj), depend on someone/something (v)

**1.161 funding (n)****χρηματοδότηση**

money given for a particular purpose

*The government gave \$800,000 of **funding** to build houses for the homeless.*

- fund (v), fund (n)

**1.162 urban growth (n)****αστική ανάπτυξη**

the phenomenon of towns and cities getting larger and covering more of the countryside

*This was a period of fast **urban growth**, when the city increased in size from about ten thousand buildings to around one-hundred thousand.*

- urban (adj), urbanize (v), urbanization (n)

**1.163 habitat (n)****περιβάλλον, οικότοπος**

the natural home or environment of an animal, plant, or other organism

*If we continue to cut down trees, the **habitat** of many animals will be lost and they will have nowhere to live.*

- inhabit (v), habitable (adj), uninhabitable (adj)

**1.164 creature (n)****πλάσμα**

a living organism, one that is not human, e.g. an animal, a bacteria, an alien, etc.

*The strange **creature** had six legs and twelve eyes.*

**1.165 mammal (n)****θηλαστικό**

a type of animal that drinks its mother's milk when young

*Our closest relative in the **mammal** kingdom is the ape.*

- mammalian (adj)

**1.166 insect (n)****έντομο**

a small animal that has a number of legs and generally one or two pairs of wings

*I don't like to go camping because of all the **insects** that are flying around and landing on my skin.*



**1.167 constantly (adv)**

συνεχώς, διαρκώς

in a way that continues over a period of time without stopping

*We have been working **constantly** for two hours, without a single break.*

**1.168 predator (n)**

αρπακτικό

an animal that hunts and kills other animals for food

*The panther is one of the scariest jungle **predators** and can kill many other animals for food.*

• predatory (adj)

**1.169 hunter (n)**

κυνηγός

a person or animal that kills other animals, e.g. for food

*This ancient group were expert **hunters** and could trap and kill almost any animal.*

• hunt (v)

**1.170 shoot (v)**

πυροβολώ

to kill or injure a person or animal with a bullet from a gun

*My grandfather has trouble walking because he **was shot** in the leg during the war.*

• shot (n), shooter (n)

**1.171 availability (n)**

διαθεσιμότητα

the fact that something can be found, bought, got, etc.

*The **availability** of free websites means that you can go online and find information on just about any topic under the sun.*

• available (adj), unavailable (adj)

**1.172 tasty (adj)**

νόστιμος

(food) delicious

*These chips are so **tasty**! Tomato, bacon, basil, cheddar - it feels like a party in my mouth!*

• taste (of something) (v), taste (n)

**1.173 goodies (n)**

καλούδια

something that somebody wants, especially something tasty to eat

*The bags were filled with **goodies** for the children, including candies and sweet drinks.*

**1.174 sidewalk (n)**

πεζοδρόμιο

the flat part at the side(s) of a road where people can walk

*He stepped out of the store and onto the **sidewalk**, then started walking to the far end of the street.*

**1.175 deep (adj)**

βαθύς

(someone's knowledge or understanding) large and including everything or almost everything

*Having read three-hundred books about astronomy, Paul has developed a **deep** knowledge of the subject.*

• depth (adj)

**1.176 risk: at risk (of something / doing something) (phr)**

κινδυνεύω

in danger of experiencing something bad

*These unlocked bikes are **at risk of being stolen**.*

• risk something / doing something (v), risk (n), risky (adj)

**1.177 threat: under (the) threat (of something / doing something) (phr)**

Υπό την απειλή

*People who lived near to the volcano lived **under the threat of** losing their homes and maybe even their lives.*

• threaten (v), threat (n)

**1.178 rapidly (adv)****με γρήγορη ταχύτητα**

very quickly

*The pianist's fingers moved **rapidly** as she played the fast part of the music.*

• rapid (adj), rapidity (n)

**1.179 take up (phr v)****παίρνω θέση**

to move into a specific place where you will do something

*When the players had each **taken up** her position on the field, the game began.***1.180 residence (n)****μόνιμη διαμονή**

the act of living in a certain place

*They found an apartment in New York, and so began their fifteen-year **residence** in the city.*

• resident (n), reside (v), residential (adj)

**1.181 amazingly (adv)****καταπληκτικά**

in a way that causes great surprise or wonder

*He is over two meters - which is **amazingly** tall for a twelve year old!*

• amazing (adj), amaze (v), amazement (n)

**1.182 cross the street (phr)****διασχίζω τον δρόμο**

to go from one side of the street to the other, usually by going across a road

*You need to look left and right before **crossing the street**, to check there are no cars coming.*

• crossing (n)

**1.183 food waste (n)****σπατάλη τροφίμων**

food that people have not used or eaten and have put in the trash, e.g. because it is old

*The trash cans behind the restaurant are full of **food waste**, as the chefs have to throw out any meat and vegetables they do not use on the same day.***1.184 vehicle (n)****όχημα**

a machine used for moving people or goods, usually one that has an engine and wheels (e.g. a car, a van, etc.)

