

Succeed in LanguageCert

CEFR
Level B2

Formerly known as City & Guilds exams

IESOL & ISESOL

Practice Tests



COMPANION

*Andrew Betsis
Lawrence Mamas*



GlobalELT
ENGLISH LANGUAGE TEACHING BOOKS

Contents

PRACTICE TEST 1	Page 3
PRACTICE TEST 2	Page 4
PRACTICE TEST 3	Page 7
PRACTICE TEST 4	Page 10
PRACTICE TEST 5	Page 12
PRACTICE TEST 6	Page 14
PRACTICE TEST 7	Page 16
PRACTICE TEST 8	Page 18
PRACTICE TEST 9	Page 20
PRACTICE TEST 10	Page 23
PRACTICE TEST 11	Page 25
PRACTICE TEST 12	Page 27

TEST 1

Listening - Part 1 (page 5)

recall v When you recall something, you remember it and tell others about it. *I recalled the way they had been dancing together.* ♦ θυμάμαι, επαναφέρω στη μνήμη
sweat v When you sweat, sweat comes through your skin. *Already they were sweating as the sun beat down upon them.* ♦ ιδρώνω || **sweat:** ιδρώτας

Listening - Part 2

roommate n The person you share a rented room with, for example when you are at university.

♦ συγκατοικός

interact v When people interact with each other or interact, they communicate as they work or spend time together. *While the other children interacted and played together, Ted ignored them.* ♦ επικοινωνώ

smooth adj Something that is going well and is free of problems or trouble. *Political hopes for a swift and smooth transition to democracy have been dashed.*

♦ ομαλός, εύρυθμος

smoothly adv *So far, talks at GM have gone smoothly.*

♦ ομαλά

Listening - Part 4 (page 7)

relative n Your relatives are the members of your family.

Get a relative to look after the children when you are abroad. ♦ συγγενής

escort v If you escort someone somewhere, you accompany them there, usually in order to make sure that they leave a place or get to their destination.

I escorted him to the door. ♦ συνοδεύω

Reading - Part 1 (page 8)

slug n A small slow-moving creature with a long soft body and no legs, like a snail without a shell.

♦ γυμνοσάβηλας

flowerpot n A container that is used for growing plants.

It is better to use fresh parsley, grown in your own flowerpot. ♦ γλάστρα

carnivore n An animal that eats meat. *Birds have different appetites - some are carnivores and others are vegetarians.* ♦ σαρκοβόρο, σαρκοφάγο ζώο

blade n The edge of a knife, axe, or saw, which is used for cutting. *Many of these tools have sharp blades, so be careful.* ♦ λεπίδα, λάμα

nocturnal adj Occurring at night. *He used to take long nocturnal walks.* ♦ νυκτερινός, βραδινός

native adj Plants or animals that are native to a particular region live or grow there naturally and were not brought there. *Many of the plants are native to Brazil.*

♦ εντόπιος, ενδημικός (για φυτό ή ζώο)

pot v If you pot a young plant, or part of a plant, you put it into a container filled with soil, so it can grow there. *I have a big collection of potted plants.*

♦ φυτεύω σε γλάστρα

lane n A narrow road, especially in the country. *Follow the lane to the river.* ♦ μονοπάτι, εξοχικός δρόμος

specimen n A single plant or animal which is an example of a particular species or type and is examined by scientists. *200,000 specimens of fungus are kept at the Komarov Botanical Institute.* ♦ αντικείμενο εργαστηριακής ανάληψης, δείγμα

release v If a person or animal is released from somewhere where they have been locked up or looked after, they are set free or allowed to go. *The dog started to run when it was released.* ♦ αφήνω ελεύθερο, απελευθερώνω

harmful adj Something that has a bad effect on something else, especially on a person's health. *You must consider the harmful effects of smoking.*

♦ επιζήμιος, επιβλαβής

spread v To become dispersed, distributed, or scattered. *The industrial revolution which started a couple of hundred years ago in Europe is now spreading across the world.* ♦ διαδίδομαι, εξαπλώνομαι

soil n The substance on the surface of the earth in which plants grow. *We have the most fertile soil in Europe.* ♦ έδαφος, χώμα

verify v If you verify something, you state or confirm that it is true. *The government has not verified any of those reports.* ♦ επαληθεύω, εξακριβώνω

Reading - Part 2 (page 9)

tribe n A group of people of the same race, language, and customs, especially in a developing country. *It is worth trying to offer the Indian tribes a chance to get on with each other.* ♦ φυλή

prominent adj Someone who is important. *He was a prominent member of the Law Society.* ♦ προεξέχων, περίοπτος

surrounding adj Encompassing, closely encircling.

On his visits he painted views of the colleges, the town, and the surrounding countryside. ♦ που περιβάλλει ή περιστοιχίζει

fondly adv Lovingly, affectionately, tenderly, with affection. *Think of me fondly when you say goodbye.*

♦ στοργικά, τρυφερά

bog n A bog is an area of land which is very wet and muddy. ♦ βάλτος, βούρκος

summit n The top of a mountain. *He was the first man to reach the summit of Mount Everest.* ♦ βουνοκορφή

rocky adj A place which is covered with rocks or consists of large areas of rock and has nothing growing on it.

The paths are often very rocky so strong boots are advisable. ♦ βραχώδης, πετρώδης

lookout n A place from which you can see clearly in all directions. *Troops tried to set up a lookout post inside a refugee camp.* ♦ παρατηρητήριο

trail n A rough path across open country or through forests. *He was following a broad trail through the trees.* ♦ μονοπάτι

steep adj A slope which rises at a very sharp angle and is difficult to go up. *San Francisco is built on 40 hills and some are very steep.* ♦ απόκρημνος, απότομος

winding road n A road with a lot of bends or twists in it. *You should be extra careful when driving on winding roads.* ♦ δρόμος με στροφές

lead up to phr.v. The events that lead up to a particular event happen one after the other until that event occurs.

Alan Tomlinson has reconstructed the events that led up to the deaths. ♦ οδηγώ σε, καταλήγω

hiking n An outdoor activity which consists of walking in natural environments, often on hiking trails.

We plan to go hiking this weekend. ♦ πεζοπορία

backpacking n An outdoor activity which combines hiking and camping in a single trip. *They went backpacking on Mount Ossa.* ♦ πορεία με σακίδιο στην πλήτη

snowshoe v To travel on a special footwear for walking over snow. *The good news is that anyone who can walk can go snowshoeing on Mount Ossa.*

♦ πεζοπορώ με ειδικά παπούτσια χιονιού

slope n The side of a mountain, hill, or valley. *Saint Christo is perched on a mountain slope.* ♦ πηλαγιά

campground n A place where people who are on holi-

day can stay in tents. ☞ *Many campgrounds have cabins that usually can be booked in advance.* ♦ χώρος (κατάληλος) για κατασκήνωση

drain v If a liquid drains somewhere, it flows there.

☞ *Springs and rivers that drain into lakes are polluted.*

♦ διοχετεύομαι, "χύνομαι"

Reading - Part 3 (page 10)

TEXT A

congregate v When people congregate, they gather together and form a group. ☞ *Youngsters love to congregate here in the evenings outside cinemas showing American films.* ♦ συναθροίζω-ομαι

erect v If people erect something such as a building, bridge, or barrier, they build it or create it. ☞ *The building was erected in 1900-1901 for the Glasgow Parish Council.*

♦ ανεγείρω, υψώνω

TEXT B

innovative adj Something that is new and original.

☞ *We produce products which are cheaper, more innovative and more reliable than those of our competitors.*

♦ καινοτόμος

exclusively adv Exclusively is used to refer to situations or activities that involve only the thing or things mentioned, and nothing else. ☞ *Instruction in these subjects in undergraduate classes is almost exclusively by lecture.*

♦ αποκλειστικά

twist n An unexpected and significant development in something. ☞ *The battle of the sexes also took a new twist.* ♦ μεταβολή, νέα τροπή, "εξέλιξη"

spacious adj A room or other place which is large in size or area, so that you can move around freely in it. ☞ *The house has a spacious kitchen and dining area.*

♦ ευρύχωρος

pitch a tent v If you pitch your tent, or pitch camp, you put up your tent in a place where you are going to stay.

☞ *He had pitched his tent in the yard.* ♦ στήνω αντίσκηνο

TEXT C

timing n The skill or action of judging the right moment in a situation or activity at which to do something. ☞ *If your timing is right, you may be fortunate enough to stumble across a village fiesta.* ♦ συγχρονισμός, επιλογή του (κατάληλου) χρόνου

TEXT D

funding n Money which a government or organization provides for a particular purpose. ☞ *They hope for government funding for the scheme.* ♦ χρηματοδότηση

Reading - Part 4 (page 11)

shrink v If something shrinks or something else shrinks it, it becomes smaller. ☞ *The vast forests of West Africa have shrunk.* ♦ συρρικνώνω

chick n A baby bird. ♦ νεοσσός πουλιού

regurgitate v If a person or animal regurgitates food, they bring it back up from their stomach before it has been digested. ☞ *Sometimes he regurgitates the food we give him because he cannot swallow.* ♦ (για ζώα, κτλ.) αναμασώ, μηρυκάζω

offspring n A person's children or an animal's young. ☞ *Eleanor was now less anxious about her offspring than she had once been.* ♦ γόνος, νεογνό

seafood n Shellfish such as lobsters, mussels, and crabs, and sometimes other sea creatures that you can eat.

☞ *...a seafood restaurant.* ♦ ψαρικά, θαλασσινά

squid n A sea creature with a long soft body and many soft arms called tentacles. ♦ καλαμάρι

replenish v If you replenish something, you make it full or complete again. ☞ *Three hundred thousand tons of cereals are needed to replenish stocks.*

♦ επανεφοδιάζω, ανανεώνω

implant v To implant something into a person's body means to put it there, usually by means of a medical operation. ☞ *Doctors in Arizona say they have implanted an artificial heart into a 46-year-old woman.*

♦ εμφυτεύω

tag n An electronic tag is a device that is firmly attached to someone or something and sets off an alarm if that person or thing moves away or is removed. ☞ *A hospital is to fit new-born babies with electronic tags to foil kidnappers.* ♦ ετικέτα, ταμπέλα

assure v To make safe, as from risks or against overthrow. ☞ *Ways must be found to assure our children a decent start in life.* ♦ εξασφαλίζω, διασφαλίζω

trend n A change or development towards something new or different. ☞ *...a trend towards part-time employment.* ♦ ροπή, τάση

TEST 2

Listening - Part 1 (page 13)

count on phr.v. If you count on something or count upon it, you expect it to happen and include it in your plans. ☞ *The government thought it could count on the support of the trades unions.* ♦ βασίζομαι σε, υπολογίζω

Listening - Part 3 (page 14)

split v If something splits or if you split it, it is divided into two or more parts. ☞ *If the chicken is fairly small, you may simply split it in half.* ♦ διαιρώ, χωρίζω

Listening - Part 4 (page 15)

couch n A long, comfortable seat for two or three people. ♦ καναπές

get rid of phr.v. When you get rid of something that you do not want or do not like, you take action so that you no longer have it or suffer from it. ☞ *The owner needs to get rid of the car for financial reasons.*

♦ ξεφορτώνομαι

estate agent n Someone who works for a company that sells houses and land for people. ♦ κτηματομεσίτης

cabinet n A cupboard used for storing things such as medicine or alcoholic drinks or for displaying decorative things in. ☞ *The star of my medicine cabinet is the humble aspirin.* ♦ ντουλάπι, ερμάριο

brick n Rectangular blocks of baked clay used for building walls, which are usually red or brown. Brick is the material made up of these blocks. ☞ *...a tiny garden surrounded by high brick walls.* ♦ τούβλο

Reading - Part 1 (page 16)

workhouse n A place where very poor people could live and do unpleasant jobs in return for food. People use the workhouse to refer to these places in general. ☞ *Poor people lived with the constant fear of the workhouse.*

♦ πτωχοκομείο

relief n Money, food, or clothing that is provided for people who are very poor, or who have been affected by war or a natural disaster. ☞ *Relief agencies are stepping up efforts to provide food, shelter and agricultural equipment.* ♦ ανακούφιση, βοήθεια

date v If you date something, you give or discover the

date when it was made or when it began.

☞ *Archaeologists have dated the fort to the reign of Emperor Antoninus Pius.* ♦ χρονολογώ, χρονολογούμαι
reign n The period during which a monarch is sovereign.

☞ *This was built during the reign of Henry VIII.*

♦ βασιλεία, ηγεμονία

Act n A law passed by the government. ☞ *...an Act of Parliament.* ♦ νομοθετική πράξη, νόμος

evolve v If something evolves or you evolve it, it gradually develops over a period of time into something different and usually more advanced. ☞ *As medical knowledge evolves, beliefs change.* ♦ εξελίσσομαι, αναπτύσσομαι

pleasant adj Something that is nice, enjoyable, or attractive. ☞ *It's always pleasant to do what you're good at doing.* ♦ ευχάριστος, επιθυμητός

board n The food which is provided when you stay somewhere, for example in a hotel. ☞ *Free room and board are provided for all hotel staff.* ♦ σίτιση,

διατροφή

lodging n A place to stay for a period of time. ☞ *He was given free lodging in a three-room flat.* ♦ διαμονή, στέγαση

able-bodied adj A person that is physically strong and healthy, rather than weak or disabled. ☞ *The gym can be used by both able-bodied and disabled people.*

♦ αρτιμελής, γερός

pauper n A very poor person. ☞ *He died a pauper and he is buried in an unmarked grave.* ♦ άπορος, πάμπτωχος

desperate adj Someone who is in such a bad situation that is willing to try anything to change it. ☞ *Troops are needed to help get food into Kenya where people are in desperate need.* ♦ απελπισμένος, απεγνωσμένος

off-putting adj If you describe a quality or feature of something as off-putting, you mean that it makes you dislike that thing or not want to get involved with it.

☞ *However, many customers found the smell of this product distinctly off-putting.* ♦ αποθαρρυντικός, αποτρεπτικός

elderly n People who are old. ☞ *The elderly are a formidable force in any election.* ♦ ηλικιωμένος, γηραιός

unwell adj Someone who is ill. ☞ *He had been riding in Hyde Park, but felt unwell as he was being driven back to his office late this afternoon.* ♦ ασθενής,

άρρωστος, αδιάθετος

ward n A room in a hospital which has beds for many people, often people who need similar treatment.

☞ *A man was admitted to the emergency ward with a wound in his chest.* ♦ θάλαμος νοσοκομείου

monotonous adj Something which is very boring because it has a regular, repeated pattern which never changes. ☞ *It's a monotonous work, like most factory jobs.* ♦ μονότονος, βαρετός

porridge n A thick sticky food made from oats cooked in water or milk and eaten hot, especially for breakfast.

♦ κυλός βρώμης, πόριτζ, κουάκερ

gruel n A food made by boiling oats with water or milk.

♦ κουρκούτι, αλευριά, κυλός

inmates n The prisoners or patients who are living in a prison or mental hospital. ☞ *A quarter of the inmates died but Ernest, carefully nursed for weeks, recovered.* ♦ τρόφιμος

dormitory n A large bedroom where several people sleep. ☞ *There are four inmates in a dormitory so they are bound to get up to bullying.* ♦ κοιτώνας, θάλαμος

locality n A small area of a country or city. ☞ *Following the discovery of the explosives the president cancelled his*

visit to the locality. ♦ τόπος, τοποθεσία

degradation n A situation, condition, or experience which you consider shameful and disgusting, especially one which involves poverty or immorality. ☞ *They were sickened by the scenes of misery and degradation they found.* ♦ ταπείνωση, κατάντια, ξεπεσμό

crown v When a king or queen is crowned, a crown is placed on their head as part of a ceremony in which they are officially made king or queen. ☞ *Elizabeth was crowned in Westminster Abbey on 2 June 1953.*

♦ στέφω || **crown**: στέμμα, κορώνα

seldom adv If something seldom happens, it happens only occasionally. ☞ *We were seldom at home.*

♦ σπανίως, αραιά και που

inhabitant n The people who live in a place. ☞ *I loved the inhabitants of Glasgow.* ♦ κάτοικος.

Reading - Part 2 (page 17)

mountainous adj A place which has a lot of mountains.

☞ *...the mountainous region of Campania.*

♦ ορεινός

chief adj The chief cause, part, or member of something is the most important one. ☞ *Financial stress is well established as a chief reason for divorce.* ♦ κύριος, πρωτεύων

administrative adj Administrative work involves organizing and supervising an organization or institution.

☞ *Other industries have had to sack managers to reduce administrative costs.* ♦ διοικητικός

region n A large area of land that is different from other areas of land, for example because it is one of the different parts of a country with its own customs and characteristics, or because it has a particular geographical feature. ☞ *...Barcelona, capital of the autonomous region of Catalonia.* ♦ περιοχή, περιφέρεια

designate v When you designate someone or something, you formally give them a particular description or name. ☞ *There are efforts under way to designate the bridge a historic landmark.* ♦ χαρακτηρίζω/ορίζω κάτι ως

territorial adj Concerned with the ownership of a particular area of land or water. ☞ *It is the only republic which has no territorial disputes with the others.* ♦ εδαφικός

Territorial collectivity n A Territorial collectivity within the French Republic, is the generic name for all subnational entities and dependent areas which have an elected local government and a certain freedom of administration. ♦ εδαφική οντότητα, φορέας τοπικής αυτοδιοίκησης

dense adj Something that contains a lot of things or people in a small area. ☞ *Where Bucharest now stands, there once was a large, dense forest.* ♦ πυκνός, δασύς

shrub n Plants that have several woody stems.

☞ *...flowering shrubs.* ♦ θάμνος

maquis n ♦ μακί, μακία (ονομασία θάμνου)

fragrance n A pleasant or sweet smell. ☞ *A shrubby plant with a strong characteristic fragrance.* ♦ άρωμα, ευωδία

hideout n A place where someone goes secretly because they do not want anyone to find them, for example if they are running away from the police. ♦ κρυψόφυγο, κρυψώνα

bandit n Robbers are sometimes called bandits, especially if they are found in areas where the law has broken down. ♦ ληστής, συμμορίτης

banditry n Acts of robbery and violence in areas where the rule of law has broken down. ♦ ληστεία

cork n A soft, light substance which forms the bark of a type of Mediterranean tree. ☞ *We decided to put cork floors in our new house.* ♦ φελλός (ξύλιο)

cede v If someone in a position of authority cedes land

or power to someone else, they let them have the land or power, often as a result of military or political pressure.

☞ *Only a short campaign took place in Puerto Rico, but after the war Spain ceded the island to America.*

♦ παραχωρώ, εκχωρώ

blur *v* If something blurs an idea or a distinction between things, that idea or distinction no longer seems clear. ☞ *She believes that scientists are trying to blur the distinction between 'how' and 'why' questions.*

♦ "θολώνω", μπερδεύω, προκαλώ σύγχυση

wheat *n* A cereal crop grown for food. Wheat is also used to refer to the grain of this crop, which is usually ground into flour and used to make bread. ☞ *...farmers growing wheat, corn, or other crops.* ♦ σ(ι)τάρι

scented *adj* Things that have a pleasant smell, either naturally or because perfume has been added to them.

☞ *The white flowers are pleasantly scented.* ♦ ευώδης, μυρωδάτος, αρωματισμένος

isle *n* An island; often used as part of an island's name, or in literary English. ☞ *We plan to visit the paradise isle of Bali.* ♦ νησί

akin to *adj* If one thing is akin to another, it is similar to it in some way. ☞ *Cooking is a physical activity, more akin to woodworking or gardening than to reading or listening to music.* ♦ συναφής, όμοιος

metropolitan *adj* Belonging to or typical of a large busy city. ☞ *...the metropolitan district of Miami.*

♦ μητροπολιτικός, της πρωτεύουσας.

Reading - Part 3 (page 18)

TEXT A

simplicity *n* When you talk about something's simplicity, you approve of it because it has no unnecessary parts or complicated details. ☞ *Fortunately, there aren't any fussy details that ruin the simplicity of the design.* ♦ απλότητα, λιτότητα

stretch *v* When you stretch, you put your arms or legs out straight and tighten your muscles. ☞ *He yawned and stretched.* ♦ τεντώνω-ομαι

alignment *n* The position of something in relation to something else or to its correct position. ☞ *They shunned the belief that there is a link between the alignment of the planets and events on the Earth.*

♦ ευθυγράμμιση

sweatshirt *n* A loose warm piece of casual clothing, usually made of thick stretchy cotton, which covers the upper part of your body and your arms. ♦ αθλητική μπλούζα

leotard *n* A tight-fitting piece of clothing, covering the body but not the legs, that some people wear when they practise dancing or do exercise. ♦ κολλάν, εφαρμοστή φόρμα χορού ή γυμναστικής

sneakers *n* Casual shoes with rubber soles.

♦ αθλητικά/πάνινα παπούτσια

flip-flop *n* Open shoes which are held on your feet by a strap that goes between your toes. ♦ σανδάλι, σαγιονάρα

prolong *v* To make something last longer. ☞ *Mr Chesler said foreign military aid was prolonging the war.*

♦ παρατείνω (χρονικά)

TEXT B

contest *n* A competition or game in which people try to win. ☞ *Few contests in the recent history of British boxing have been as thrilling.* ♦ διαγωνισμός

contestant *n* A person who takes part in a competition or quiz. ☞ *The catwalk show gives the contestants a rare chance to have their designs viewed by representatives of the fashion press.* ♦ διαγωνιζόμενος

overall *adj* You use overall to indicate that you are talking about a situation in general or about the whole of something. ☞ *...the overall rise in unemployment.*

♦ συνολικός, γενικός

TEXT D

evolve *v* If something evolves or you evolve it, it gradually develops over a period of time into something different and usually more advanced. ☞ *...a tiny airline which eventually evolved into Pakistan International Airlines.*

♦ εξελίσσονται, διαμορφώνονται

era *n* You can refer to a period of history or a long period of time as an **era** when you want to draw attention to a particular feature or quality that it has.

☞ *...the nuclear era.* ♦ εποχή, ιστορική περίοδος

choreographer *n* Someone who invents the movements for a ballet or other dance and tells the dancers how to perform them. ♦ χορογράφος

tap dance *n* A form of dance in which a tapping sound is made when metal plates on the dancer's shoes touch a hard surface. ♦ κλακέτες (είδος χορού)

progress *v* To move over a period of time to a stronger, more advanced, or more desirable state.

☞ *He will visit once a fortnight to see how his new staff are progressing.* ♦ προχωρώ, προοδεύω

attain *v* If you attain something, you gain it or achieve it, often after a lot of effort. ☞ *Jim is halfway to attaining his pilot's licence.* ♦ καταφέρνω, αποκτώ

mastery *n* If you show mastery of a particular skill or language, you show that you have learned or understood it completely and have no difficulty using it.

☞ *He doesn't have mastery of the basic rules of grammar.*

♦ βαθιά γνώση, δεξιότητες

persistence *n* If you have persistence, you continue to do something even though it is difficult or other people are against it. ☞ *Skill comes only with practice, patience and persistence.* ♦ επιμονή, πείσμα

(page 18)

originate *v* When something originates or when someone originates it, it begins to happen or exist. ☞ *The disease originated in Africa.* ♦ κατάγομαι, προέρχομαι

Reading - Part 4 (page 19)

cough *n* The act of forcing air out of your throat with a sudden, harsh noise. ☞ *Symptoms are streaming eyes, a runny nose, headache and a cough.* ♦ βήχας

sniffles *n(pl)* A slight cold. You can also say that someone has the sniffles. ♦ συνάχι, καταρροή

sneeze *v* When you sneeze, you suddenly take in your breath and then blow it down your nose noisily without being able to stop yourself, for example because you have a cold. ♦ φτερνίζομαι

sneeze *n* ♦ φτέρνισμα

runny *adj* If someone has a runny nose or runny eyes, liquid is flowing from their nose or eyes. ☞ *Symptoms are streaming eyes, a runny nose, headache and a cough.*

♦ (για μάτια ή μύτη) που τρέχει

lung *n* The two organs inside your chest which fill with air when you breathe in. ♦ πνεύμονας

swallow *v* If you swallow something, you cause it to go from your mouth down into your stomach. ☞ *You are asked to swallow a capsule containing vitamin B.*

♦ καταπίνω

claim *v* If you say that someone claims that something is true, you mean they say that it is true but you are not

sure whether or not they are telling the truth. ☞ *He claimed that it was all a conspiracy against him.*

♦ ισχυρίζομαι

soothe v Something that soothes a part of your body where there is pain or discomfort makes the pain or discomfort less severe. ☞ *Use this body lotion to soothe dry skin.* ♦ ανακουφίζω, (κατα)πραΐνω

stifle v If someone stifles something they prevent it from continuing. ☞ *Critics have accused the US of trying to stifle debate.* ♦ καταστέλλω

sore throat n Painful throat ♦ πονόλαιμος

side effect n The effects, usually bad ones, that a drug has on you in addition to its function of curing illness or pain. ☞ *The treatment has a number of extremely unpleasant side-effects.* ♦ παρενέργεια

recommend v If you recommend that something is done, you suggest that it should be done. ☞ *It is recommended that you should consult your doctor.*

♦ συνιστώ, προτείνω

remedy n Something that is intended to cure you when you are ill or in pain. ☞ *I prefer natural remedies to overcome winter infections.* ♦ φάρμακο, γιατρικό

heal v When a broken bone or other injury heals, it becomes healthy and normal again. ☞ *Within six weeks the bruising had gone, but it was six months before it all healed.* ♦ (για πληγές) επούλωνω/-ομαι, θεραπεύω

folk adj Folk art and customs are traditional or typical of a particular community or nation. ☞ *I study the traditional Chinese folk medicine.* ♦ λαϊκός, παραδοσιακός

paediatrician n A doctor who specializes in treating sick children. ♦ παιδίατρος

motivate v If you are motivated by something, especially an emotion, it causes you to behave in a particular way. ☞ *I don't want to be missing out. And that motivates me to get up and do something every day.* ♦ παρακινώ

sticky adj A situation which involves problems or is embarrassing. ☞ *Inevitably the transition will yield some sticky moments.* ♦ δύσκολος, δυσάρεστος

irritated adj A part of your body, which is sore. ☞ *The doctor suggested this pill for my irritated throat.*

♦ ερεθισμένος

airway n The passages from the nose and mouth down to the lungs, through which air enters and leaves the body. ☞ *She suffers an inflammation of the airways.*

♦ αναπνευστική οδός

substitute n Something that you have or use instead of something else. ☞ *I prefer cooking with sugar substitutes.*

♦ υποκατάστατο

topping n Food, such as cream or cheese, that is poured or put on top of other food in order to decorate it or add to its flavour. ♦ γαρνιτούρα, σως

consistency n The consistency of a substance is how thick or smooth it is. ☞ *I added a little milk to mix the dough to the right consistency.* ♦ πυκνότητα

registered adj A registered doctor is someone who is qualified to work as a doctor. ♦ πτυχιούχος (για επαγγεληματίες), με άδεια άσκησης επαγγέλματος

dietician n A person whose job is to give people advice about the kind of food they should eat.

☞ *Dieticians often work in hospitals.* ♦ διαιτολόγος

nutrition n The process of taking food into the body and absorbing the nutrients in those foods. ☞ *There are alternative sources of nutrition to animal meat.*

♦ διατροφή, (ως επιστήμη:) διαιτολογία

consultant n A person who gives expert advice to a person or organization on a particular subject. ☞ *He was a consultant to the Swedish government.* ♦ σύμβουλος

substance n A solid, powder, liquid, or gas with particular properties. ☞ *There's absolutely no regulation of cigarettes to make sure that they don't include poisonous substances.* ♦ ουσία, συστατικό

antioxidant n A substance which slows down the damage that can be caused to other substances by the effects of oxygen. ☞ *Foods which contain antioxidants are thought to be very good for you.* ♦ αντιοξειδωτικό

blueberry n A small dark blue fruit that is found in North America. ☞ *Blueberries are usually cooked before they are eaten.* ♦ μυρτίλλος, βακκίνιο

spinach n A vegetable with large dark green leaves that you chop up and boil in water before eating. ♦ σπανάκι

cell n The smallest part of an animal or plant that is able to function independently. Every animal or plant is made up of millions of cells. ☞ *Those cells divide and give many other different types of cells.* ♦ κύτταρο

grocery store n A grocer's shop. ♦ παντοπωλείο, μπακάλικο

clover n A small plant with pink or white ball-shaped flowers. ♦ τριφύλλι

buckwheat n A type of small black grain used for feeding animals and making flour. Buckwheat also refers to the flour itself. ♦ φαγόπυρο το εδώδιμο, μαύρο σιτάρι, κεχρί

infectious adj A disease that can be caught by being near a person who has it. ☞ *...infectious diseases such as measles...* ♦ μολυσματικός, λοιμώδης, μεταδοτικός

microbe n A very small living thing, which you can only see if you use a microscope. ♦ μικρόβιο

slather v If you slather something with a substance, or slather a substance onto something, you put the substance on in a thick layer. ☞ *If your skin is dry, you have to slather on moisturiser to soften it.* ♦ αλοιφή, απλώνω

dose n You can refer to an amount of something as a dose of that thing, especially when you want to emphasize that there is a great deal of it. ☞ *The West is getting a heavy dose of snow and rain today.* ♦ δόση, ποσότητα

cheer up phr.v. When you cheer up or when something cheers you up, you stop feeling depressed and become more cheerful. ☞ *I think he misses her terribly. You might cheer him up.* ♦ ευθυμώ, φτιάχνω το κέφι

TEST 3

Listening - Part 2 (page 21)

sibling n Brothers and sisters. ☞ *His siblings are mostly in their early twenties.* ♦ αδερφός-ή

acquaintance n Someone who you have met and know slightly, but not well. ☞ *He exchanged a few words with the proprietor, an old acquaintance of his.* ♦ γνωστός

resort n A place where a lot of people spend their holidays. ☞ *The ski resorts are expanding to meet the growing number of skiers that come here.* ♦ θέρετρο

mayor n The person who has been elected to represent a town or city for a fixed period of time or, in some places, to run its government. ♦ δήμαρχος

Listening - Part 3 (page 22)

warm up n Something that prepares you for an activity or event, usually because it is a short practice or example of what the activity or event will involve. ☞ *The exercises can be fun and a good warm up for the latter part of the programme.* ♦ ζέσταμα, προετοιμασία

award n A prize or certificate that a person is given for doing something well. ☞ *She presented a bravery award to schoolgirl Caroline.* ♦ έπαθλο, βραβείο, τιμητική διάκριση

ceremony n A formal event. ☞ *Today's award ceremony took place at the British Embassy in Tokyo.* ♦ τελετή

Listening - Part 4 (page 23)

argument n A statement or set of statements that you use in order to try to convince people that your opinion about something is correct. *There's a strong argument for lowering the price.* ♦ επιχείρημα, λόγος

cuddly adj A cuddly person or animal makes you want to hold them close, as for affection, comfort, or warmth.

He is a small, cuddly man with spectacles.

♦ που θέλεις να αγκαλιάσεις

dislike v If you dislike someone or something, you consider them to be unpleasant and do not like them.

David began to dislike all his television heroes who smoked. ♦ απεχθάνομαι, αντιπαθώ

tease v To disturb or annoy by persistent irritating or provoking especially in a petty or mischievous way.

He told her how the boys in East Poldown had set on him, teasing him. ♦ πειράζω, ενοχλώ

hormone n A chemical, usually occurring naturally in your body, that makes an organ of your body do something. ♦ ορμόνη

retriever n A kind of dog. *Retrievers are traditionally used to bring back birds and animals which their owners have shot.* ♦ (σκύλος ράτσας) ρητρήβερ

labrador n A type of large dog with short, thick black or gold hair. ♦ (σκύλος ράτσας) λαμπραντόρ

mutt n The same as a mongrel, a kind of dog which is a mixture of different breeds. ♦ σκύλος όχι συγκεκριμένους ράτσας

pug n A small, fat, short-haired dog with a flat face.

♦ είδος μπουλντόγκ

Reading - Part 1 (page 24)

conker n Round brown nut which comes from horse chestnut trees. ♦ αγριοκάστανο

colony n A country which is controlled by a more powerful country. *In France's former North African colonies, anti-French feeling is growing.* ♦ αποικία

seed n The small, hard part of a plant from which a new plant grows. *I sow the seed in pots of soil-based compost.* ♦ σπόρος

horse-chestnut n A large tree which has leaves with several pointed parts and shiny reddish-brown nuts called conkers that grow in cases with points on them. ♦ αγριοκαστανιά, ιπποκαστανέα n κοινή

native adj Plants or animals that are native to a particular region live or grow there naturally and were not brought there. *Many of the plants are native to Brazil.*

♦ εντόπιος, ενδημικός (για φυτό ή ζώο)

shell n The hard protective covering that an animal such as a tortoise, snail, or crab has around its body or on its back. ♦ καβούκι, κέλυφος

hazelnut n Nut from a hazel tree, which can be eaten.

♦ φουντούκι

drill v When you drill into something or drill a hole in something, you make a hole in it using a drill.

I drilled five holes at equal distance. ♦ ανοίγω οπή,

τρυπή || **drill:** τρυπάνι, δράπανο

gimlet n A small tool with a screw point, grooved shank, and cross handle for boring holes. ♦ τρυπάνι **screwdriver**

n A tool that is used for turning screws. It consists of a metal rod with a flat or cross-shaped end that fits into the top of the screw. ♦ καταβίδι

string n A thin rope made of twisted threads, used for tying things together or tying up parcels. *He held out a small bag tied with string.* ♦ σχοινί, σπάγγος

thread v If you thread a long thin object through something, you pass it through one or more holes or narrow

spaces. *Instruments developed at the hospital allow doctors to thread microscopic telescopes into the digestive tract.* ♦ εισάγω, "περνώ σαν βελόνα"

shoelace n Long, narrow piece of material like pieces of string that you use to fasten your shoes. *He began to tie his shoelaces.* ♦ κορδόνι παπουτσιών

knot n If you tie a knot in a piece of string, rope, cloth, or other material, you pass one end or part of it through a loop and pull it tight. *One lace had broken and been tied in a knot.* ♦ κόμπος

dangle v If something dangles from somewhere or if you dangle it somewhere, it hangs or swings loosely.

A gold bracelet dangled from his left wrist.

♦ αιωρούμαι, ταλαντεύομαι

swing v If something swings or if you swing it, it moves repeatedly backwards and forwards or from side to side from a fixed point. *She was swinging a bottle of wine by its neck.* ♦ ταλαντεύομαι, κρέμομαι

soak v If you soak something or leave it to soak, you put it into a liquid and leave it there. *He turned off the water and left the dishes to soak.* ♦ μουλιάζω, εμποτίζω

vinegar n A sharp-tasting liquid, usually made from sour wine or malt, which is used to make things such as salad dressing. ♦ ξύδι

varnish n An oily liquid which is painted onto wood or other material to give it a hard, clear, shiny surface. *The varnish comes in six natural wood shades.*

♦ βερνίκι, λάκα

notch n A small V-shaped or circular cut in the surface or edge of something. *They cut notches in the handle of their pistol for each man they shot.* ♦ εγκοπή, εντομή, "χαρακιά"

split v If something such as wood or a piece of clothing splits or is split, a long crack or tear appears in it.

you can't split this type of wood. ♦ σκίζω, σκίζομαι

Reading - Part 2 (page 25)

common adj If something is common to two or more people or groups, it is done, possessed, or used by them all. *Moldavians and Romanians share a common language.* ♦ κοινός, συνήθης

commonly adv κοινώς, ευρέως

monument n Something such as a castle or bridge which was built a very long time ago and is regarded as an important part of a country's history. *...the ancient monuments of England, Scotland and Wales.*

♦ μνημείο

borough n A town, or a district within a large town, which has its own council. *...the New York City borough of Brooklyn.* ♦ δήμος, αστικό διαμέρισμα (μεγάλης πόλης)

identify with v If you identify one person or thing with another, you think that they are closely associated or involved in some way. *Moore really hates to play the sweet, passive women that audiences have identified her with.* ♦ ταυτίζω

stark adj Something that is very plain in appearance.