*You can't drive your car into this part of the town, as no **vehicles** are allowed.*

• vehicular (adj)

**1.185 wildlife (n)****άγρια ζωή**

animals and plants that live in nature

*Besides pets, all other animals that do not live with humans are considered **wildlife**.*

• wild (adj), wild: the wild (n)

**1.186 used to: be/get used to someone / something / doing something (phr)****συνηθίζω**

to have/get a lot of experience, so that something is no longer strange or difficult for you

*At first I had problems working with the new computer system, but I soon **got used to** the way it works.***1.187 no longer (adv)****όχι πλέον**

not anymore

*I used to play on my console every day, but I **no longer** take much interest in video games.***Reading and Use of Language Task 3,  
Items 56 - 65, p. 30****1.188 expert (adj)****το υψηλότερο επίπεδο**

having or showing great knowledge, experience and skill

*Many people play tennis quite well, but it takes years and years to reach **expert** level.*

• expertise (n), expert (n)

**1.189 background music (n)****μουσικό χαλί**

music that you can hear while you are doing something else (e.g. studying)

*While I'm studying, I like to play this album on my smartphone as **background music**, as the slow beat helps me to concentrate and there are no words to distract me.*

**1.190 subscription (n)****συνδρομή**

an amount of money that you pay if you want to regularly receive something (e.g. copies of a magazine) or regularly take part in something (e.g. gym classes)

*For just fifteen dollars per month, a full **subscription** gives you access to all the articles on the site.*

- subscribe (v), subscriber (v)

**1.191 located: be located (v)****βρίσκεται**

to be or have been put in a certain place

*The hotel **is located** just five kilometres from the airport.*

- location (n)

**1.192 campus (n)****πανεπιστημιούπολη**

the buildings of a college or university, including classrooms, laboratories, offices, etc.

*The offices of university's Department of Modern Languages are on the west side of the **campus**.*

**1.193 rate (n)****τιμή**

money that is paid for something, usually an amount that is always the same for everybody

*The **rate** for a double room is \$120 per night.*

**1.194 changing area (n)****αποδυτήρια**

rooms where people can change into different clothes, e.g. when they are trying new clothes before buying them or getting ready to play a sport

*There's a **changing area** at the back of the store where you can try on the trousers to see if they are the right size.*

**1.195 store (v)****αποθηκεύω**

to leave something in a safe place so that you can get it again later when you need it

*Mr. Sanders **stores** important printed documents in a drawer in the right side of his desk.*

**Reading and Use of Language Task 3, p. 31****1.196 belonging (n)****προσωπικό αντικείμενο**

something that someone owns

*I took all my old **belongings** - the things I didn't want anymore, like my childhood toys - and sold them on eBay.*

- belong to someone (v)

**1.197 work out (phr v) [2]****γυμνάζομαι, ασκούμεαι**

to exercise your body, e.g. to get strong and healthy

*Swimming for thirty minutes every morning is a great way to **work out** and stay healthy.*

- work-out (n)

**1.198 charge (n)****χρέωση**

the amount of money that someone asks for something that he/she gives (e.g. a service)

*The **charge** for each weekly lesson is fifty dollars, and students can pay the total of two-hundred dollars at the end of each month.*

- charge (v)

**1.199 session (n)****συνεδρία**

a period, e.g. one hour, during which someone does a particular activity

*Don't call me later because I have a yoga **session** between five and seven.*

**1.200 refuel (v)****ανεφοδιάζομαι**

to eat or drink something in order to get your energy back after doing something tiring

*This is going to be a long and tiring walk, so make sure you have snacks with you, to **refuel** along the way.*

- fuel (n)

**1.201 unnecessary (adj)****περιττός**

not needed or not useful

*Please make sure your conversations are about work and avoid **unnecessary** chatting.*