There is a stark white, characterless fireplace in the drawing room. ♦ "γυμνός", "ψυχρός", χωρίς διακοσμητικά

conqueror n The conquerors of a country or group of people are the people who have taken complete control of that country or group's land. *The people of an oppressed country obey their conquerors because they want to go on living.* ♦ κατακτητής, πορθητής

primary adj You use primary to describe something that is very important. *That's the primary reason the compa-*

ny's share price has held up so well. ♦ κύριος, αρχικός, πρωτεύων

function n The function of something or someone is the useful thing that they do or are intended to do.

☞ *The main function of the merchant banks is to raise capital for industry.* ♦ λειτουργία

execution n The action of putting a condemned person to death. ☞ *Execution by lethal injection is scheduled for July 30th.* ♦ εκτέλεση (κατάδικου ή κρατούμενου)

torture v The infliction of intense pain (as from burning, crushing, or wounding) in order to punish someone or to make him reveal information. ☞ *He is examining cases of torture and murder by the security forces.*

♦ βασανιστήριο, βασανισμός

armoury n All the weapons and military equipment a country has. ☞ *Nuclear weapons will play a less prominent part in NATO's armoury in the future.* ♦ οπλοστάσιο

treasury n A room in a castle or a church where valuable objects are displayed or stored. ♦ θησαυροφυλάκιο

royal adj Something that is connected with a king, queen, or emperor, or their family. A royal person is a king, queen, or emperor, or a member of their family.

☞ *...an invitation to a royal garden party.* ♦ βασιλικός

mint n The place where the official coins of a country are made. ☞ *In 1965 the mint stopped putting silver in dimes.* ♦ νομισματοκοπείο

Royal Mint n ♦ Βασιλικό Νομισματοκοπείο

observatory n An building with a large telescope from which scientists study things such as the planets by watching them. ♦ παρατηρητήριο

principally adv More than anything else. ☞ *This is principally because the major export markets are slowing.*

♦ κυρίως, κατά κύριο λόγο

attraction n Something that people can go to for interest or enjoyment, for example a famous building. ☞ *The walled city is an important tourist attraction.*

♦ πόλις έλης, αξιοθέατο

man v If you man something such as a place or machine, you operate it or are in charge of it. ☞ *Contact the person manning the phone at the complaints department.*

♦ επανδρώνω, στελεχώνω

warder n Someone who works in a prison supervising the prisoners. ♦ δεσμοφύλακας

fortification n Buildings, walls, or ditches that are built to protect a place and make it more difficult to attack.

☞ *The government has started building fortifications along its eastern border.* ♦ οχύρωση, οχυρό

Reading - Part 3 (page 26)

TEXT A

enrich v To enrich something means to improve its quality, usually by adding something to it. ☞ *An extended family enriches life in many ways.* ♦ εμπλουτίζω

firmly adv Something that is not subject to change or revision, steady. ☞ *He is firmly convinced that it is vital to do this.* ♦ σταθερά, γερά

commercial adj Involving or relating to the buying and selling of goods. ☞ *Attacks were reported on police, vehicles and commercial premises.* ♦ εμπορικός

rotational adj Involving or relating to a circular movement. ☞ *It is a rotational shift, moving progressively to the right heel and transferring your weight to the right side.* ♦ περιστρεφόμενος, περιστροφικός

moulding n The action of making a soft substance, such as plastic or clay, into a particular shape or into an object. ♦ διαμόρφωση, κατασκευή

expertise n Special skill or knowledge that is acquired by training, study, or practice. ☞ *The problem is that most local authorities lack the expertise to deal sensibly in this market.* ♦ έμπειρη γνώση, ικανότητα

engineering n The work involved in designing and constructing engines and machinery, or structures such as roads and bridges. Engineering is also the subject studied by people who want to do this work. ☞ *...the design and engineering of aircraft and space vehicles.*

♦ μηχανολογία

manufacturing n Fabrication, the act of making a product from raw materials. ☞ *...the manufacturing of a luxury type automobile.* ♦ (βιομηχανική) κατασκευή

outstanding adj Something that is very remarkable and impressive. ☞ *He is an outstanding athlete and deserved to win.* ♦ εξαίρετος, έξοχος

TEXT B

boundless adj If you describe something as boundless, you mean that there seems to be no end or limit to it.

☞ *The work demanded boundless energy and theatrical imagination.* ♦ απέραντος, απεριόριστος

extraordinary adj Someone or something that has some extremely good or special quality. ☞ *We've made extraordinary progress as a society in that regard.*

♦ εξαιρετικός, καταπληκτικός

barrier n Something such as a rule, law, or policy that makes it difficult or impossible for something to happen or be achieved. ☞ *Duties and taxes are the most obvious barrier to free trade.* ♦ περιορισμός, εμπόδιο

disability n A permanent injury, illness, or physical or mental condition that tends to restrict the way that someone can live their life. ☞ *Facilities for people with disabilities are still insufficient.* ♦ αναπηρία, ανικανότητα

passionate adj A person that has very strong feelings about something or a strong belief in something.

☞ *I admire his passionate commitment to peace.*

♦ φηλογορός, γεμάτος πάθος

TEXT C

recruit v If you recruit people for an organization, you select them and persuade them to join it or work for it.

☞ *The police are trying to recruit more black and Asian officers.* ♦ προσλαμβάνω, συγκεντρώνω

TEXT D

fabulous adj If you describe something as fabulous, you are emphasizing that you like it a lot or think that it is very good. ☞ *This is a fabulous album. It's fresh, varied, fun.* ♦ έξοχος, φανταστικός

cater for v In British English, to cater for a group of people means to provide all the things that they need or want. In American English, you say you cater to a person or group of people. ☞ *Minorca is the sort of place that caters for families.* ♦ καλύπτω τις ανάγκες, ικανοποιώ

toddler n A young child who has only just learned to walk or who still walks unsteadily with small, quick steps.

♦ νήπιο

sandpit n A shallow hole or box in the ground with sand in it where small children can play. ♦ σκάμμα με άμμο

scoop n A deep shovel or similar implement for digging, dipping, or shoveling. ♦ φτυάρι, φαγάνα

spinning adj Something that turns quickly around a central point. ♦ περιστρεφόμενος

magnificent adj Something or someone that is extremely good, beautiful, or impressive. ☞ *...a magnificent country house in wooded grounds.* ♦ θαυμάσιος

framework n A structure that forms a support or frame for something. ☞ *We placed wooden shelves on a steel framework.* ♦ πλαίσιο

Reading - Part 4 (page 27)

figure out phr.v. If you figure out a solution to a problem or the reason for something, you succeed in solving it or understanding it. ☞ *It took them about one month to figure out how to start the equipment.*

♦ καταλαβαίνω, βγάζω συμπέρασμα

tic-tac-toe n A game in which two players alternately put crosses and circles in one of the compartments of a square grid of nine spaces ♦ τρίλιζα

twist n The action of turning something so that it moves around in a circular direction. ☞ *The bag is resealed with a simple twist of the valve.* ♦ στροφή, περιστροφή

quintillion n (in N.America and France) A number that is represented by a figure 1 followed by 18 zeros.

♦ εξάκισ εκατομμύριο

potential adj You use potential to say that someone or something is capable of developing into the particular kind of person or thing mentioned. ☞ *We are aware of the potential problems and have taken every precaution.*

♦ πιθανός, εν δυνάμει

suspect v You use suspect when you are stating something that you believe is probably true, in order to make it sound less strong or direct. ☞ *The above complaints are, I suspect, just the tip of the iceberg.*

♦ πιθανολογώ, υποθέτω

schedule v To appoint, assign, or designate for a fixed time. ☞ *The flight to London is scheduled for 3pm.*

♦ προγραμματίζω, ορίζω χρονοδιάγραμμα

checkers n A game for two people, played with 24 round pieces on a board. ♦ (παιχνίδι) ντάμα

checkerboard n A square board with 64 black and white squares that is used for playing checkers or chess.

♦ "σκακίερα", "νταμιέρα"

opponent n In a sporting contest, your opponent is the person who is playing against you. ☞ *He's the best opponent I've come across this season, a great player.*

♦ αντίπαλος

counter move n A move in opposition or response to a preceding move. ♦ αντίθετη κίνηση, αντίδραση, 'κόντρα'

cut down phr.v. If you cut down on something or cut down something, you use or do less of it. ☞ *Car owners were asked to cut down travel.* ♦ περιορίζω, μειώνω

tie n The state of having the same number of points or the same degree of success as your opponent. ☞ *The chess game ended in a tie.* ♦ ισοπαλία

configuration n An arrangement of a group of things. ☞ *...Stonehenge, in south-western England, an ancient configuration of giant stones.* ♦ διάταξη, διαμόρφωση

TEST 4

Listening - Part 4 (page 31)

patisserie n A shop where cakes and pastries are sold. ☞ *I bought some real cakes from a patisserie.*

♦ ζαχαροπλασείο

reluctant adj If you are reluctant to do something, you are unwilling to do it and hesitate before doing it, or do it slowly and without enthusiasm. ☞ *Mr Spero was reluctant to ask for help.* ♦ απρόθυμος

priority n If something is a priority, it is the most important thing you have to do or deal with, or must be done or dealt with before everything else you have to do.

☞ *Being a parent is her first priority.* ♦ προτεραιότητα

religious adj Things that are connected with religion or with one particular religion. ☞ *We must respect different religious beliefs.* ♦ θρησκευτικός

Reading - Part 1 (page 32)

dressing gown n A long, loose garment which you wear over your night clothes when you are not in bed. ☞ *She got out of bed, put on her dressing gown and went to the children's bedroom.* ♦ ρόμπα

make for phr.v. If you make for a place, you move towards it. ☞ *He rose from his seat and made for the door.* ♦ κατευθύνομαι, οδηγούμαι

valuables n(pl) Things that you own that are worth a lot of money, especially small objects such as jewellery.

☞ *Leave your valuables in the hotel safe.* ♦ τιμαμηνή, αντικείμενα αξίας

no doubt adv You use no doubt to emphasize that something seems certain or very likely to you. ☞ *No doubt she'll pass the test; she's a great student.*

♦ αναμφίβολα, χωρίς αμφιβολία

reminiscences n(pl) Someone's reminiscences are things that they remember from the past, and which they talk or write about. ☞ *Here I am boring you with my reminiscences.* ♦ αναμνήσεις

recall v When you recall something, you remember it and tell others about it. ☞ *I have no idea what she said, something about airline travel, I seem to recall.*

♦ θυμάμαι, ανακαλώ στη μνήμη

forecast v If you forecast future events, you say what you think is going to happen in the future. ☞ *He forecasts that average salary increases will remain around 4 per cent.* ♦ προβαίνω σε πρόγνωση, προβλέπω

tremor n A small earthquake. ☞ *There were several tremors during the volcanic eruption.* ♦ σεισμική δόνηση, σεισμός

dawn n The time of day when light first appears in the sky, just before the sun rises. ☞ *Nancy woke at dawn.*

♦ αυγή, χάραμα

contented adj If you are contented, you are satisfied with your life or the situation you are in. ☞ *Whenever he returns to this place he is happy and contented.*

♦ ικανοποιημένος, ευχαριστημένος

befriend v If you befriend someone, you make friends with them. ☞ *On the aeroplane I was befriended by a delightful German woman.* ♦ πηλησιάζω φιλικά, κάνω παρέα

chat v When people chat, they talk to each other in an informal and friendly way. ☞ *The women were chatting to each other about their holidays.*

♦ κουβεντιάζω, συζητώ

youngster n Young people, especially children, are sometimes referred to as youngsters. ☞ *I was only a youngster in 1935.* ♦ νεαρός, νεανίας

mug n A large deep cup with a handle, used for hot drinks. ☞ *He spooned instant coffee into two of the mugs.* ♦ κούπα

epicentre n The epicentre of an earthquake is the place on the earth's surface directly above the point where it starts, and is the place where it is felt most strongly.

☞ *The earthquake had its epicentre two-hundred kilometres north-east of the capital.* ♦ επίκεντρο

vow v If you vow to do something, you make a serious promise or decision that you will do it. ☞ *I vowed that someday I would return to live in Europe.* ♦ υπόσχομαι, δίνω όρκο

bitterly adv You use bitterly when you describe an attitude which involves strong, unpleasant emotions such as

anger or dislike. ☞ *We are bitterly upset at what has happened.* ♦ πικρά

swallow (one's pride) v If you swallow your pride or your feelings in general, you do not express them, although you want to very much. ☞ *She had to swallow her pride and apologise to her boss although she knew she was right.* ♦ καταπίνω την αξιοπρέπεια μου, σκύβω το κεφάλι

disapprove v If you disapprove of something or someone, you feel or show that you do not like them or do not approve of them. ☞ *Most people disapprove of such violent tactics.* ♦ αποδοκιμάζω, απορρίπτω

worsen v If a bad situation worsens or if something worsens it, it becomes more difficult, unpleasant, or unacceptable. ☞ *These options would actually worsen the economy.* ♦ χειροτερεύω, επιδεινώνω

Reading - Part 2 (page 33)

retirement n The time when a worker leaves his job and usually stop working completely. ☞ *The proportion of the population who are over retirement age has grown tremendously in the past few years.*

♦ συνταξιοδότηση

workload n The amount of work that has to be done by a person or organization. ☞ *The sudden cancellation of Mr Blair's trip was due to his heavy workload.*

♦ φόρτος εργασίας

sip v If you sip a drink or sip at it, you drink by taking just a small amount at a time. ☞ *Jessica sipped her drink thoughtfully.* ♦ αργονίνω, ρουφώ

pastime n Something that you do in your spare time because you enjoy it or are interested in it. ☞ *His favourite pastime is golf.* ♦ ευχάριστη απασχόληση (ελεύθερου χρόνου)

leisure n The time when you are not working and you can relax and do things that you enjoy. ☞ *...a relaxing way to fill my leisure time.* ♦ ελεύθερος χρόνος

pensioner n Someone who receives a pension, especially a pension paid by the state to retired people.

♦ συνταξιούχος

spokesman n A man who speaks as the representative of a group or organization. ☞ *A UN spokesman said that the mission will carry 20 tons of relief supplies.*

♦ εκπρόσωπος τύπου

gradual adj A gradual change or process occurs in small stages over a long period of time, rather than suddenly. ☞ *Losing weight is a slow, gradual process.* ♦ βαθμιαίος, σταδιακός

gossip n An informal conversation, often about other people's private affairs. ☞ *He spent the first hour talking gossip.* ♦ ψιλοκουβέντα, κουτσομπολιό

smartly adv In a stylish or elegant way as far as appearance is concerned. ☞ *He is always smartly dressed.*

♦ κομψά

Reading - Part 3 (page 34)

TEXT A

gear n The gear involved in a particular activity is the equipment or special clothing that you use.

☞ *...fishing gear...* ♦ σύνεργα, εξοπλισμός

rucksack n A rucksack is a bag with straps that go over your shoulders, so that you can carry things on your back, for example when you are walking or climbing.

♦ σακκίδιο

TEXT B

refund v If someone refunds your money, they return it

to you, for example because you have paid too much or because you have returned goods to a shop. ☞ *We guarantee to refund your money if you're not delighted with your purchase.* ♦ επιστρέφω χρήματα

TEXT C

confirm v If something confirms what you believe, suspect, or fear, it shows that it is definitely true.

☞ *These new statistics confirm our worst fears about the depth of the recession.* ♦ επιβεβαιώνω

confirmation n επιβεβαίωση

departure n Departure or a departure is the act of going away from somewhere. ☞ *...the President's departure for Helsinki...* ♦ αναχώρηση

terminal n A terminal is a place where vehicles, passengers, or goods begin or end a journey. ☞ *Plans are under way for a fifth terminal at Heathrow airport.*

♦ τερματικός σταθμός, αερολιμένας (τέρμιναλ)

arrival n When a person or vehicle arrives at a place, you can refer to their arrival. ☞ *...the day after his arrival in England...* ♦ άφιξη

ensure v To ensure something, or to ensure that something happens, means to make certain that it happens.

☞ *Britain's negotiators had ensured that the treaty which resulted was a significant change in direction.*

♦ εξασφαλίζω

Reading - Part 4 (page 35)

distinct adj If something is distinct from something else of the same type, it is different or separate from it. ☞ *This book is divided into two distinct parts.* ♦ ξεχωριστός, διαφορετικός

dispute n A dispute is an argument or disagreement between people or groups. ☞ *They have won previous pay disputes with the government.* ♦ αντιδικία, διαφωνία, αντιπαράθεση

criminal court n A criminal court is a law court that deals with criminal offences. ♦ ποινικό δικαστήριο

punish v To punish someone means to make them suffer in some way because they have done something wrong. ☞ *I don't believe that George ever had to punish the children.* ♦ τιμωρώ

compensate v To compensate someone for money or things that they have lost means to pay them money or give them something to replace that money or those things. ☞ *The official promise to compensate people for the price rise clearly hadn't been worked out properly.*

♦ αποζημιώνω

financial adj Financial means relating to or involving money. ☞ *The company is in financial difficulties.*

♦ οικονομικός

financially adv ☞ *Financially, things are a bit tight.*

♦ από οικονομική άποψη

proceedings n Legal proceedings are legal action taken against someone. ☞ *...criminal proceedings against the former prime minister...* ♦ δικαστικά μέτρα

fine n A fine is a punishment in which a person is ordered to pay a sum of money because they have done something illegal or broken a rule. ♦ πρόστιμο, χρηματική ποινή

imprisonment n Imprisonment is the state of being imprisoned. ☞ *She was sentenced to seven years' imprisonment.* ♦ φυλάκιση, κάθειρξη

magistrate n A magistrate is an official who acts as a judge in law courts which deal with minor crimes or disputes. ♦ δικαστικός, ειρηνοδίκης

preliminary adj Preliminary activities or discussions take

place at the beginning of an event, often as a form of preparation. ☞ *Preliminary results show the Republican party with 11 percent of the vote.* ♦ προκαταρκτικός
whereas conj. You use whereas to introduce a comment which contrasts with what is said in the main clause.