- necessary (adj), necessity (n)

**1.202 calorie (n)****θερμίδα**

an amount of energy of a food

*Runners eat pasta before a marathon, as this food contains a lot of **calories**.*

- calorific (adj)

**1.203 range (of something) (n) [1]****εύρος, ποικιλία**

a set of different things of the same general type

*This jacket is available in a **range** of winter colors.*

- range (from something to something) (v)

**1.204 enable someone/something (to do something) (v)****επιτρέπω**

to make it possible for someone/something to do something

*The main character has a machine that **enables** him to travel through time.*

- ability (n), able (to do something) (adj)

**1.205 boost (v)****τονώνω**

to help something to improve or grow fast

*Mr. Gately's support and kind words **boosted** his students' confidence and strengthened their belief that they could pass the exam.*

- boost (n)

**1.206 underground (adj)****υπόγειος**

(e.g. part of a building) below the surface of the ground

*There is an **underground** gymnasium beneath the ground floor.*

**1.207 lot (n)****χώρος στάθμευσης**

a piece of land used for a particular purpose

*There is a **lot** beside the building where you can park your car for free.*

**1.208 rack (n)****σχάρα, ράφια**

a piece of equipment for holding or storing things

*You can find the shirts hanging on the **rack** at the back of the store.*

**1.209 get the most from something****αξιοποιώ στο έπακρο**

to use something (e.g. an opportunity) and get the most possible advantage from it

*We **got the most from** our visit to the city by visiting as many museums as we had time for.*

**1.210 policy (n)****πολιτική**

a plan or way of doing things that is followed by a group, a business, a school, etc.

*According to the official **policy** of the school, children have to take at least one language class.*

**1.211 lonely (adj)****μοναχικός**

making someone feel sad because there are no other people

*Living in a large house on his own, Bill often felt **lonely** and in need of friends.*

• loneliness (n)

**1.212 no sweat (phr)****χαλαρά, δεν υπάρχει λόγος ανησυχίας**

[used to say that something can be done easily and without much effort or many problems]

*Don't worry. We can fix this problem easily. **No sweat.***

**1.213 freak (n)****φρικιό**

a person who is crazy about a particular activity and thinks about it a lot

*He's a total heavy metal **freak** and listens to loud music all the time.*

**1.214 after all (conj)****εν τέλει**

[used to give an explanation of or a reason for what the writer/speaker has just said, often an explanation or reason that is quite obvious]

*I don't think it will take us long to get there. It's only three kilometres away, **after all.***

**1.215 commit (to something / doing something) (v)****δεσμεύομαι**

to keep an agreement and show that you will definitely do something

*When Santos signed the contract, he committed to playing for the team for at least four years, so he can't leave and join another team after only two years.*

• commitment (n), committed (adj)

**1.216 term: long-term (adj)****μακροπρόθεσμος**

happening or lasting over a long period

*I'm too young to make any **long-term** plans about what I will do when I'm an adult.*

**1.217 hire (n)****ενοικίαση**

an agreement where someone pays money to use something temporarily

*If you don't have a car of your own, you can always use a **hire** service and get a car to use for a couple of days.*

• hire (v)

**1.218 gear (n)****εξοπλισμός**

the clothing or equipment that you need to do a particular activity

*To play this game, the only **gear** that you need is a tennis ball and a piece of string.*

**1.219 laundry (n)****άπλυτα (ρούχα)**

clothes that need to be washed or have just been washed

*I took the **laundry** out of the washing machine and hung it out to dry outside in the sun.*

**1.220 all in all (conj)****γενικά**

when everything is considered, overall

*There were no paintings by my favorite artists, the tickets were more expensive than advertised, and the gift shop was closed.*

***All in all,** our visit to the museum was a disappointment.*

**1.221 trouble-free (adj)****χωρίς προβλήματα**

not causing any problems

*These laptops are supposed to be **trouble-free** and easy to use, but I couldn't even open a file on mine.*

**1.222 keep to something (phr v)****ακολουθώ**

to continue doing what you have to do, e.g. according to the rules or a promise, without doing anything wrong, giving up, etc.

*If you don't **keep to** the rules and only write 500 words, your essay won't be accepted.*

**1.223 step: every step of the way (phr)****συνεχώς**

at every stage in a process or development  
*Learning karate is not easy, so you need the right help **every step of the way**.*

**1.224 enroll (in/on something) (v)****εγγράφομαι**

to register and become a member of something (e.g. a university)  
*The French lessons start in October, and new students can **enroll** by filling in the online form.*  
 • enrollment (n), ALSO enrol, enrolment (British English)

**1.225 intensive (adj)****εντατικός**

involving a lot of activity in a short period of time  
*I'm taking the **intensive** driving course because I need to get a license within the next month.*  
 • intensively (adv)

**1.226 pre-season (adj)****πριν από την κανονική σεζόν**

(in sports) taking place before the regular season  
*The soccer season begins on the 28th of August, and we have a **pre-season** friendly game on the 20th.*

**Reading and Use of Language Task 4,  
 p. 32 - 33**

**1.227 break into (phr v)****κάνω διάρρηξη**

to unlawfully enter something (e.g. a house) in order to steal something  
*The thief **broke into** the house and stole all their jewelry.*  
 • break-in (n)

**1.228 package (n)****πακέτο**

a number of items that are sold together as one product  
*I decided to buy the full **package**, which consists of the laptop, with headphones, speakers, cleaning equipment, and all the essential programs also included.*

**1.229 contact sensor (n)****αισθητήρας**

an electronic device which is activated when its two parts are either touching each other or not touching each other  
*The door on the fridge has a **contact sensor** so that, when it is opened, the inside light automatically turns on.*

**1.230 property (n)****ακίνητο**

the building and the land that belongs to someone  
*The family own a lot of **property**, including five houses in the countryside.*

**1.231 installation (n)****εγκατάσταση**

the act of putting something (e.g. a machine) in its place so that you can start using it  
*The **installation** of a new air conditioner can take hours and should only be done by an expert.*  
 • install (v)

**1.232 fix something (to/on/against something) (v)****στερεώνω**

to put something (e.g. a poster) onto something (e.g. a wall) so that it stays there and does not move  
*The shelf **has been fixed to** the wall with strong glue, so it will not fall down.*

**1.233 sticky (adj)**

κολλώδης

able to hold on to a surface as if with glue  
*This mirror has a **sticky** part on the back, so it will stay on the wall even without nails or hooks.*

- stick (to/on/against something) (v)

**1.234 pad (n)**

μαξιλαράκι

a thick piece of soft material, typically used to protect something  
*Soft velvet **pads** were placed under the legs of the chair to prevent damage to the floor.*

**1.235 monitor (v)**

παρακολουθώ

to watch someone/something to check there is no danger, usually using technological tools (e.g. hidden cameras)

*The police had been **monitoring** the port for three months before they finally caught members of the drug gang on camera.*

**1.236 personnel (n)**

προσωπικό

the people who work for a company  
*All the company **personnel** need to have their ID to get into the building.*

**1.237 check on someone/something (phr v)**

ελέγχω

to check someone/something and make sure that there is nothing wrong

*I left the children alone, while I made dinner in the kitchen, but came back to **check on** them every two minutes.*

**1.238 situation (n)**

κατάσταση

an event in which someone finds themselves  
*It is a difficult **situation** when your friends argue and you have to decide which of them to support.*

**1.239 rent something out (to someone) (phr v)**

νοικιάζω κάτι

to allow someone to use something (e.g. an apartment) in return for payment  
*We don't live in that apartment anymore, so we **rent it out** to students instead.*

**1.241 equip: be equipped with something (v)**

εξοπλίζω

(e.g. a school) to have the necessary tools (e.g. computers) for a specific purpose

*This van **is equipped with** everything you will need on a camping trip, including a small kitchen area, a shower and a W/C.*

- equipment (n), well-equipped (adj)

**1.242 contact (v)**

επικοινωνώ

to send someone a letter, and email, a message, etc., or give him/her a phone call, for a specific purpose

*You can **contact** me by email if you need to ask any further questions.*

- contact (n)

**1.243 set up (phr v)**

σετάρω

to get a piece of equipment or a machine ready so that you can use it

*Before you can watch movies, you need to **set up** your new television and connect it to a wi-fi network.*

- set-up (n)

**1.244 operate (v)**

λειτουργώ

to control a machine and make it work

*To **operate** this coffee maker, you need to know what each button does.*

- operation (n), operator (n)

**1.245 tenant (n)****ενοικιαστής**

a person who pays to live in a house or an apartment that belongs to someone else  
*Max and Sarah lived in this apartment for ten years as **tenants** before they decided to buy it from the old owner.*