☞ *These fixed-price menus for two or three courses can cost as little as 50f, whereas the a la carte is always more expensive.* ♦ ενώ (δηλώνει αντίθεση)

knight n In medieval times, a knight was a man of noble birth, who served his king or lord in battle. ♦ ιππότης

handle v If you say that someone can handle a problem or situation, you mean that they have the ability to deal with it successfully. ☞ *To tell the truth, I don't know if I can handle the job.* ♦ διαχειρίζομαι

plea n In a court of law, a person's plea is the answer that they give when they have been charged with a crime, saying whether or not they are guilty of that crime. ☞ *The judge questioned him about his guilty plea.*

♦ δήλωση αποδοχής ή απόρριψης του κατηγορητήριου

interpret v If you interpret something in a particular way, you decide that this is its meaning or significance.

☞ *The whole speech might well be interpreted as a coded message to the Americans.* ♦ ερμνεύω, εξηγώ

registrar n In Britain, a registrar is a person whose job is to keep official records, especially of births, marriages, and deaths. ♦ ἠνξιαρχος

judicature n δικαστικό σώμα

chancery n In Britain, the Chancery or Chancery Division is the Lord Chancellor's court, which is a division of the High Court of Justice. ♦ (Hv. Βασ.) τμήμα του Ανώτατου Δικαστηρίου

bench n In a court of law, the bench is the judge or magistrates. ☞ *The chairman of the bench adjourned the case until October 27.* ♦ έδρα δικαστηρίου

division n In a large organization, a division is a group of departments whose work is done in the same place or is connected with similar tasks. ☞ *...the bank's Latin American division.* ♦ τμήμα, υπηρεσιακή μονάδα

coroner n A coroner is an official who is responsible for investigating the deaths of people who have died in a sudden, violent, or unusual way. ☞ *The coroner recorded a verdict of accidental death.* ♦ ανακριτής με ιατροδικαστικές αρμοδιότητες

TEST 5

Listening - Part 1 (page 37)

intersection n A place where roads or other lines meet or cross. ☞ *This is a busy highway intersection.*

♦ διασταύρωση

tempt v Something that tempts you, attracts you and makes you want it, even though it may be wrong or harmful. ☞ *Can I tempt you with a little ice cream?*

♦ βάζω σε πειρασμό, δειλιάζω

Listening - Part 4 (page 39)

tutor n A teacher at a British university or college. In some American universities or colleges, a tutor is a teacher of the lowest rank. ☞ *He is course tutor in archaeology at the University of Southampton.*

♦ καθηγητής (συνήθως πανεπιστημιακός), ῥέκτορας

capable (of) adj If a person or thing is capable of doing something, they have the ability to do it. ☞ *He appeared hardly capable of conducting a coherent conversation.*

♦ ικανός, άξιος

achieve v If you achieve a particular aim or effect, you succeed in doing it or causing it to happen, usually after a

lot of effort. ☞ *There are many who will work hard to achieve these goals.* ♦ επιτυγχάνω, κατορθώνω
motto n A short sentence or phrase that expresses a rule for sensible behaviour, especially a way of behaving in a particular situation. ☞ *The regiment's motto is 'Nemo nos impune lacessit' (No one provokes us with impunity).*

♦ γνωμικό, απόφθεγμα, μότο

pessimistic adj Someone who thinks that bad things are going to happen. ☞ *Not everyone is so pessimistic about the future.* ♦ απαισιόδοξος

depressing adj Something makes you feel sad and disappointed. ☞ *Yesterday's unemployment figures were as depressing as those of the previous 22 months.*

♦ καταθλιπτικός, απογοητευτικός

unrealistic adj Someone that does not recognize the truth about a situation, especially about the difficulties involved in something he wants to achieve. ☞ *There are many who feel that the players are being completely unrealistic in their demands.* ♦ ανεδαφικός, ουτοπικός

academic adj Things that relate to the work done in schools, colleges, and universities, especially work which involves studying and reasoning rather than practical or technical skills. ☞ *Their academic standards are high.*

♦ ακαδημαϊκός, εκπαιδευτικός

sum up phr.v. If you sum something up, you describe it as briefly as possible. ☞ *One voter in Brasilia summed up the mood 'Politicians have lost credibility,' he complained.*

♦ συνοψίζω

attitude n The way that you think and feel about something, especially when this shows in the way you behave.

☞ *We must all change our attitude towards handicapped people.* ♦ στάση, συμπεριφορά

Reading - Part 1 (page 40)

poorly adv In a bad condition or with a low quality or standard. ☞ *Some people are living in poorly built dormitories, even in tents.* ♦ ανεπαρκώς

hum v When something hums it makes a soft, continuous sound like a machine. ☞ *The only sound was that of the computer humming.* ♦ βουίζω

lone adj If you talk about a lone person or thing, you mean that they are alone or there is only one of them.

☞ *He was shot by a lone gunman.* ♦ μόνος, (εδώ χρησιμοποιείται μεταφορικά)

glow v If something glows, it produces a soft, warm light. ☞ *The lamp glowed softly in the darkness.*

♦ ακτινοβολώ, ῥάμπω

get on with phr.v If you get on with something, you continue doing it after a period of interruption.

☞ *"Please, get on with your work!", shouted the teacher to the students.* ♦ συνεχίζω (να κάνω κάτι)

errand n A short trip that you make in order to do a job for someone, for example when you go to a shop to buy something for them. ☞ *She went off on some errand for her mother.* ♦ θέλημα, εξυπηρέτηση

give sb more than they bargained for phr When you give someone more than they bargained for, you make things more difficult for them than they had expected in the first place. ☞ *He thought that he could easily beat his opponent but he was given more than he had bargained for and in the end he lost.* ♦ δημιουργώ σε κάποιον περισσότερες δυσκολίες απ' ό,τι περίμενε

retreat n The action of giving something up, such as a plan or a way of life, usually in order to do something safer or less extreme. ☞ *The President's remarks appear to signal that there will be no retreat from his position.*

♦ υποχώρηση, οπισθοχώρηση

be on the defensive phr If someone is on the defensive, they are trying to protect themselves or their interests because they feel unsure or threatened. *☞ He smiled, not wanting to put the man on the defensive.* ♦ κρατώ αμυντική στάση, αμύνομαι

brim v If someone or something is brimming with a particular quality, they are full of that quality. *☞ The English team are brimming with confidence after two wins in the tournament.* ♦ ξεχειλίζω, είμαι γεμάτος από

resign v If you resign from a job or position or from an activity, you formally announce that you are leaving it. *☞ He knew he couldn't win the game of chess, so he resigned.* ♦ παραιτούμαι

index finger n The finger that is next to your thumb. ♦ δείκτης (δάχτυλο)

contradict v If you contradict someone, you say that what they have just said is wrong, or suggest that it is wrong by saying something different. *☞ She dared not contradict him.* ♦ αντιλέγω, διαψεύδω

key in phr. v If you key something in, you put information into a computer or you give the computer a particular instruction by typing the information or instruction on the keyboard. *☞ Brian keyed in his personal code.* ♦ πληκτρολογώ

fond adj If you are fond of someone, you feel affection for them. *☞ She was especially fond of a little girl named Linda.* ♦ που αγαπά, που τρέφει αισθήματα αγάπης

in particular adv You use in particular to indicate that what you are saying applies especially to one thing or person. *☞ Why should he notice her car in particular?* ♦ συγκεκριμένα, ιδιαίτερα

boast v If someone boasts about something that they have done or that they own, they talk about it very proudly, in a way that other people may find irritating or offensive. *☞ Carol boasted about her fantastic new job.*

♦ υπερηφανεύομαι, καυχιέμαι

overtime n The time that you spend doing your job in addition to your normal working hours. *☞ He would work overtime, without pay, to finish a job.* ♦ υπερωρία

have a high opinion of phr If someone has a high opinion of you, they respect you and think you are very good in some way, for example at your work. *☞ She has always had a high opinion of her colleagues.* ♦ έχω καλή γνώμη για κάποιον

Reading - Part 2 (page 41)

grief n A feeling of extreme sadness. *☞ Their grief soon gave way to anger.* ♦ θλίψη, πόνος

resentment n Bitterness and anger that someone feels about something. *☞ She expressed resentment at being interviewed by a social worker.* ♦ πικρία, δυσαρέσκεια

sap v If something saps your strength or confidence, it gradually weakens or destroys it. *☞ I was afraid the sickness had sapped my strength.* ♦ υποσκάπτω, εξαντλώ

drain v If something drains you, it leaves you feeling physically and emotionally exhausted. *☞ My emotional turmoil had drained me.* ♦ απομυζώ, εξαντλώ/-ούμαι

conscious adj A conscious decision or action is made or done deliberately with you giving your full attention to it. *☞ I don't think we ever made a conscious decision to have a big family.* ♦ συνειδητός, που έχει επίγνωση

root v To have an origin or base. *☞ Racism is rooted in prejudices which have existed for thousands of years.*

♦ προέρχομαι, πηγάζω

self-esteem n The way you feel about yourself. For example, if you have low self-esteem, you do not like yourself, you do not think that you are a valuable person, and there-

fore you do not behave confidently. *☞ Poor self-esteem is at the centre of many of the difficulties we experience in our relationships.* ♦ αυτοσεβασμός, αυτοεκτίμηση

downwards adv Towards the ground or a lower level. *☞ Benedict pointed downwards again with his stick.*

♦ προς τα κάτω

breathing space n A rest, pause or respite. ♦ ανάπαυση, ανάπαυλα

delegate v If you delegate duties, responsibilities, or power to someone, you give them those duties, those responsibilities, or that power so that they can act on your behalf. *☞ He talks of travelling less, and delegating more authority to his deputies in Britain and Australia.*

♦ αναθέτω, εξουσιοδοτώ

Reading - Part 3 (page 42)

TEXT A

cottage n A small house, usually in the country.

☞ They used to have a cottage in N.W. Scotland.

♦ εξοχικό σπίτι, αγροικία

steep adj A steep slope rises at a very sharp angle and is difficult to go up. *☞ San Francisco is built on 40 hills and some are very steep.* ♦ απόκρημνος, απότομος

TEXT B

misleading adj Designed to deceive either deliberately or inadvertently. *☞ This advertisement is very misleading and does not refer to the side-effects the product may cause.* ♦ παραπλανητικός, παραπειστικός

TEXT D

patio n An area of flat blocks or concrete next to a house, where people can sit and relax or eat. ♦ αίθριο, σκεπαστή βεράντα

Reading - Part 4 (page 43)

eagerly adv In a way that shows keen interest or intense desire or impatient expectancy. *☞ He eagerly decided to travel abroad with me.* ♦ πρόθυμα, με ενθουσιασμό

willpower n A very strong determination to do something. *☞ I know I've got the willpower to do it.*

♦ δύναμη θέλησης

factor n One of the things that affect an event, decision, or situation. *☞ Physical activity is an important factor in maintaining fitness.* ♦ παράγοντας, συντελεστής

commission v To order to be made. *☞ Several architects were commissioned to design the building.*

♦ αναθέτω εντολή, επιφορτίζω

waistline n Your waistline is your waist measurement.

☞ A passion for cooking does not necessarily have to be bad for your waistline. ♦ περίμετρος μέσης

cite v If you cite something, you quote it or mention it, especially as an example or proof of what you are saying. *☞ She cites a favourite poem by George Herbert.*

♦ αναφέρω, παραθέτω (γνώμη, ρητό κτλ.)

tummy n The part of the front of your body below your waist. Tummy is often used by children or by adults talking to children. *☞ Your baby's tummy should feel warm, but not hot.* ♦ κοιλίτσα, στομάχι

grim adj A situation or piece of information that is unpleasant, depressing, and difficult to accept. *☞ They painted a grim picture of growing crime.* ♦ δυσάρεστος, δυσοίωνος

obese adj Someone who is extremely fat. *☞ The tendency to become obese is at least in part hereditary.*

♦ παχύσαρκος

epidemic n If there is an epidemic of a particular disease somewhere, it affects a very large number of people there and spreads quickly to other areas. *☞ A flu epidemic is sweeping through Moscow.* ♦ επιδημία

fizzy adj Drinks that contain small bubbles of carbon dioxide. They make a sound like a long 's' when you pour them. *☞ ...fizzy water.* ♦ αεριούχος, με ανθρακικό

stroke n If someone has a stroke, a blood vessel in their brain bursts or becomes blocked, which may kill them or make them unable to move one side of their body. *☞ He had a minor stroke in 2008 which left him partly paralysed.* ♦ εγκεφαλικό

swap v If you swap one thing for another, you remove the first thing and replace it with the second, or you stop doing the first thing and start doing the second.

☞ Despite the heat, he'd swapped his overalls for a suit and tie. ♦ ανταλλάσσω, αντικαθιστώ

misconception n An idea that is not correct. *☞ It is a misconception that Peggy was fabulously wealthy.*

♦ εσφαλμένη αντίληψη, παρεξήγηση

temptation n If you feel you want to do something or have something, even though you know you really should avoid it, you can refer to this feeling as temptation.

☞ Will they be able to resist the temptation to buy?

♦ πειρασμός, δέληαρ

TEST 6

Listening - Part 1 (page 45)

argumentative adj Someone who is always ready to disagree or start quarrelling with other people. *☞ You're in an argumentative mood today.* ♦ εριστικός, επιθετικός

Listening - Part 2 (page 45)

hang out phr.v. To spend time in a certain location or with certain people. *☞ We can just hang out and have a good time.* ♦ βγαίνω, πραγματοποιώ έξοδο

Listening - Part 3 (page 46)

crayon n A pencil containing coloured wax or clay, or a rod of coloured wax used for drawing. ♦ κιμωλία ή κάρβουνο (ζωγραφικής), παστέλ

Listening - Part 4 (page 47)

indefinitely adv If a situation will continue indefinitely, it will continue for ever or until someone decides to change it or end it. *☞ The visit has now been postponed indefinitely.* ♦ επί αόριστον

tutor n Someone who gives private lessons to one pupil or a very small group of pupils. ♦ καθηγητής (ιδιαιτέρων μαθημάτων)

motivate v If someone motivates you to do something, they make you feel determined to do it. *☞ Never say that the manager doesn't know how to motivate his players.*

♦ παρακινώ, ωθώ, παρέχω κίνητρα

Reading - Part 1 (page 48)

glamorous adj Someone or something that is more attractive, exciting, or interesting than ordinary people or things. *☞ Some of the world's most beautiful and glamorous models took part in the fashion show.*

♦ γοητευτικός, γεμάτος αίγλη

remove v If you remove a stain or make-up from a surface, you make it disappear by treating it with a chemical or by washing it. *☞ This detergent removes the worst stains.* ♦ αφαιρώ, βγάζω

session n A session of a particular activity is a period of that activity. *☞ The two leaders emerged for a photo session.* ♦ συνεδρία, χρονική περίοδος κατά την οποία γίνεται κάτι (μια δραστηριότητα)

deny v If you deny yourself something that you need or want, you refuse to let yourself have it or enjoy it.

☞ If you regularly take snacks instead of eating properly, you will deny yourself the important nutrients that your body requires. ♦ αρνούμαι, απαρνιέμαι

certain adj Referring to a particular, specific person or thing. *☞ There are certain things you must avoid eating when you go on a diet.* ♦ συγκεκριμένος

weather permitting phr If you say that you will do something weather permitting, you mean that you will do it if the weather is good or suitable for what you want to do.

☞ Weather permitting, we can go for a picnic on Saturday. ♦ καιρού επιτρεπόντος

track n A piece of ground, often oval-shaped, that is used for races involving athletes, cars, bicycles, horses, or dogs called greyhounds. *☞ The two men turned to watch the horses going round the track.* ♦ στίβος, πίστα

keep in shape phr If you keep in shape, you keep fit.

☞ The glamorous model was asked what she does to keep in shape. ♦ διατηρούμαι σε φόρμα

prevent v To prevent someone from doing something means to make it impossible for them to do it.

☞ He said this would prevent companies from creating new jobs. ♦ εμποδίζω, αποτρέπω

affect v If something affects a person or thing, it influences them or causes them to change in some way.

☞ Nicotine adversely affects the functioning of the heart and arteries. ♦ επηρεάζω

centre v If something centres or is centred on a particular thing or person, that thing or person is the main subject of attention. *☞ When working with patients, my efforts are centred on helping them to overcome illness.*

♦ επικεντρώνω, εστιάζω

Reading - Part 2 (page 49)

arm n An arm of land or water is a long thin area of it that is joined to a broader area. *☞ At the end of the other arm of Cardigan Bay is Bardsey Island.* ♦ βραχίονας θαλάσσης, εκβολή ποταμού

sleeve n The sleeves of a coat, shirt, or other item of clothing are the parts that cover your arms. *☞ His sleeves were rolled up to his elbows.* ♦ μανίκι

shallow adj A shallow container, hole, or area of water measures only a short distance from the top to the bottom. *☞ Put the milk in a shallow dish.* ♦ αβαθής, ρηχός

continental shelf n The area which forms the edge of a continent, ending in a steep slope to the depths of the ocean. *☞ ...the deep water off the Continental Shelf.*

♦ ηπειρωτική υφαλοκρηπίδα

defence n Action that is taken to protect someone or something against attack. *☞ The land was flat, giving no scope for defence.* ♦ άμυνα

invasion n If there is an invasion of a country, a foreign army enters it by force. *☞ It happened seven years after the Roman invasion of Britain.* ♦ εισβολή, επιδρομή

amphibious operation adj In an amphibious military operation, army and navy forces attack a place from the sea. *☞ A third brigade is at sea, ready for an amphibious operation.* ♦ αμφίβια επιχείρηση (από ξηρά και θάλασσα)

Allies v The Allies were the armed forces that fought against Germany and Japan in the Second World War.

♦ Σύμμαχοι

link v If two places or objects are linked or something

links them, there is a physical connection between them.

☞ *The campus is linked by regular bus services to Coventry.* ♦ συνδέω, ενώνω

northern adj In or from the north of a region, state, or country. ☞ *Their two children were immigrants to Northern Ireland from Pennsylvania.* ♦ βόρειος, βορεινός

portion n A part of something. ☞ *I have spent a fairly considerable portion of my life here.* ♦ τμήμα, μέρος

halt v When a person or a vehicle halts or when something halts them, they stop moving in the direction they were going and stand still. ☞ *They halted at a short distance from the house.* ♦ σταματώ

current n A steady and continuous flowing movement of some of the water in a river, lake, or sea. ☞ *The couple were swept away by the strong current.* ♦ υδάτινο ρεύμα

Reading - Part 3 (page 50)

TEXT A

cheery adj If you describe a person or their behaviour as cheery, you mean that they are cheerful and happy.