- tenancy (n)

**1.246 aware (of something / that) (adj)****έχω επίγνωση, γνωρίζω**

to know about something  
*I knew that Yosef played football, but I wasn't **aware that** he is a professional player.*

- awareness (n), unaware (adj)

**1.247 however (conj)****ωστόσο**

[used to make a statement that is different from the previous one(s), e.g. a bad point after a good point]  
*End-of-term tests are not much fun. They are, **however**, necessary.*

**1.248 stick to something (phr v)****κολλάνε**

to stay in a certain place (e.g. on a wall) and not move or fall off, often because of something sticky, such as glue  
*These magnets **stick to** the outside of the refrigerator door.*

**1.249 mode (n)****λειτουργία**

a setting on a machine or a piece of equipment that makes it do something in a certain way  
*When your smartphone is switched to silent **mode**, it will not ring when you receive a call.*

**1.250 sufficient (adj)****επαρκής**

enough  
*There is a **sufficient** amount of water for the plant to grow.*

- suffice (v), sufficiently (adv), insufficient (adj)

**1.251 suburban (adj)****στα προάστια**

in an area outside the center of a city, where people can live in quieter conditions and with more space  
*In the 1980s, Nick's family moved from their apartment in the center of the city to a **suburban** home that was larger and quieter.*

- suburb (n)

**1.252 up and running: have something up and running (phr)****σε πλήρη λειτουργία**

to finish preparing or fixing something (e.g. a machine) so that it works fully  
*The computer system isn't working at the moment, but the repair workers should **have it up and running** again soon.*

**1.253 patrol (v)****περιπολώ**

(e.g. the police) to go around an area regularly, in order to make sure that there is no danger and everything is safe  
*Members of the security team, who were **patrolling** the outside of the bank in their car, caught three men trying to break a window and enter.*

- patrol (n)

**1.254 hand: be on hand (to do something) (phr)****διαθέσιμο**

to be available and ready to help  
*Staff are always **on hand** inside the store to assist customers and answer their questions.*

**1.255 scene: be on the scene (phr)****είμαι/φτάνω στη σκηνή**

(e.g. the police) to be present or arrive in the place where something important happens (e.g. a crime or an accident), in order to manage the situation  
*When a huge fight started outside the stadium, news teams **were** soon **on the scene** to film what was going on.*



**1.256 go off (phr v)**

ενεργοποιείται κάτι, π.χ. συναγερμός  
(e.g. of an alarm) to be activated and do  
something (e.g. make a noise)

*Every time the siren **goes off** the firefighters  
jump into the fire truck.*

**1.257 left over: be left over (from something) (adj)**

περισσεύουν

still remaining after the rest has been used  
*After I had finished copying all the notes into  
the book, ten empty pages **were still left over**.*

**1.258 end up something / doing something (phr v)**

καταλήγω

to finally be in a certain situation, often a bad  
or unpleasant one  
*I couldn't find any free hotel rooms, so I **ended  
up sleeping** in my car.*

**1.259 regret something / doing something (v)**

μετανιώνω

to feel sorry about something you did or  
something you didn't do, so that you wish you  
could change the past  
*I **regretted** shouting at Jessica and apologised  
to her the next day.*

**1.260 when it comes to (phr)**

σχετικά με

[used to show that a statement refers to a  
specific topic or a specific part of something]  
*I am a much better piano player than Jason,  
but he knows more than I do **when it comes  
to** the guitar.*

**1.261 detection (n)**

ανίχνευση

the act of noticing something, especially  
something that doesn't appear clearly and can  
cause danger or problems  
*These new medical scans enable early  
**detection** of the disease, so that doctors can  
help patients before their health becomes  
seriously worse.*

• detect (v), detectable (adj), undetectable (adj)

**1.262 headache (n)**

πονοκέφαλος, μπελάς

a person or a thing that causes a lot of trouble  
and is difficult to solve  
*Finding somewhere to park is a real **headache**,  
and you might have to drive around the streets  
for ages before you finally see a free space.*

**1.263 give up (something / doing something) (phr v)**

τα παρατάω

to stop trying to do something that is too  
difficult  
*After burning her cookies for the third time,  
Sarah **gave up** trying to cook her own and  
decided to get some from the baker's instead.*

**1.264 complicated (adj)**

περίπλοκος

difficult to understand or do  
*The rules of the game are so **complicated**  
that I had to read them five times before I fully  
understood everything.*  
• complicate (v)

**1.265 essential (adj)**

ουσιώδης

of basic importance to something  
*It is **essential** to complete every step in the  
correct order.*

**1.266 qualified (to do something) (adj)**

πιστοποιημένος, με τα κατάλληλα τυπικά  
προσόντα

having passed the required exams or  
completed the required training, so that you  
can do a job  
*People who have a university certificate in  
science are **qualified to teach** the subjects in  
schools.*  
• qualification (n), unqualified (adj)

**1.267 faulty (adj)**

ελαττωματικός

not working properly or made incorrectly  
*The blender broke the minute I tried to use it,  
because it was **faulty**.*  
• fault (n)

**1.268 design (n)**

σχεδιασμός, σχέδιο

the way that something (e.g. a gadget) is made  
*My dad's cell phone is the old **design** that has number keys instead of a touchscreen.*

- design (v)

**1.274 respond (v)**

απαντώ

to say something in answer to what was just said

*It was such a strange question that I didn't know what to **respond**.*

- response (n)

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**1.269 struggle (n)**

ταλαιπωρία, δυσκολία

something difficult that someone has to try very hard to do, not always with success

*Giving up cigarettes was a real **struggle** for my mum, but she eventually managed it.*

- struggle (to do something) (v)

**1.270 awkwardly (adv)**

αδέξια, άβολα

in a way that seems strange, uncomfortable, or embarrassing

*It was an embarrassing moment, and the guests sat around the dinner table smiling **awkwardly**, trying not to pay attention to the angry shouting coming from the kitchen.*

- awkward (adj), awkwardness (n)

**1.271 unsocial**

αντικοινωνικός

unfriendly and disliking being with other people

*An **unsocial** man, he preferred to sit at a table by himself and not get involved in other people's chatting.*

- social (adj), ALSO unsociable (adj)

**1.272 lack (v)**

μου λείπει κάτι

to not have enough of something, or to have none at all

*The school has plenty of basketball courts, but it still **lacks** a suitable place to play tennis.*

- lack (n), lacking: be lacking (something) (v)

**1.275 fooled: don't be fooled (by something) (phr)**

Ξεγελιέμαι/ μην ξεγελιέσαι

don't get the wrong idea (from something)

*They say that this is the best product on the market, but **don't be fooled**. There are much better and cheaper options available.*

- fool (v), fool (n)

**1.276 center around something (phr v)**

επικεντρώνεται

to have something (e.g. a topic) as the most important focus of attention or activity

*There are other characters in this series, but the story mainly **centers around** a woman named Wendy.*

**1.277 flow (v)**

ρέω

(e.g. a conversation) to happen in a natural and easy way

*We had a lot to talk about, and the conversation **flowed** on and on until well after midnight.*

- flow (n)

**1.278 closed question (n)**

κλειστή ερώτηση, ερώτηση που η απάντηση είναι είτε ναι είτε όχι

questions that have a "yes" or "no" answer  
*Questions 1 to 10 are **closed questions**, so you just need to draw a circle around either Yes or No.*

**1.279 follow something up (phr v)**

συνοδεύει, ακολουθεί

to add to something that you have just done by doing something else, e.g. in order to complete it or make it even better

*At the end of her dance routine, she spins around in a circle then **follows** this move **up** with a high jump into the air.*

- follow-up (n)

**1.280 case (n) [1]**

περίπτωση

an example of a particular situation

*The President travels alone only in **cases** where the journey might be dangerous. In all other situations, his wife goes with him.*

**1.281 statement (n)**

κεντρική ιδέα

something that you say or write to give information or an opinion

*He did not give any examples or explanations to support the main **statements** in his article.*

- state (v)

**1.282 observation (n)**

παρατήρηση

something that somebody says or writes about something that he/she has noticed or experienced

*I'd just like to make one **observation** about what you just said, and that is that your ideas are totally wrong.*

- observe (v)

**1.283 willingness (to do something) (n)**

προθυμία

a feeling of wanting to do something and being ready to do it

*"OK, call me whenever you want, any time of the day or night," he said, leaving me in no doubt about his **willingness to help**.*

- willing (to do something) (adj)

**1.284 trivial (adj)**

ασήμαντος

not important

*Why do they get into such angry arguments about **trivial** things, like whether to spell 'travelling' with one 'l' or with two? Does it really matter?*

- triviality (n)