☞ *She was cheery and talked to them about their problems.* ♦ ευδιάθετος, πρόσχαρος

personalized adj Individualized, made for or directed or adjusted to a particular individual. ☞ *I will try to give you some personalized advice, especially for your own problem.* ♦ εξατομικευμένος, προσαρμοσμένος

TEXT B

ripened adj Aged, having reached a desired or final condition. ☞ *I will make an apple pie with these ripened apples.* ♦ ώριμος, μεστός

ovary n A part of the female reproductive organ of the flower. ♦ ωοθήκη

flowering adj Shrubs, trees, or plants which produce noticeable flowers. ♦ ανθισμένος

seed n The small, hard part of a plant from which a new plant grows. ☞ *...a packet of cabbage seed.*

♦ σπόρος

fleshy adj A thick and juicy fruit, succulent. ☞ *I made a sweet of fleshy fruits like apples, plums, pears, peaches.*

♦ σαρκώδης, ζουμερός

plum n A small, sweet fruit with a smooth red or yellow skin and a stone in the middle. ♦ δαμάσκηνο

stem n The thin, upright part of a plant, on which the flowers and leaves grow. ☞ *He stooped down, cut the stem for her with his knife and handed her the flower.*

♦ μίσχος, κοτσάνι (φύλλου, ρουθουδιού)

rhubarb n A plant with large leaves and long red stems. You can cook the stems with sugar to make jam or puddings. ♦ ρήον, ραβέντι

courgette n A long thin vegetable with dark green skin. ♦ κολοκυθάκι

TEXT D

fig n A soft sweet fruit that grows in hot countries. It is full of tiny seeds and is often eaten dried. ♦ σύκο

ripe adj Ripe fruit or grain is fully grown and ready to eat. ☞ *Always choose firm, but ripe fruit.* ♦ ώριμος, γινομένος

appetizer n The first course of a meal. It consists of a small amount of food. ☞ *Seafood soup is a good appetizer.* ♦ ορεκτικό, μεζές

Reading - Part 4 (page 51)

worthy adj If a person or thing is worthy of something, they deserve it because they have the qualities or abilities required. ☞ *The bank might think you're worthy of a loan.*

♦ άξιος

peer n The people who are the same age as you or who have the same status as you. ☞ *...children who are much cleverer than their peers.* ♦ συνομήλικος, ίσος

overcome v If you overcome a problem or a feeling, you successfully deal with it and control it. ☞ *Molly had fought and overcome her fear of flying.* ♦ ξεπερνάω, υπερνικώ

obstacle n Anything that makes it difficult for you to do something. ☞ *Overcrowding remains a large obstacle to improving conditions.* ♦ εμπόδιο, κώλυμα

measure v If you measure the quality, value, or effect of something, you discover or judge how great it is.

☞ *I continued to measure his progress against the charts in the doctor's office.* ♦ μετρώ, υπολογίζω

well-being n Health and happiness. ☞ *Singing can create a sense of wellbeing.* ♦ ευημερία, ευεξία

accurate adj Information, measurements, and statistics that are correct to a very detailed level. An accurate instrument is able to give you information of this kind.

☞ *Police have stressed that this is the most accurate description of the killer to date.* ♦ ακριβής, σωστός

genuine adj People and things that are exactly what they appear to be, and are not false or an imitation.

☞ *There was a risk of genuine refugees being returned to Vietnam.* ♦ γνήσιος, αυθεντικός

genuinely adv ♦ γνήσια, αυθεντικά

engage v If you engage in an activity, you do it or are actively involved with it. ☞ *You can engage in croquet on the south lawn.* ♦ απασχολώ-ούμαι, συμμετέχω

subject n In an experiment or piece of research, the **subject** is the person or animal that is being tested or studied. ☞ *Subjects in the study were asked to follow a modified diet.* ♦ άτομο που παίρνει μέρος σε πείραμα, μελέτη, κλπ.

course n You can refer to the way that events develop as, for example, the **course** of history or the **course** of events. ☞ *...a series of decisive naval battles which altered the course of history.* ♦ πορεία, διάρκεια

clue n Something that guides through an intricate procedure or maze of difficulties. ♦ στοιχείο, ένδειξη

frontal adj Of, relating to, or adjacent to the forehead or the frontal bone. ☞ *He is studying the functions of the frontal lobes of the brain.* ♦ μετωπιαίος

cortex n The cortex of the brain or of another organ is its outer layer. ☞ *...the cerebral cortex.* ♦ φλοιός

scan n A medical test in which a machine sends a beam of X-rays over a part of your body in order to check that it is healthy. ☞ *He was rushed to hospital for a brain scan.*

♦ τομογραφία

tendency n A part of your character that makes you behave in an unpleasant or worrying way. ☞ *He is spoiled, arrogant and has a tendency towards snobbery.* ♦ ροπή, προδιάθεση

maintain v If you maintain something, you continue to have it, and do not let it stop or grow weaker.

☞ *The Department maintains many close contacts with the chemical industry.* ♦ διατηρώ

mood n The way you are feeling at a particular time.

☞ *He is clearly in a good mood today.* ♦ ψυχική διάθεση

day-to-day phr Things or activities that exist or happen every day as part of ordinary life. ☞ *I am a vegetarian and use a lot of lentils in my day-to-day cooking.* ♦ καθημερινός

quotient n Quotient is used when indicating the presence or degree of a characteristic in someone or something. ☞ *Being rich doesn't actually increase your happiness quotient.* ♦ συντελεστής, δείκτης

burst n A sudden outbreak. ☞ *When he learned about this, he had a burst of anger.* ♦ ξέσπασμα, έκρηξη
emotional adj Concerned with emotions and feelings. ☞ *I needed this man's love, and the emotional support he was giving me.* ♦ συναισθηματικός
external adj Something that is on the outside of a surface or body, or that it exists, happens, or comes from outside. ☞ *There was a much reduced heat loss through external walls.* ♦ εξωτερικός
circumstances n(pl) The circumstances of a particular situation are the conditions which affect what happens. ☞ *Recent opinion polls show that 60 percent favor abortion under certain circumstances.*
 ♦ συνθήκες, περιστάσεις

TEST 7

Listening - Part 1 (page 53)

disaster n If you refer to something as a disaster, you are emphasizing that you think it is extremely bad or unacceptable. ☞ *The whole production was just a disaster!* ♦ καταστροφή, αποτυχία
ridiculous adj Something or someone that is very foolish. ☞ *It is ridiculous to suggest we are having a romance.*
 ♦ γελοῖος
hilarious adj Something which is extremely funny and makes you laugh a lot. ☞ *We thought it was hilarious when we first heard about it.* ♦ ξεκαρδιστικός, αστείος

Listening - Part 2 (page 53)

in-laws n(pl) The parents and close relatives of your husband or wife. ♦ πεθερικά
selfish adj Someone who cares only about himself and not about other people. ☞ *I think I've been very selfish. I've been mainly concerned with myself.* ♦ εγωιστής, ατομιστής
envy v If you envy someone, you wish that you had the same things or qualities that they have. ☞ *I don't envy the young ones who've become TV superstars and know no other world.* ♦ ζηλεύω, φθονώ
quit v If you quit your job, you choose to leave it. ☞ *He quit his job as an office boy in Athens.* ♦ παραιτούμαι
branch n One of the offices, shops, or groups which belong to a business or other organization and which are located in different places. ☞ *The local branch of the bank is handling the accounts.* ♦ υποκατάστημα

Listening - Part 3 (page 54)

fasten v When you fasten something, you close it by means of buttons or a strap, or some other device. If something fastens with buttons or straps, you can close it in this way. ☞ *She got quickly into her Mini and fastened the seat-belt.* ♦ δένω
seat belt n A strap attached to a seat in a car or an aircraft. You fasten it across your body in order to prevent yourself being thrown out of the seat if there is a sudden movement. ☞ *The fact I was wearing a seat belt saved my life.* ♦ ζώνη ασφαλείας

Listening - Part 4 (page 55)

unique adj Something that is the only one of its kind. ☞ *Each person's signature is unique.* ♦ μοναδικός
grumble v If someone grumbles, they complain about something in a bad-tempered way. ☞ *I shouldn't grumble about Mum, she's lovely really.* ♦ γκρινιάζω
strand n A land along the edge of the sea or ocean or of a level or river. ♦ αμμώδης ακτή ή όχθη

coastline n The outline of a country's coast. ☞ *Thousands of volunteers gave up part of their weekend to clean up the California coastline.* ♦ ακτογραμμή, παράκτια ζώνη
blinded adj Someone who ignores a fact or a situation or is unaware of it, although you think that they should take notice of it or be aware of it. ☞ *She was blinded by David's good looks and impeccable manners that she could forgive all his mistakes.* ♦ τυφλωμένος. που εθελοτυφλεί
breakthrough n An important development or achievement. ☞ *The company looks poised to make a significant breakthrough in China.* ♦ σημαντική εξέλιξη, ανακάλυψη
imaginary adj A person, place, or thing that exists only in your mind or in a story, and not in real life. ☞ *Lots of children have imaginary friends.* ♦ φανταστικός, της φαντασίας

Reading - Part 1 (page 56)

serial adj Somebody who repeatedly commits the same crime. ☞ *The serial killer claimed to have killed 400 people.* ♦ κατ'εξακολουθήση, μανιακός
come across phr.v If you come across something or someone, you find them or meet them by chance. ☞ *I've never come across such an ugly baby before!*
 ♦ συναντώ τυχαία, ανταμώνω
string out phr. v. If things string out, they are situated in a line. ☞ *Small coffee shops and canteens are strung out on the seafront.* ♦ παρατάσσομαι
getaway n If someone makes a getaway, they leave a place quickly, especially after committing a crime or when trying to avoid someone. ☞ *They made their getaway along a pavement on a stolen motorcycle.*
 ♦ απόδραση, διαφυγή
raid v If someone raids a building or place, they enter it by force in order to steal something. ☞ *A 19-year-old man has been found guilty of raiding a bank.* ♦ ληστεύω, κάνω διάρρηξη
at random adv If something happens at random, it happens without a definite plan or pattern. ☞ *Three people were killed by shots fired at random from a car.*
 ♦ στην τύχη, τυχαία
overlook v If you overlook a fact or problem, you do not notice it, or do not realize how important it is. ☞ *We overlook all sorts of warning signals about our own health.* ♦ παραβλέπω, υποτιμώ
search for a contact lens on an ice rink idm ♦ ψάχνω ψύλλους στα άχυρα
spot v If you spot something or someone, you notice them. ☞ *Can you spot the difference?* ♦ εντοπίζω, επιστομαίνω, παρατηρώ
coincidence n When two or more similar or related events occur at the same time by chance and without any planning. ☞ *Mr. Berry said the timing was a coincidence and that his decision was unrelated to Mr. Roman's departure.* ♦ συγκυρία, σύμπτωση
constable n In Britain and some other countries, a constable is a police officer of the lowest rank. ☞ *He was a constable at Sutton police station.* ♦ αστυνομικός, αστυφύλακας
co-ordinate v If you co-ordinate an activity, you organize the various people and things involved in it. ☞ *Government officials visited the earthquake zone on Thursday morning to co-ordinate the relief effort.*
 ♦ συντονίζω, διευθύνω
enquiry n The process of asking about or investigating something in order to find out more about it. ☞ *The investigation has suddenly switched to a new line of*

inquiry. ♦ έρευνα, ανάκριση

sub-contract v If you sub-contract work which you have signed a contract to do to someone else, e.g. another company, you pay them to do part of it.

☞ *The job was too big for the company so they sub-contracted some of the work to another company.*

♦ αναθέτω έργο σε υπεργολάβο

via prep If you do something via a particular means or person, you do it by making use of that means or person.

☞ *The technology to allow relief workers to contact the outside world via satellite already exists.* ♦ μέσω

mainland n You can refer to the largest part of a country or continent as the mainland when contrasting it with the islands around it. ☞ *She was going to the harbour to catch the ferry to the mainland.*

♦ ηπειρωτική χώρα, στεριά

efficient adj If something or someone is efficient, they are able to do tasks successfully, without wasting time or energy. ☞ *With today's more efficient career counselling young people can make decisions about professions they would really enjoy pursuing.* ♦ αποδοτικός,

αποτελεσματικός

background n Your background is the kind of family you come from and the kind of education you have had. It can also refer to such things as your social and racial origins, your financial status, or the type of work experience that you have. ☞ *She came from a working-class background.*

♦ υπόβαθρο

record n If someone has a criminal record, it is officially known that they have committed crimes in the past. ☞ *He was a heroin addict with a criminal record for shoplifting.*

♦ (ποινικό) μητρώο

release v If a person or animal is released from somewhere where they have been locked up or looked after, they are set free or allowed to go. ☞ *He is expected to be released from hospital today.*

♦ απελευθερώνω, αφήνω ελεύθερο

illegitimate adj A person who was born of parents who were not married to each other. ☞ *His illegitimate son could not make any claim to his father's money.* ♦ νόθος, εξώγαμος

trace v If you trace someone or something, you find them after looking for them. ☞ *Police are anxious to trace two men seen leaving the house just before 8am.*

♦ ανακαλύπτω τα ίχνη, εντοπίζω

out of the blue phr If something happens out of the blue, it happens unexpectedly. ☞ *One of them wrote to us out of the blue several years later.* ♦ ξαφνικά, αναπάντεχα

Reading - Part 2 (page 57)

mystical adj Something that involves spiritual powers and influences that most people do not understand.

☞ *That was clearly a deep mystical experience.*

♦ μυστικιστικός, απόκοσμος

roam v If you roam an area or roam around it, you wander or travel around it without having a particular purpose. ☞ *They're roaming around the country shooting at anything that moves.* ♦ περιπλανώμαι, περιφέρομαι

unicorn n An imaginary animal that looks like a white horse and has a horn growing from its forehead.

♦ μονόκερως

moorland n A land which consists of an open and usually high area with poor soil that is covered mainly with grass and heather. ☞ *...rugged Yorkshire moorland.*

♦ χερσότοπος

creature n You can refer to any living thing that is not a

plant as a creature, especially when it is of an unknown or unfamiliar kind. People also refer to imaginary animals and beings as **creatures**. ☞ *Alaskan Eskimos believe that every living creature possesses a spirit.* ♦ πλάσμα, ον

encounter n A meeting with someone, particularly one that is unexpected or significant. ☞ *The author tells of a remarkable encounter with a group of South Vietnamese soldiers.* ♦ συνάντηση, αντίκρουσμα

claw v If an animal claws at something, it scratches or damages it with its claws. ☞ *The wolf clawed at the tree and howled the whole night.* ♦ γρατζουνάω, σκίζω με τα νύχια || **claw:** νύχι (αρπακτικού)

torch n A small electric light which is powered by batteries and which you can carry in your hand. ♦ φακός

prank n A childish trick. ♦ φάρσα

bang v If you bang on something or if you bang it, you hit it hard, making a loud noise. ☞ *We could bang on the desks and shout till they let us out.* ♦ βροντώ, χτυπά δυνατά

tear v If you tear paper, cloth, or another material, or if it tears, you pull it into two pieces or you pull it so that a hole appears in it. ☞ *She very nearly tore my overcoat.*

♦ σκίζω

guy rope n A rope or wire that has one end fastened to a tent or pole and the other end fixed to the ground, so that it keeps the tent or pole in position. ♦ σχοινί

peg n A small, usually cylindrical, pointed or tapered piece (as of wood), used to pin down or fasten things or to fit into or close holes. ☞ *First of all, we must secure the pegs of the tent.* ♦ πάσσαλος

paw n The paws of an animal such as a cat, dog, or bear are its feet, which have claws for gripping things and soft pads for walking on. ☞ *The kitten was black with white front paws and a white splotch on her chest.* ♦ πατούσα (ζώου)

disturb v If you **disturb** someone, you interrupt what they are doing and upset them. ☞ *Did you sleep well? I didn't want to disturb you. You looked so peaceful.*

♦ αναστατώνω, ταράζω

remains (pl) n The remains of a person or animal are the parts of their body that are left after they have died, sometimes after they have been dead for a long time.