**1.285 serve a purpose (phr)**

υπηρετεί κάποιο σκοπό ή στόχο

to do something useful

*Although these tiny insects seem small and unimportant, they **serve an important purpose** by keeping plants healthy.*

**1.286 lookout: be on the lookout (for something) (phr)**

έχω τον νου μου

to carefully watch things happening, so that you avoid danger or find something that you want

*While surfing the internet, I'm always **on the lookout for** interesting news stories.*

**1.287 come up (phr v)**

αναφέρεται

(e.g. a topic) to be mentioned in a conversation or a piece of writing

*We were talking about people who might want to join the team, and Michelle's name **came up** a few times.*

**1.288 keep in mind (phr)**

έχω στο μυαλό μου

to remember something and think about it, e.g. when you are making a decision

*When taking the medication, **keep in mind** that you must take it on a full stomach.*

**1.289 fascinating (adj)**

συναρπαστικό

extremely interesting

*I usually find sports boring, except for boxing, which I think is absolutely **fascinating**.*

- fascinate (v), fascinated (with something) (adj), fascination (with something) (n)

**1.290 skillful (at something / doing something)**

(adj)

επιδέξιος

having or showing a high level of ability to do something well

*She is very skillful at dancing, as she has been doing it for years.*

• skill (n), ALSO skilful (British English)

**1.291 therefore (conj)**

επομένως

for that reason

*This old building is no longer in use, and the council are **therefore** planning to knock it down.*

**1.292 opt in (phr v)**

επιλέγω να συμμετέχω

to choose to take part in something

*The school is offering new sports activities that are highly popular, and most students have **opted in** by participating regularly.*

**1.293 confident (of something / that) (adj)**

σίγουρος, με αυτοπεποίθηση

feeling sure about something (e.g. your abilities) or that something is true

*Ryan was **confident** that we would get the job as he had years of experience.*

• confidence (n)

**1.294 on the other hand (conj)**

αντιθέτως

[used in speaking or writing to introduce another point or idea that is different from the previous one, e.g. a good point after a bad one]

*I would like to go on this trip. **On the other hand**, I will save money if I don't go.*

**1.295 imply (v)**

υπονοώ

to suggest something without saying it directly

*She said that we probably needed some help, which **implied** that we weren't able to do the job ourselves.*

## VOCABULARY EXERCISES

**1 Which word?**

For items 1 to 10, circle the word that best fits each sentence.

1. If you really want to \_\_\_\_\_ (improve / achieve) your speaking skills and be proficient, you need to practice as much as you can.
2. The teacher could hardly be heard over all of the \_\_\_\_\_ (shouting / shooting) that was going on in class.
3. I've been trying to open an email account for hours - it's such a \_\_\_\_\_ (cough / headache).
4. There are many \_\_\_\_\_ (benefits / drawbacks) to leaving college before you get a degree. For a start, you won't be able to get a good job.
5. She is always very \_\_\_\_\_ (critical / curious) about everyone and doesn't hesitate to state her negative opinions about them.
6. We are \_\_\_\_\_ (skillful / confident) that we will win the next game, as we have beaten these opponents easily before.
7. Victor managed to save five thousand dollars, but as the bike he wants to buy costs fifteen thousand dollars, even this amount still wasn't \_\_\_\_\_ (sufficient / essential).
8. You need to keep these documents in a safe place, \_\_\_\_\_ (otherwise / however) you might not be able to find them when you need them.
9. I \_\_\_\_\_ (rarely / occasionally) see James anymore. I miss hanging out with him.
10. The \_\_\_\_\_ (researchers / critics) are doing experiments to try and discover why eating chocolate makes people feel good.

**2 Gap-filling**

For items 1 to 10, fill in the gaps with the correct forms of the phrasal verbs in the box.

• take up • go through to • end up • calm down • lay down • break into • come across • give up • opt in • rent out

1. If you don't come to the lessons, you will \_\_\_\_\_ failing the exam.
2. We thought the new chess club was going to have few members, but lots of students said they wanted to \_\_\_\_\_ and get involved.
3. A good way to \_\_\_\_\_ babies and stop them crying is to sing a song.
4. In this part of the movie, the teenagers \_\_\_\_\_ the old man's house to steal some money, but they find something completely unexpected.
5. With seven wins, Robert is sure to \_\_\_\_\_ the finals of the tennis competition.
6. It had been a tiring day, and all I wanted to do was to \_\_\_\_\_ on the couch and rest.
7. Imagine what it must be like to be walking in the park when you suddenly \_\_\_\_\_ a bag containing fifty thousand dollars.

8. Kim has decided to \_\_\_\_\_ playing basketball and take up soccer instead.
9. I have decided to \_\_\_\_\_ my summer house for six hundred dollars a month. Since I'm not going to be staying there this year, someone else can use it.
10. The gym is organizing a beginners' introductory class for people who want to \_\_\_\_\_ yoga.

### 3 Word transformation

**For each item, add parts to the word in brackets to form a new word that fits the sentence, e.g. by changing 'possible' to 'possibility'. For some items, you may have to add more than one part, e.g. by changing 'possible' to 'impossibility'.**

1. We could send all our customers an email. \_\_\_\_\_ , we could send SMS messages to them. (alternative)
2. None of us had ever seen such beautiful pictures before, and we all stood there in absolute \_\_\_\_\_ . (amaze)
3. I asked Beth several times, but she was \_\_\_\_\_ to help me, because she said I had refused to help her in the past. (willing)
4. The prices at this store are \_\_\_\_\_ . I have checked around and you can't find anything cheaper anywhere. (beat)
5. If we want more people to recycle and protect the environment, we need to increase public \_\_\_\_\_ . (aware)
6. In \_\_\_\_\_ to the email you sent me about our travel plans, I have booked the hotel and the flight. (refer)
7. If you like that type of cell phone, there are \_\_\_\_\_ different models that you can choose from. (vary)
8. Having studied \_\_\_\_\_ in the previous week, I had covered all the material by the day of the exam. (intensive)
9. A little rest and \_\_\_\_\_ will help you get back your energy. (relax)
10. He is such a \_\_\_\_\_ player that, when he has the ball at his feet, no one can take it off him. (skill)

**4 Multiple matching**

Match the words and phrases on the left to definitions on the right.

- |                    |  |
|--------------------|--|
| 1. frankly         | a. a decision reached after looking over everything            |
| 2. especially      | b. particularly  |
| 3. regarding       | c. the things someone owns                                     |
| 4. conclusion      | d. concerning  |
| 5. disturbing      | e. don't forget to consider                                    |
| 6. independently   | f. in a way that is free from outside control                  |
| 7. constantly      | g. to show the speaker/writer is giving his/her honest opinion |
| 8. belongings      | h. continuing to happen over a period of time                  |
| 9. don't be fooled | i. don't make this simple mistake                              |
| 10. keep in mind   | j. causing anxiety   |

**5 Cloze text**

As you read the following text, try to think of a word that could fill each gap. If you cannot think of a word in English, you can use a word in Greek. Then, look at the words in the box underneath the text and match each one to one of the gaps. Were the words that you thought of the same or similar to the ones in the box?

Reggae music can now be heard all around the world, but this style of music will always be connected with one country in particular: Jamaica. But there was obviously a time, before the 1960s, when reggae did not exist. Back then, was the island of Jamaica filled with nothing but [1] \_\_\_\_\_ and quiet? [2] \_\_\_\_\_ not! There was loud music everywhere!

Before reggae, the two most popular styles of music in Jamaica were jazz and rhythm and blues, or *r n' b*. Strangely, another well-known type of US music, rock n' roll, never became widely popular in Jamaica. Some people say this was because rock n' roll, which is [3] \_\_\_\_\_ to make people dance like crazy, wasn't energetic enough for the Jamaicans' [4] \_\_\_\_\_ !

People would often dance to jazz and *r n' b* at large outdoor street parties, called 'sound systems'. The men who ran these sound systems - who were like the DJs of their day - could therefore make a lot of money by [5] \_\_\_\_\_ people to come and dance to their vinyl records, which they played at high volume from powerful electronic systems that they [6] \_\_\_\_\_ up in the street.

To attract the most customers, a sound system owner would have to spend a [7] \_\_\_\_\_ on new records from the US, [8] \_\_\_\_\_ his reputation by proudly saying that his sound system played songs that could be heard nowhere else on the island. Most of them, once they had bought new records, would remove the [9] \_\_\_\_\_ labels on the front, just in [10] \_\_\_\_\_ anyone else found out the name of the song, went to the US and bought the same record, and started playing it on his own sound system!

• supposed • charging • Definitely • fortune • liking • peace • sticky • set • case • boosting