☞ *The unrecognizable remains of a man had been found.*

♦ λείψανα, σορός

Reading - Part 3 (page 58)

TEXT A

apprenticeship n Someone who has an apprenticeship works for a fixed period of time for a person who has a particular skill in order to learn the skill. Apprenticeship is the system of learning a skill like this. ☞ *After serving his apprenticeship as a toolmaker, he became a manager.*

♦ μαθητεία, φοίτηση

alternatively adv You use **alternatively** to introduce a suggestion or to mention something different to what has just been stated. ☞ *Allow about eight hours for the drive from Calais. Alternatively, you can fly to Brive.*

♦ εναλλακτικά

varying adj Things that are different from each other in size, amount, or degree. ☞ *Different writers will prepare to varying degrees.* ♦ ποικίλος, διαφορετικός

TEXT B

sanitation n The process of keeping places clean and healthy, especially by providing a sewage system and a clean water supply. ☞ *...the hazards of contaminated water and poor sanitation.* ♦ υγιεινή

rigorous *adj* A test, system, or procedure that is very thorough and strict. *☞ The selection process is based on rigorous tests of competence and experience.*

♦ ενδελεχής, αυστηρός

culinary *adj* Concerned with cooking. *☞ She was keen to acquire more advanced culinary skills.* ♦ μαγειρικός, της μαγειρικής

administer *v* If someone administers something such as a country, the law, or a test, they take responsibility for organizing and supervising it. *☞ The plan calls for the UN to administer the country until elections can be held.*

♦ διεξάγω, διευθύνω

TEXT C

shift *n* If a group of factory workers, nurses, or other people work shifts, they work for a set period before being replaced by another group, so that there is always a group working. Each of these set periods is called a shift. You can also use shift to refer to a group of workers who work together on a particular shift. *☞ His father worked shifts in a steel mill.* ♦ βάρδια

supplier *n* A person, company, or organization that sells or supplies something such as goods or equipment to customers. ♦ προμηθευτής

TEXT D

option *n* Something that you can choose to do in preference to one or more alternatives. *☞ He's argued from the start that America and its allies are putting too much emphasis on the military option.* ♦ (δυνατότητα) επιλογή, εναλλακτική επιλογή

content *n* If you refer to the content or contents of something such as a book, speech, or television programme, you are referring to the subject that it deals with, the story that it tells, or the ideas that it expresses. *☞ She is reluctant to discuss the content of the play.*

♦ περιεχόμενο

outline *v* If you outline an idea or a plan, you explain it in a general way. *☞ The mayor outlined his plan to clean up the town's image.* ♦ συνοψίζω, περιγράφω (σύντομα)

Reading - Part 4 (page 59)

dyslexia *n* If someone suffers from dyslexia, they have difficulty with reading because of a slight disorder of their brain. ♦ δυσλεξία

affect *v* If something affects a person or thing, it influences them or causes them to change in some way. *☞ Nicotine adversely affects the functioning of the heart and arteries.* ♦ επηρεάζω

gene *n* The part of a cell in a living thing which controls its physical characteristics, growth, and development. ♦ γονίδιο

sequence *n* A serial arrangement in which things follow in logical order or a recurrent pattern. *☞ The chronological sequence gives the book an element of structure.* ♦ "σειρά", ακολουθία

evidence *n* Evidence is anything that you see, experience, read, or are told that causes you to believe that something is true or has really happened. *☞ There is a lot of evidence that stress is partly responsible for disease.* ♦ στοιχείο, απόδειξη

hemisphere *n* One half of the brain. *☞ In most people, the left hemisphere is bigger than the right.* ♦ ημισφαίριο

link *v* If someone or something links two things or situations, there is a relationship between them, for example because one thing causes or affects the other. *☞ The UN Security Council has linked any lifting of sanctions to*

compliance with the ceasefire terms. ♦ συνδέω, ενώνω
severity *n* The state of being intensely or extremely bad or unpleasant in degree or quality. *☞ Several drugs are used to lessen the severity of the symptoms.*

♦ σοβαρότητα (μιας κατάστασης), μέγεθος

result *v* If something results in a particular situation or event, it causes that situation or event to happen. *☞ Fifty per cent of road accidents result in head injuries.*

♦ καταλήγω, έχω ως αποτέλεσμα

barrier *n* Something such as a rule, law, or policy that makes it difficult or impossible for something to happen or be achieved. *☞ Duties and taxes are the most obvious barrier to free trade.* ♦ φραγμός, εμπόδιο, κώλυμα

mistake *v* If you mistake one person or thing for another, you wrongly think that they are the other person or thing. *☞ I mistook you for Carlos.* ♦ μπερδεύω, 'περνώ'

TEST 8

Listening - Part 1 (page 61)

throat *n* The back of your mouth and the top part of the tubes that go down into your stomach and your lungs.

☞ *As she stared at him she felt her throat go dry.* ♦ ραιμός

fog *n* Tiny drops of water in the air which form a thick cloud and make it difficult to see things. *☞ The crash happened in thick fog.* ♦ νεφέληση, ομίχλη

Listening - Part 2 (page 61)

pushy *adj* In a forceful way to get things done as they would like or to increase their status or influence.

☞ *She was a confident and pushy young woman.*

♦ πιεστικός, φορτικός, απαιτητικός

affordable *adj* Something that most people have enough money to buy it. *☞ ...the availability of affordable housing.* ♦ οικονομικός, προσιτός

effortless *adj* Something that is done easily and well.

☞ *In a single effortless motion, he scooped Frannie into his arms.* ♦ άνετος, 'εύκολος', που δεν απαιτεί προσπάθεια, αβίαστος

Listening - Part 3 (page 62)

exhibit *n* A painting, sculpture, or object of interest that is displayed to the public in a museum or art gallery.

☞ *Shona showed me round the exhibits.* ♦ έκθεμα

common sense *n* The natural ability to make good judgments and to behave in a practical and sensible way.

♦ κοινή λογική, κοινός νους

possessions *n* The things that you own or have with you at a particular time. *☞ People had lost their homes and all their possessions.* ♦ υπάρχοντα, προσωπικά αντικείμενα

Listening - Part 4 (page 63)

brainwash *v* If you brainwash someone, you force them to believe something by continually telling them that it is true, and preventing them from thinking about it properly. *☞ They brainwash people into giving up all their money.* ♦ κάνω 'πλήση εγκεφάλου'

skinny jeans *n* Jeans that have a snug fit through the legs and end in a small leg opening. ♦ πολύ στενά τζιν

Reading - Part 1 (page 64)

jolly well *phr* Jolly well is sometimes used to emphasize an opinion or intention, and to express annoyance or anger. *☞ She was jolly well not going to let them get away with it unpunished.* ♦ οπωσδήποτε

be on the lookout for *phr* If you are on the lookout for

something, you are alert and careful about it, either because you do not want to miss it or because it will be unpleasant or harmful and you need to avoid it. *Police are on the lookout for any cases of mugging in the area.* ♦ έχω τα μάτια μου ανοιχτά για κάτι, βρίσκομαι σε επαγρύπνηση

put in a good word phr When you put in a good word for someone, you praise them so that they can get a job, etc. *"Don't worry", he said. "I'll put in a good word for you at the meeting."* ♦ ήλω έναν καλό λόγο για κάποιον
snag n A small problem or disadvantage. *The school deals exclusively with children of high academic ability. There is a snag though, it costs 9,600 a year.*

♦ πρόβλημα, εμπόδιο

dauntingly adv In a way that makes you feel slightly afraid or worried when dealing with something. *She is dauntingly strict and makes everyone nervous.*

♦ αποθαρρυντικά

dismay n A strong feeling of fear, worry, or sadness that is caused by something unpleasant and unexpected. *Lucy discovered to her dismay that she was pregnant.*

♦ στεναχώρια, απογοήτευση

wares n(pl) The things that someone sell, usually in the street or in a market. *Vendors displayed their wares in baskets or on the ground.* ♦ πραμάτια, εμπορεύματα

day in, day out phr If something happens day in, day out, it happens every day over a long period of time.

She couldn't bear his constant complaining day in, day out. ♦ για πολύ καιρό

toil n Unpleasant work that is very tiring physically.

The old woman had led a life of toil and misery.

♦ μόχθος, κόπος

recollection n If you have a recollection of sth, you remember it. *He had no recollection of the crash.*

♦ ανάμνηση, ενθύμηση

pittance n If you say that you receive a pittance, you are emphasizing that you get only a very small amount of money, probably not as much as you think you deserve.

Her secretaries work tirelessly for a pittance.

♦ εξευτελιστική αμοιβή, ψίχουλα

slave v If you say that a person is slaving over something or is slaving for sb, you mean that they are working very hard. *When you're busy all day the last thing you want to do is spend hours slaving in the kitchen, cooking a big meal.* ♦ δουλεύω σκληρά

♦ δουλειά σκληρή

dignity n The sense that you have of your own importance and value, and other people's respect for you.

If you were wrong, admit it. You won't lose dignity, but will gain respect. ♦ αξιοπρέπεια

resolve v If you resolve to do something, you make a firm decision to do it. *She resolved to report the matter to the hospital's nursing manager.* ♦ αποφασίζω

successor n Someone's successor is the person who takes their job after they have left. *He set out several principles that he hopes will guide his successors.* ♦ διάδοχος

unreliability n The trait of not being dependable or reliable. *I hate his lateness and unreliability.* ♦ αναξιοπιστία

exploit v If you say that someone is exploiting you, you think that they are treating you unfairly by using your work or ideas and giving you very little in return. *Critics claim he exploited black musicians for personal gain.*

♦ εκμεταλλεύομαι, "μεταχειρίζομαι"

Reading - Part 2 (page 65)

plague n Plague or the plague is a very infectious disease which usually results in death. The patient has a severe fever and swellings on his or her body. *We fear a fresh outbreak of plague.* ♦ πανούκλα

isolate v To isolate a sick person or animal means to keep them apart from other people or animals, so that their illness does not spread. *You don't have to isolate the drug addicts from the community.* ♦ απομονώνω

spread v If something spreads or is spread by people, it gradually reaches or affects a larger and larger area or more and more people. *The industrial revolution which started a couple of hundred years ago in Europe is now spreading across the world.* ♦ εξαπλώνω-ομαι, διαδίδω-ομαι

flea n A very small jumping insect that has no wings and feeds on the blood of humans or animals. ♦ ψύλλος

infest v When creatures such as insects or rats infest plants or a place, they are present in large numbers and cause damage. *...pests like aphids which infest cereal crops.* ♦ κατακλύζω, μαστίζω

flea-infested adj που κατακλύζεται από ψύλλους

bundle n A bundle of things is a number of them that are tied together or wrapped in a cloth or bag so that they can be carried or stored. *She produced a bundle of notes and proceeded to count out one hundred and ninety-five pounds.* ♦ μπόγος, σωρός, πάκο

rector n A priest in the Church of England who is in charge of a particular area. *He was rector of All Hallows Church in Wellingborough.* ♦ εφημέριος

reverend n A title used before the name or rank of an officially appointed religious leader. *The service was led by the Reverend Jim Simons.* ♦ αιδεσιμότητας

rage v You say that something powerful or unpleasant rages when it continues with great force or violence.

Train services were halted as the fire raged for more than four hours. ♦ μαίνομαι

bubonic plague n A serious infectious disease spread by rats. It killed many people during the Middle Ages.

♦ βουβωνική πανούκλα

quarantine v If people or animals are quarantined, they are stopped from having contact with other people or animals. If a place is quarantined, people and animals are prevented from entering or leaving it. *Dogs have to be quarantined for six months before they'll let them in.*

♦ βάζω σε καραντίνα

grave digger n A person that digs graves. ♦ νεκροθάφτης

precaution n An action that is intended to prevent something dangerous or unpleasant from happening.

Could he not, just as a precaution, move to a place of safety? ♦ προληπτικό μέτρο, μέτρο προφύλαξης

random adj Something that does not seem to follow a definite plan or pattern. *We must fight random violence against innocent victims.* ♦ τυχαίος

expose v If someone is exposed to something dangerous or unpleasant, they are put in a situation in which it might affect them. *They had not been exposed to most diseases common to urban populations.* ♦ εκθέτω σε κίνδυνο, αφήνω εκτεθειμένο ή απροφύλακτο

♦ έκθετα σε κίνδυνο, αφήνω εκτεθειμένο ή απροφύλακτο

Reading - Part 3 (page 66)

TEXT A

venue n The place where an event or activity will happen.

Birmingham's International Convention Centre is the venue for a three-day arts festival. ♦ τόπος διεξαγωγής

TEXT B

goal n Something that you hope to achieve, especially when much time and effort will be needed. *It's a matter of setting your own goals and following them.*

♦ στόχος, σκοπός

gangway n A short bridge or platform that can be placed between the side of a ship or boat and the shore,

so that people can get on or off. ♦ κινητή γέφυρα επιβίβασης/αποβίβασης

massive adj Something that very large in size, quantity, or extent. ☞ *There was evidence of massive fraud.*

♦ τεράστιος, πολύ μεγάλος

armada n A large group of warships. ☞ *An armada of U.S. Navy ships participated in the invasion.* ♦ αρμάδα, (πολεμικός) στόλος

TEXT C

posh adj If you describe something as posh, you mean that it is smart, fashionable, and expensive. ☞ *Celebrating a promotion, I took her to a posh hotel for a cocktail.*

♦ πολυτελής, 'αριστοκρατικός'

TEXT D

counter n In a place such as a shop or cafe, a counter is a long narrow table or flat surface at which customers are served. ☞ *...those fellows we see working behind the counter at our local video rental store.* ♦ πάγκος

needless to say phr You use needless to say when you want to emphasize that what you are about to say is obvious and to be expected in the circumstances.

☞ *Our budgie got out of its cage while our cat was in the room. Needless to say, the cat moved quicker than me and caught it.* ♦ περιττό να ληχθεί

Reading - Part 4 (page 67)

pilates n A form of exercise. ♦ πιλάτες

seek v If you seek to do something, you try to do it.

☞ *He also denied that he would seek to annex the country.* ♦ αποσκοπώ, επιδιώκω, (επι)ζητώ

endurance n The ability to continue with an unpleasant or difficult situation, experience, or activity over a long period of time. ☞ *The exercise obviously will improve strength and endurance.* ♦ αντοχή

coordination n Moving the parts of your body in a smooth and controlled way. ♦ ικανότητα ελέγχου των κινήσεων, συντονισμός (κινήσεων)

circulation n The movement of blood through your body. ☞ *Anyone with heart, lung or circulation problems should seek medical advice before flying.* ♦ κυκλοφορία (του αίματος)

sculpt v If something is sculpted, it is made into a particular shape. ☞ *More familiar landscapes have been sculpted by surface erosion.* ♦ σμιλεύω, λαξεύω

posture n The position in which you stand or sit. ☞ *You can make your stomach look flatter instantly by improving your posture.* ♦ στάση σώματος

prone to adj To be prone to something, usually something bad, means to have a tendency to be affected by it or to do it. ☞ *For all her experience as a television reporter, she was still prone to camera nerves.* ♦ επιρρεπής

frail adj Someone who is not very strong or healthy. ☞ *She lay in bed looking particularly frail.* ♦ ασθενικός, ευπαθής

accomplished adj Highly skilled. ☞ *At the age of 10 he was already an accomplished pianist.* ♦ μεγάλος, "φτιασμένος"

mat n A small piece of carpet or other thick material which is put on the floor for protection, decoration, or comfort. ♦ χαλίκι

torso n The main part of your body, and does not include your head, arms, and legs. ♦ κορμός (ανθρώπινου σώματος)

intertwined adj If two or more things are intertwined or intertwine, they are closely connected with each other in

many ways. ☞ *Their destinies are intertwined.*

♦ συνυφασμένος

precision n If you do something with precision, you do it exactly as it should be done. ☞ *The choir sang with precision.* ♦ ακρίβεια

resistance n The resistance of your body to germs or diseases is its power to remain unharmed or unaffected by them. ☞ *This disease is surprisingly difficult to catch as most people have a natural resistance to it.* ♦ αντίσταση, ανθεκτικότητα

principle n The basic rules or laws of a particular theory or philosophy. ☞ *What you just said was a violation of the basic principles of Marxism.* ♦ αρχή

pregnancy n The condition of being pregnant or the period of time during which a female is pregnant. ☞ *It would be wiser to cut out all alcohol during pregnancy.*

♦ εγκυμοσύνη

separate v If you separate people or things that have been connected, or if one separates from another, the connection between them is ended. ☞ *They want to separate teaching from research.* ♦ διαχωρίζω, ξεχωρίζω

TEST 9

Listening - Part 1 (page 69)

improvement n If there is an improvement in something, it becomes better. ☞ *A lecture about the dramatic improvements in medicine in recent years.* ♦ βελτίωση, τελειοποίηση

fairly adv In quite a large amount, degree, size, or distance. ☞ *It was a fairly expensive dress, but I looked great in it.* ♦ αρκετά, πολύ (αλλά όχι υπερβολικά)

Listening - Part 2 (page 69)

indifferent adj If you accuse someone of being indifferent to something, you mean that they have a complete lack of interest in it. ☞ *People have become indifferent to the suffering of others.* ♦ αδιάφορος

lack v If you say that someone or something lacks a particular quality, you mean that they do not have any or enough of it. ☞ *It lacked the power of the Italian cars.*

♦ υστερώ σε..., μου λείπει

backpack n A bag with straps that go over your shoulders, so that you can carry things on your back when you are walking or climbing. ♦ σακίδιο πλάτης

Listening - Part 3 (page 70)

transaction n A piece of business, for example an act of buying or selling something. ♦ συναλλαγή

account n If you have an account with a bank or a similar organization, you have an arrangement to leave your money there and take some out when you need it.

☞ *Some banks make it difficult to open an account.*

♦ λογαριασμός

transfer v If you transfer something or someone from one place to another, or they transfer from one place to another, they go from the first place to the second.

☞ *Remove the wafers with a spoon and transfer them to a plate.* ♦ μεταφέρω, μεταβιβάζω

Listening - Part 4 (page 71)

hopeless adj If you feel hopeless, you feel very unhappy because there seems to be no possibility of a better situation or success. ☞ *He had not heard her cry before in this uncontrolled, hopeless way.* ♦ απεγνωσμένος, απελπισμένος

jealous adj If someone is jealous, they feel angry or bitter because they think that another person is trying to

take a lover or friend, or a possession, away from them. *She got insanely jealous and there was a terrible fight.* ♦ *znliárons*

ignore *v* If you ignore someone or something, you pay no attention to them. *She said her husband ignored her.* ♦ *αγνώω, δεν δίνω σημασία*

insult *v* If someone insults you, they say or do something that is rude or offensive. *I did not mean to insult you.* ♦ *προσβάλλω, μειώνω κάποιον*

Reading - Part 1 (page 72)

offering *n* Something that is specially produced to be sold. *It was very, very good; far better than vegetarian offerings in a posh restaurant.* ♦ *προσφορά*

chapter *n* One of the parts that a book is divided into. Each chapter has a number, and sometimes a title. *I took the title of this chapter from one of my favourite books.* ♦ *κεφάλαιο*

gnawing *adj* Something that causes you to keep worrying. *Mary Ann's excitement gave way to gnawing fear.* ♦ *που κατατρώγει, που αναστατώνει*

doom *n* A feeling that things are going very badly and are likely to get even worse. *Why are people so full of gloom and doom?* ♦ *αφανισμός, καταβράθρωση*

potion *n* A drink that contains medicine, poison, or something that is supposed to have magic powers. ♦ *μαγικό φίλτρο*

sentiment *n* A general thought, feeling, or sense. *I must agree with the sentiments expressed by John Prescott.* ♦ *συναίσθημα, αίσθημα*

sturdiness *n* The state of being vigorous and robust. ♦ *σιβαρότητα, ανθεκτικότητα*

whisk *v* If you whisk someone or something somewhere, you take them or move them there quickly. *I was whisked away in a police car.* ♦ *διώχνω, αρπάζω*

cramped *adj* Something that is restricted. *Like more and more women, she believes marriage would lead her to a cramped lifestyle.* ♦ *περιορισμένος*

witchcraft *n* The use of magic powers, especially evil ones. ♦ *μαγεία, μαγική τέχνη*

wizardry *n* The art of a wizard, sorcery, something that gives the appearance of magic. *It is a piece of technical wizardry.* ♦ *μαγεία* || **wizard**: *μάγος*

wondrous *adj* Something that is strange and beautiful or impressive. *We were driven across this wondrous vast land of lakes and forests.* ♦ *θαυμάσιος, εκπληκτικός*

hallow *n* Holy, consecrated, sacred, or revered. ♦ *ιερό, άγιο*

reluctance *n* A certain degree of unwillingness. *Ministers have shown extreme reluctance to explain their position to the media.* ♦ *απροθυμία, άρνηση*

nimbly *adv* In a clever and quick way. *Sabrina jumped nimbly out of the van.* ♦ *έξυπνα, εύστοφα και γρήγορα*

shift *v* If you shift something or if it shifts, it moves slightly. *He stopped, shifting his cane to his left hand.* ♦ *αλλάζω, μεταπηδώ*

soap operatic *adj* Concerning or relating to a soap opera. ♦ *που σχετίζεται, μοιάζει με σαπουνόπερα*

filler *n* Something that is being used or done because there is a need for something and nothing better is available. ♦ *επεισόδιο μιας (τηλεοπτικής συνήθως) σειράς που αποκλίνει από το βασικό θεματικό πυρήνα και προβάλλει άσχετα γεγονότα που χαρακτηρίζονται όμως από την θεματική της σειράς*

unrecognisable *adj* Something that has become impossible to recognize or identify, for example because it has been greatly changed or damaged.

The new town would have been unrecognisable to the original inhabitants. ♦ *αγνώριστος*

imply *v* If you imply that something is the case, you say something which indicates that it is the case in an indirect way. *'Are you implying that I have something to do with those attacks?' she asked coldly.* ♦ *υπονοώ, υπαινίσσομαι*

Reading - Part 2 (page 73)

dismal *adj* Something that is bad in a sad or depressing way. *This small country had a dismal record in the Olympics.* ♦ *θλιβερός, καταθλιπτικός*

top *v* To top a list means to be mentioned or chosen more times than anyone or anything else. *It was the first time a Japanese manufacturer had topped the list for imported vehicles.* ♦ *έρχομαι πρώτος*

poll *n* A survey in which people are asked their opinions about something, usually in order to find out how popular something is or what people intend to do in the future. *Polls show that the European treaty has gained support in Denmark.* ♦ *δημοσκοπήση, σφυγμομέτηση*

demolish *v* To demolish something such as a building means to destroy it completely. *A storm moved directly over the island, demolishing buildings and flooding streets.* ♦ *κατεδαφίζω, γκρεμίζω*

dedicate *v* If someone dedicates something such as a book, play, or piece of music to you, they mention your name, for example in the front of a book or when a piece of music is performed, as a way of showing affection or respect for you. *She dedicated her first album to Woody Allen, whom she says understands her obsession.* ♦ *αφιερώνω*

achieve *v* If you achieve a particular aim or effect, you succeed in doing it or causing it to happen, usually after a lot of effort. *There are many who will work hard to achieve these goals.* ♦ *κατορθώνω*

spotlight *n* Someone or something that is in the spotlight is getting a great deal of public attention. *Michael Jackson is back in the spotlight.* ♦ *στο κέντρο της προσοχής, στο φως*

grant *n* An amount of money that a government or other institution gives to an individual or to an organization for a particular purpose such as education or home improvements. *They'd got a special grant to encourage research.* ♦ *επιχορήγηση, χρηματοδότηση*

fund *v* When a person or organization funds something, they provide money for it. *The Bush Foundation has funded a variety of faculty development programs.* ♦ *χρηματοδοτώ, επιχορηγώ*

single *n* A **single** is a small record which has one short song on each side. You can also refer to the main song on a small record as a single. *Kids today don't buy singles.* ♦ *"σινγκλ", δίσκος ή CD που περιέχει μόνο ένα μουσικό κομμάτι*

release *v* If a new record, video, or film is released, it becomes available for people to buy or see. *His new film is being released at the end of the week.*

♦ *κυκλοφορώ, διαθέτω στο κοινό*
cause *n* An aim or principle which a group of people supports or is fighting for. *Refusing to have one leader has not helped the cause.* ♦ *σκοπός, αγώνας*

publicity *n* When the news media and the public show a lot of interest in something, you can say that it is receiving publicity. *The case has generated enormous publicity in Brazil.* ♦ *δημοσιότητα*

feature *v* If someone or something features in something such as a show, exhibition, or magazine, they are an important part of it. *Jon featured in one of the*

show's most thrilling episodes. ♦ πρωταγωνιστώ, παίζω σημαντικό ρόλο

campaign n A planned set of activities that people carry out over a period of time in order to achieve something such as social or political change. ☞ *During his election campaign he promised to put the economy back on its feet.* ♦ εκστρατεία, καμπάνια

publicity campaign n διαφημιστική καμπάνια

proceeds n(pl) The proceeds of an event or activity are the money that has been obtained from it. ☞ *The proceeds of the arms sales were then given to guerilla fighters in Central America.* ♦ έσοδα, κέρδη

charity n If you give money to charity, you give it to one or more charitable organizations. If you do something for charity, you do it in order to raise money for one or more charitable organizations. ☞ *He made substantial donations to charity.* ♦ φιλανθρωπία, φιλανθρωπικό ίδρυμα

Reading - Part 3 (page 74)

TEXT A

rewarding adj An experience or action that gives you satisfaction or brings you benefits. ☞ *...a career which she found stimulating and rewarding.* ♦ που προσφέρει ικανοποίηση, που ανταμείβει

greenhouse n A glass building in which you grow plants that need to be protected from bad weather ♦ θερμοκήπιο

herb n A plant whose leaves are used in cooking to add flavour to food, or as a medicine. ♦ βότανο, χορταρικό

ingredient n The things that are used to make something, especially all the different foods you use when you are cooking a particular dish. ☞ *Mix in the remaining ingredients.* ♦ συστατικό, υλικό

crop n Plants such as wheat and potatoes that are grown in large quantities for food. ☞ *Rice farmers here still plant and harvest their crops by hand.* ♦ σοδειά, συγκομιδή

aubergine n A vegetable with a smooth, dark purple skin. ♦ μελιτζάνα

TEXT B

sliding adj Something that moves smoothly over or against something. ☞ *I think that a sliding door is much easier to open.* ♦ κυλιόμενος

accommodate v If a building or space can accommodate someone or something, it has enough room for them. ☞ *The school in our village was not big enough to accommodate all the children.* ♦ στεγάζω, φιλοξενώ, χωρώ

polycarbonate adj A particular group of thermoplastic polymers. ☞ *For the safest lenses in strong, impact-resistant plastic, choose Varilux1 Comfort Polycarbonate.* ♦ πολυανθρακικός (σύσταση, υλικό)

assemble v To assemble something means to collect them together or to fit the different parts of it together. ☞ *Greenpeace managed to assemble a small flotilla of inflatable boats to waylay the ship at sea.* ♦ συναρμολογώ

TEXT C

delivery n The bringing of letters, parcels, or other goods to someone's house or to another place where they want them. ☞ *Please allow 28 days for delivery.*

♦ παράδοση

quotation (quote) n When someone gives you a quotation, they tell you how much they will charge to do a particular piece of work. ☞ *Get several written quotations and check exactly what's included in the cost.*

♦ τρέχουσα επίσημη τιμή

postage n The money that you pay for sending letters and packages by post. ♦ ταχυδρομικά τέλη

TEXT D

hobbyist n You can refer to person who is very interested in a particular hobby and spends a lot of time on it as a hobbyist. ♦ αυτός που ασχολείται με συγκεκριμένο χόμπι

Reading - Part 4 (page 75)

body mass index n Δείκτης μάζας σώματος

indicator n A measurement or value which gives you an idea of what something is like. ☞ *We must take into consideration vital economic indicators, such as inflation, growth and the trade gap.* ♦ δείκτης

sheer adj You can use sheer to emphasize that a state or situation is complete and does not involve or is not mixed with anything else. ☞ *Sheer chance quite often plays an important part in sparking off an idea.* ♦ καθαρός

volunteer n Someone who does work without being paid for it, because they want to do it. ☞ *She now helps in a local school as a volunteer three days a week.* ♦ εθελοντής

average n The result that you get when you add two or more numbers together and divide the total by the number of numbers you added together. ☞ *Take the average of those ratios and multiply by a hundred.* ♦ μέσος όρος

statistic(s) n (pl) **Statistics** are facts which are obtained from analysing information expressed in numbers, for example information about the number of times that something happens. ☞ *Official statistics show real wages declining by 24%.* ♦ στατιστικά στοιχεία

plot v When someone plots something on a graph, they mark certain points on it and then join the points up.

☞ *So we form the cumulative distribution in the usual way and plot about eight points on the graph.*

♦ καταρτίζω (διάγραμμα, γραφική παράσταση κλπ)

waistband n A narrow piece of material which is sewn on to a pair of trousers, a skirt, or other item of clothing at the waist in order to strengthen it.

♦ ζωνάρι, 'κορσές'

calculate v If you calculate a number or amount, you discover it from information that you already have, by using arithmetic, mathematics, or a special machine.

☞ *From this you can calculate the total mass in the Galaxy.* ♦ υπολογίζω, λογαριάζω

indicate v If one thing indicates another, the first thing shows that the second is true or exists. ☞ *A survey of retired people has indicated that most are independent and enjoying life.* ♦ δείχνω, μαρτυρώ, υποδηλώνω

obese adj Someone who is extremely fat. ☞ *The tendency to become obese is at least in part hereditary.*

♦ παχύσαρκος

hip n The two areas at the sides of your body between the tops of your legs and your waist. ☞ *Tracey put her hands on her hips and sighed.* ♦ γοφός

assess v When you assess a person, thing, or situation, you consider them in order to make a judgement about them. ☞ *Our correspondent has been assessing the impact of the sanctions.* ♦ 'εκτιμώ', αξιολογώ

premature adj Something that happens earlier than usual or earlier than people expect. ☞ *Accidents are still the number one cause of premature death for Americans.*

♦ πρόωπος

extent n The length, area, or size of something.

☞ *Industry representatives made it clear that their commitment was only to maintain the extent of forests, not their biodiversity.* ♦ βαθμός, σημείο

put on weight phr If someone puts on weight, they become heavier. ☞ *I can eat what I want but I never put on weight.* ♦ παίρνω βάρος, παχαίνω

predict v If you predict an event, you say that it will happen. *☞ The latest opinion polls are predicting a very close contest.* ♦ προβλέπω

unrelated adj If one thing is unrelated to another, there is no connection between them. You can also say that two things are unrelated. *☞ My line of work is entirely unrelated to politics.* ♦ άσχετος, ασυναφής, που δεν έχει σχέση

TEST 10

Listening - Part 1 (page 77)

lift n A lift is a device that carries people or goods up and down inside tall buildings. *☞ They took the lift to the fourth floor.* ♦ ασανσέρ

dull adj If you describe someone or something as dull, you mean they are not interesting or exciting. *☞ They are both nice people but can be rather dull.* ♦ ανιαρός, βαρετός

Listening - Part 2 (page 77)

discouraging adj Something that causes you to lose your enthusiasm about your actions. *☞ Today's report is rather more discouraging for the economy.* ♦ αποθαρρυντικός, απογοητευτικός

unsympathetic adj Someone who is not kind or helpful to a person in difficulties. *☞ Her husband was unsympathetic and she felt she had no one to turn to.* ♦ άνονος, που δεν δείχνει συμπόνια ή ευαισθησία

hostile adj Someone who is unfriendly and aggressive. *☞ Drinking may make a person feel relaxed and happy, or it may make her hostile, violent, or depressed.* ♦ εχθρικός, επιθετικός

foolish adj If someone's behaviour or action is foolish, it is not sensible and shows a lack of good judgement. *☞ It would be foolish to raise hopes unnecessarily.*

♦ ανόητος

panicky adv A panicky feeling or panicky behaviour is characterized by panic. *☞ Amy felt a moment of pure, panicky loneliness.* ♦ πανικόβλητος, έντρομος

Listening - Part 3 (page 78)

orientation n Orientation is basic information or training that is given to people starting a new job, school, or course. *☞ They give their new employees a day or two of perfunctory orientation.* ♦ κατάρτιση, προσανατολισμός

financial aid n ♦ οικονομική βοήθεια

respective adj Relating or belonging separately to the individual people you have just mentioned. *☞ Steve and I were at very different stages in our respective careers.*

♦ αντίστοιχος, σχετικός

Listening - Part 4 (page 79)

stage n In a theatre, the stage is an area where actors or other entertainers perform. *☞ The road crew needed more than 24 hours to move and rebuild the stage after a concert.* ♦ σκηνή

fright n A sudden feeling of fear, especially the fear that you feel when something unpleasant surprises you. *☞ The steam pipes rattled suddenly, and Franklin uttered a shriek and jumped with fright.* ♦ φοβία, φόβος

stage fright τρακ, νευρικότητα (επικείμενης εμφάνισης ενώπιον κοινού)

licence n An official document which gives you permission to do, use, or own something. *☞ Smith, who did not have a licence, admitted driving without due care and attention.* ♦ άδεια

temporary adj Something that lasts for only a limited time. *☞ His job here is only temporary.* ♦ προσωρινός

Reading - Part 1 (page 80)

vow v If you vow to do something, you make a serious promise or decision that you will do it. *☞ They have vowed a quick and decisive response.* ♦ ορκίζομαι, δεσμεύομαι, υπόσχομαι

carbon neutral n A company, entity, or process producing zero carbon emissions. ♦ μηδενική παραγωγή εκπομπών διοξειδίου του άνθρακα

midway adv If something is midway between two places, it is between them and the same distance from each of them. *☞ The studio is midway between his aunt's old home and his cottage.* ♦ στη μέση της απόστασης

vulnerable adj Something that is vulnerable can be easily harmed or affected by something bad. *☞ Their tanks would be vulnerable to attack from the air.*

♦ ευάλωτος, τρωτός

literally adv You use literally to emphasize that what you are saying is true, even though it seems exaggerated or surprising. *☞ Putting on an opera is a tremendous enterprise involving literally hundreds of people.* ♦ στην κυριολεξία, κυριολεκτικά

wipe off phr.v. Erase, remove by or as if by rubbing or erasing. ♦ σβήνω, εξαφανίζω

uninhabitable adj If a place is uninhabitable, it is impossible for people to live there, for example because it is dangerous or unhealthy. *☞ As parts of the world become uninhabitable, millions of people will try to migrate to more hospitable areas.* ♦ μη κατοικήσιμος, "ακατοίκητος"

relocation n The action of moving someone or something to a different place. *☞ The company says the cost of relocation will be enormous.* ♦ μεταφορά, μετεγκατάσταση

evacuate v To evacuate someone means to send them to a place of safety, away from a dangerous building, town, or area. *☞ Since 1951, 18,000 people have been evacuated from the area.* ♦ απομακρύνω ανθρώπους, εκκελώνω μια περιοχή

emission n The release of gas or radiation into the atmosphere. *☞ Sulfur emissions from steel mills become acid rain.* ♦ έκλυση, εκπομπή

pledge n When someone makes a pledge, they make a serious promise that they will do something. *☞ The meeting ended with a pledge to step up cooperation between the six states of the region.* ♦ δεσμευτική υπόσχεση, δέσμευση

stance n Your attitude on a particular matter. *☞ The Congress had agreed to reconsider its stance on the armed struggle.* ♦ άποψη, θέση, στάση

spokesman n A man who speaks as the representative of a group or organization. *☞ A UN spokesman said that the mission will carry 20 tons of relief supplies.*

♦ εκπρόσωπος τύπου

Reading - Part 2 (page 81)

mill n A building in which grain is crushed to make flour. ♦ μύλος, αλεστήριο

bluff n A high steep bank (usually formed by river erosion). ♦ πηλατιά και απόκρημνη πηλαγιά

bend n A curve or angle in a road, pipe, or other long thin object. *☞ The crash occurred on a sharp bend.*

♦ κύρτωση, καμπύλη

erode v If rock or soil erodes or is eroded by the weather, sea, or wind, it cracks and breaks so that it is gradually destroyed. *☞ Once exposed, soil is quickly eroded by wind and rain.* ♦ διαβρώνω, αποσθρώνω

cliff n High area of land with a very steep side, especially one next to the sea. *☞ The car rolled over the edge of a cliff.* ♦ γκρεμός, απότομη βουνοπλαγιά

grind v If you grind a substance such as corn, you crush it between two hard surfaces or with a machine until it becomes a fine powder. ☞ *Store the peppercorns in an airtight container and grind the pepper as you need it.*

♦ αλέθω

grain n A cereal crop, especially wheat or corn, that has been harvested and is used for food or in trade.

☞ ...a bag of grain. ♦ σιτηρά

eagerly adv Expecting something interesting or enjoyable to happen. ☞ *So what do you think will happen?' he asked eagerly.* ♦ ανυπόμονα, ενθουσιωδώς

prestige n If a person, a country, or an organization has prestige, they are admired and respected because of the position they hold or the things they have achieved.

☞ ...efforts to build up the prestige of the United Nations.

♦ γόητρο, κύρος, αίγιη

luxury n Very great comfort, especially among beautiful and expensive surroundings. ☞ *By all accounts he leads a life of considerable luxury.* ♦ πολυτέλεια

generate v To generate a form of energy or power means to produce it. ☞ *The company, New England Electric, burns coal to generate power.* ♦ παράγω

plant n A factory or a place where power is produced.

☞ ...Ford's British car assembly plants. ♦ εργοστάσιο, εγκαταστάσεις

wire up phr.v. If you wire something up such as a building or piece of equipment, you put wires inside it so that electricity or signals can pass into or through it.

☞ ...learning to wire up and plumb the house herself.

♦ καλωδιώνω

bulb n The glass part of an electric lamp, which gives out light when electricity passes through it. ☞ *The stairwell was lit by a single bulb.* ♦ λυχνία, λάμπα

delight n A feeling of very great pleasure.

☞ *Throughout the house, the views are a constant source of surprise and delight.* ♦ αγαλλίαση, απόλαυση, χαρά

constant adj Something that happens all the time or is always there. ☞ *She suggests that women are under constant pressure to be abnormally thin.* ♦ σταθερός, διαρκής

restoration n Reconstruction, renewal, renovation.

♦ ανασύληψη, αναπαλαίωση

Countess n A woman who has the same rank as a count or earl, or who is married to a count or earl. ☞ *I read an interesting story about the Countess of Lichfield.*

♦ κόμισσα, κοντέσσα

earl n A British nobleman. ☞ *He was a descendant of the first Earl of Birkenhead.* ♦ ερλ, τιτλούχος ιεραρχίας μεταξύ μαρκήσιου και υποκόμη

innovator n Someone who introduces changes and new ideas. ☞ *He is an innovator in this field.* ♦ νεωτεριστής, καινοτόμος

faint v If you faint, you lose consciousness for a short time, especially because you are hungry, or because of pain, heat, or shock. ☞ *She suddenly fell forward on to the table and fainted.* ♦ λιποθυμώ

forefront n If something is at the forefront of people's minds or attention, they think about it a lot because it is particularly important to them. ☞ *The pension issue was not at the forefront of his mind in the spring of 1985.*

♦ προσκήνιο

Reading - Part 3 (page 82)

TEXT A

rapidly adv Quickly, fast. ☞ *He was moving rapidly around the room.* ♦ γρήγορα

flexible adj Something or someone that is flexible is able to change easily and adapt to different conditions and cir-

cumstances as they occur. ☞ *Look for software that's flexible enough for a range of abilities.*

♦ ευπροσάρμοστος, ευέλικτος

rigour n If something is done with rigour, it is done in a strict, thorough way. ☞ *The new current affairs series promises to address challenging issues with freshness and rigour.* ♦ αυστηρότητα

♦ αυστηρότητα

top-tier adj Top level, top rank, top standing, elite.

♦ υψηλού επιπέδου

unparalleled adj Something that it is, for example, bigger, better, or worse than anything else of its kind, or anything that has happened before. ☞ *Germany's unparalleled prosperity is based on wise investments.*

♦ απaráμιλλος, μοναδικός

powerhouse n A country or organization that has a lot of power or influence. ☞ *Nigeria is the most populous African country and an economic powerhouse for the continent.* ♦ ισχυρός παράγω

TEXT B

submit v If you submit a proposal, report, or request to someone, you formally send it to them so that they can consider it or decide about it. ☞ *They submitted their reports to the Chancellor yesterday.* ♦ υποβύλλω, καταθέτω

official adj Approved by the government or by someone in authority. ☞ *According to the official figures, over one thousand people died during the revolution.* ♦ επίσημος

letter of recommendation n A letter in which the writer assesses the qualities, characteristics, and capabilities of the person being recommended in terms of that individual's ability to perform a particular task or function.

♦ συστατική επιστολή

transcript n An inventory of the courses taken and grades earned of a student throughout a course.

♦ πιστοποιητικό μαθημάτων, "έλεγχος"

TEXT C

steady adj A steady situation continues or develops gradually without any interruptions and is not likely to change quickly. ☞ *Despite the steady progress of building work, the campaign against it is still going strong.*

♦ σταθερός

attend v If you attend an institution such as a school, college, or church, you go there regularly. ☞ *They attended college together at the University of Pennsylvania.*

♦ φοιτώ

TEXT D

reputation n To have a reputation for something means to be known or remembered for it. ☞ *Alice Munro has a reputation for being a very depressing writer.* ♦ φήμη

campus n An area of land that contains the main buildings of a university or college. ☞ *Private automobiles are not allowed on campus.* ♦ πανεπιστημιούπολη

Reading - Part 4 (page 83)

plateau n A large area of high and fairly flat land.

☞ *A broad valley opened up leading to a high, flat plateau of cultivated land.* ♦ ορονέδιο

rare adj Something that is not common and is therefore interesting or valuable. ☞ *I took a photo of the black-necked crane, one of the rarest species in the world.*

♦ σπάνιος

species n A class of plants or animals whose members have the same main characteristics and are able to breed with each other. ☞ *Pandas are an endangered species.*

♦ είδος, γένος

shrink v If something shrinks or something else shrinks it, it becomes smaller. ☞ *The vast forests of West Africa have shrunk.* ♦ συρρικνώνω-ομαι, μειώνομαι

habitat n The natural environment in which an animal or plant normally lives or grows. ☞ *In its natural habitat, the hibiscus will grow up to 25ft.* ♦ φυσική κατοικία (για ζώα/φυτά)

rabies n A serious disease which causes people and animals to go mad and die. Rabies is particularly common in dogs. ♦ ηύσσα

shepherd n A person, especially a man, whose job is to look after sheep. ♦ βοσκός

herd v If you herd animals, you make them move along as a group. ☞ *Stefano used a motor cycle to herd the sheep.* ♦ βόσκω σε αγέλη

vaccinate v If a person or animal is vaccinated, they are given a vaccine, usually by injection, to prevent them from getting a disease. ☞ *Dogs must be vaccinated against distemper.* ♦ εμβολιάζω || **vaccine:** εμβόλιο

transmission n The passing or sending of something to a different person or place. ☞ *Heterosexual contact is responsible for the bulk of HIV transmission.* ♦ μετάδοση, διάδοση

pack n A pack of wolves or dogs is a group of them that hunt together. ♦ αγέλη

dwindle v If something dwindles, it becomes smaller, weaker, or less in number. ☞ *The factory's workforce has dwindled from over 4,000 to a few hundred.*

♦ υφίσταμαι βαθμιαία ελάττωση, μειώνομαι

sophisticated adj A machine, device, or method that is more advanced or complex than others. ☞ *I bought a large and sophisticated new British telescope.*

♦ εξελιγμένος, υπερσύγχρονος

corridor n A strip of land that connects one country to another or gives it a route to the sea through another country. ☞ *East Prussia and the rest of Germany were separated, in 1919, by the Polish corridor.* ♦ στενή λωρίδα γης, "διάδρομος"

further afield phr In places or areas other than the nearest or most obvious one. ☞ *They enjoy participating in a wide variety of activities, both locally and further afield.*

♦ σε απόσταση, μακριά

critical adj A situation that is very serious and dangerous. ☞ *The authorities are considering an airlift if the situation becomes critical.* ♦ κρίσιμος, ζωτικός

highland n Elevated (e.g., mountainous) land.

♦ υψίπεδο, ορεινή περιοχή

ecosystem n All the plants and animals that live in a particular area together with the complex relationship that exists between them and their environment.

☞ *Madagascar's ecosystems range from rainforest to semi-desert.* ♦ οικοσύστημα

Test 11

Listening - Part 1 (page 85)

swine flu n ♦ γρίπη των χοίρων

Listening - Part 2 (page 85)

passive adj Someone that does not take action but instead let things happen to him. ☞ *His passive attitude made things easier for me.* ♦ παθητικός, αδρανής

easy-going adj Someone that is not easily annoyed, worried, or upset, and you think this is a good quality.

☞ *He was easy-going and good-natured.* ♦ καλόβολος, βοήθικος

hostile adj Someone that is unfriendly and aggressive.

☞ *Drinking may make a person feel relaxed and happy, or it may make her hostile, violent, or depressed.* ♦ εχθρικός, επιθετικός

stand up for phr.v. If you stand up for someone or something, you defend them and make your feelings or opinions very clear. ☞ *They stood up for what they believed to be right.* ♦ υπερασίζομαι

torn ligament n ♦ ρήξη συνδέσμου

Listening - Part 3 (page 86)

windmill n A building with long pieces of wood on the outside which turn around as the wind blows and provide energy for a machine that crushes grain. A windmill is also a similar structure that is used to convert the power of the wind into electricity. ♦ ανεμόμυλος

cooperative n A business or organization run by the people who work for it, or owned by the people who use it. These people share its benefits and profits. ☞ *They decided a housing co-operative was the way to fight unemployment in the region.* ♦ συνεταιρισμός, συνεργατική επιχείρηση

Listening - Part 4 (page 87)

profitable adj An organization or practice that makes a profit. ☞ *It was profitable for them to produce large amounts of food.* ♦ επικερδής, προσοδοφόρος

|| **profit:** κέρδος

insurance n An arrangement in which you pay money to a company, and they pay money to you if something unpleasant happens to you, for example if your property is stolen or damaged, or if you get a serious illness. ☞ *We recommend that you take out travel insurance on all holidays.* ♦ ασφάλεια, ασφάλιση

Reading - Part 1 (page 88)

Edward Scissorhands n ♦ ο Ψαλιδοχέρης

inventor n A person who has invented something, or whose job is to invent things. ☞ *Alexander Graham Bell is the inventor of the telephone.* ♦ εφευρέτης

ingenious adj Something that is very clever and involves new ideas, methods, or equipment. ☞ *He made a truly ingenious invention...* ♦ μεγαλοφυής, έξυπνος

device n An object that has been invented for a particular purpose, for example for recording or measuring something. ☞ *This is an electronic device that protects your vehicle 24 hours a day.* ♦ συσκευή, μηχανισμός

good-natured adj A person or animal that is naturally friendly and does not get angry easily. ☞ *He was good natured about it, he didn't fuss.* ♦ καλοκάγαθος, καλοσυνάτος

befriend v If you befriend someone, especially someone who is lonely or far from home, you make friends with them. ☞ *The film's about an elderly woman and a young nurse who befriends her.* ♦ κάνω παρέα, συναναστρέφομαι

obstacle n You can refer to anything that makes it difficult for you to do something as an obstacle.

☞ *To succeed, you must learn to overcome obstacles.*

♦ εμπόδιο, δυσκολία

unsuspecting adj Someone who is not at all aware of something that is happening or going to happen. ☞ *He suddenly attacked his unsuspecting victim.* ♦ ανυποψίαστος

hilarity n Great amusement and laughter. ☞ *Fun, games and a degree of hilarity ensued.* ♦ φαιδρότητα, ευθυμία

unscrupulous adj Someone who is prepared to act in a dishonest or immoral way in order to get what he wants. ☞ *These kids are being exploited by very unscrupulous people.* ♦ που δεν έχει ηθικούς φραγμούς, αδίστακτος

trick v If someone tricks you, they deceive you, often in order to make you do something. *His family tricked him into going to Pakistan, and once he was there, they took away his passport.* ♦ εξαπατώ, ξεγελώ

burglarize v If a building is burglarized, a thief enters it by force and steals things. *Her home was burglarized.* ♦ κάνω διάρρηξη, παραβιάζω

naivety n The state of lacking experience and so to expect things to be easy or people to be honest or kind. *I was alarmed by his naivety and ignorance of international affairs.* ♦ αφέλεια

frustration n The feeling that accompanies an experience of being disappointed by not attaining your goals. *The results show the level of frustration among hospital doctors.* ♦ απογοήτευση, απόγνωση

blade n The edge of a knife, axe, or saw, which is used for cutting. *Many of these tools have sharp blades, so be careful.* ♦ λεπίδα, λάμα

rumour n A story or piece of information that may or may not be true, but that people are talking about. *Simon denied rumours that he was planning to visit Bulgaria later this month.* ♦ διάδοση, φήμη

estrangement n The feeling of being alienated from other people. *The trip will bring to an end years of estrangement between the two families.* ♦ αποξένωση

tolerance n The quality of allowing other people to say and do as they like, even if you do not agree or approve of it. *I admire his tolerance and understanding of diverse human nature.* ♦ ανοχή, ανεκτικότητα

stray v If someone strays somewhere, they wander away from where they are supposed to be. *Tourists often get lost and stray into dangerous areas.* ♦ ξεφεύγω, παρεκκλίνω

norm n A way of behaving that is considered normal in a particular society. *There is a social norm that says drunkenness is inappropriate behaviour.* ♦ πρότυπο, κανόνας

mockery n The act of showing your contempt by making fun of people. *Was there a bit of mockery in his eyes?* ♦ χλεύη, κοροϊδία

harsh adj Actions or speech that are unkind and show no understanding or sympathy. *He said many harsh and unkind things about his opponents.* ♦ αυστηρός, οξύς

vice n A habit which is regarded as a weakness in someone's character, but not usually as a serious fault. *Smoking was never one of his vices.* ♦ αδυναμία, ελάττωμα

infuse v To infuse a quality into someone or something, or to infuse them with a quality, means to fill them with it. *Many of the girls seemed to be infused with excitement on seeing the snow.* ♦ προσδίδω, δίνω

impeccable adj Something that is perfect and has no faults. *She had impeccable taste in clothes.* ♦ άψογος, άμεμπτος

touching adj Something that causes feelings of sadness or sympathy. *Her story is the touching tale of a wife who stood by the husband she loved.* ♦ συγκινητικός

gloomy adj If a place is gloomy, it is almost dark so that you cannot see very well. *Inside it's gloomy after all that sunshine.* ♦ ζοφερός, σκοτεινός

shelter n A small building or covered place which is made to protect people from bad weather or danger. *The city's bomb shelters were being prepared for possible air raids.* ♦ καταφύγιο, άσυλο

sinister adj Something that seems evil or harmful. *There was something sinister about him that she found disturbing.* ♦ απειλητικός, δυσοίωνος

get along with phr.v. If you get along with someone, you have a friendly relationship with them. *It's impossi-*

ble to get along with him. ♦ τα πηγαίνω (καλά)

mediocre adj Something that is of average quality but you think it should be better. *His school record was mediocre.* ♦ μέτριος

Reading - Part 2 (page 89)

breed n A particular type of a pet animal or a farm animal. For example, terriers are a breed of dog. *Certain breeds are more dangerous than others.* ♦ ράτσα, είδος

shrink v If something shrinks, it becomes smaller. *The vast forests of West Africa have shrunk.* ♦ συρρικνώνομαι, μικραίνω σε μέγεθος

adulthood n The state of being an adult. *Few people nowadays are able to maintain friendships into adulthood.* ♦ ενήλικη ζωή

reproduce v When people, animals, or plants reproduce, they produce young. *We are reproducing ourselves at such a rate that our numbers threaten the ecology of the planet.* ♦ αναπαράγω, αναπαράγομαι

decrease v When something decreases or when you decrease it, it becomes less in quantity, size, or intensity. *The number of independent firms decreased from 198 to 96.* ♦ μειώνομαι, ελαττώνομαι

debate n A discussion about a subject on which people have different views. *There has been a lot of debate among scholars about this.* ♦ διάλογος, συζήτηση

mild adj Mild weather is pleasant because it is neither extremely hot nor extremely cold. *The area is famous for its very mild winter climate.* ♦ ήπιος, "γλυκός"

vegetation n Plants, trees, and flowers. *The inn has a garden of semi-tropical vegetation.* ♦ βλάστηση

harsh adj Harsh climates or conditions are very difficult for people, animals, and plants to live in. *The weather grew harsh, chilly and unpredictable.* ♦ δριμύς, άγριος

pile v To form a pile or accumulation. *A few newspapers and magazines were piled on a table.* ♦ συγκεντρώνω, συσσωρεύω] **pile (n):** σωρός

individual n A particular being or thing as distinguished from a class, species, or collection. ♦ άτομο

herd v If you herd animals, you make them move along as a group. *A boy herded half a dozen camels down towards the lake.* ♦ ποιμαίνω, βόσκω

equation n An equation is a mathematical statement saying that two amounts or values are the same. *I watched Michaela, who had never been a science or maths person, study equations and laboratory experiments.* ♦ εξίσωση

Reading - Part 3 (page 90)

TEXT A

originate v When something originates or when someone originates it, it begins to happen or exist. *The disease originated in Africa.* ♦ προέρχομαι, κατάγομαι

TEXT B

format n The way or order in which something is arranged and presented. *I had met with him to explain the format of the programme and what we had in mind.* ♦ πρότυπο, μορφή

randomly adv In a way where people or things participating somewhere have an equal chance of being chosen. *...interviews with a randomly selected sample of thirty girls aged between 21 and 29.* ♦ τυχαία

showcase n A situation or setting in which something is displayed or presented to its best advantage. *The festival remains a valuable showcase for new talent.* ♦ επίδειξη, προβολή

TEXT C

schedule v If something is scheduled to happen at a particular time, arrangements are made for it to happen at that time. ☞ *A presidential election was scheduled for last December.* ♦ προγραμματίζω, ορίζω

pensioner n Someone who receives a pension, especially a pension paid by the state to retired people.

☞ *Any pensioner with a licence that expired after that date would be able to claim a partial refund, he said.*

♦ συνταξιούχος

TEXT D

endurance n The ability to continue with an unpleasant or difficult situation, experience, or activity over a long period of time. ☞ *The exercise will obviously improve strength and endurance.* ♦ ανθεκτικότητα, αντοχή

fatigue n A feeling of extreme physical or mental tiredness. ☞ *Clarke says his team could have lasted another 15 days before fatigue would have begun to show.* ♦ κόπωση, κούραση

ties n The connections you have with people or a place. ☞ *Quebec, the French-speaking region in Canada, has always had particularly close ties to France.* ♦ δεσμοί, σχέσεις

self-esteem n The way you feel about yourself.

☞ *Poor self-esteem is at the centre of many of the difficulties we experience in our relationships.* ♦ αυτοσεβασμός, αυτοεκτίμηση

well-being n Health and happiness. ☞ *His work emphasised the emotional as well as the physical well-being of children.* ♦ ευεξία, ευημερία

Reading - Part 4 (page 91)

social networking n ♦ κοινωνική δικτύωση

enable v If someone or something enables you to do a particular thing, they give you the opportunity to do it.

☞ *The new test should enable doctors to detect the disease early.* ♦ "επιτρέπω", δίνω τη δυνατότητα

update n A news item containing the latest information about a particular situation. ☞ *She had heard the news-flash on a TV channel's news update.* ♦ ενημέρωση

display v When a computer displays information, it shows it on a screen. ☞ *They started out by looking at the computer screens which display the images.*

♦ εμφανίζω, παρουσιάζω

subscribe v If you subscribe to an online newsgroup or service, you send a message saying that you wish to receive it or belong to it. ☞ *Usenet is a collection of discussion groups, known as newsgroups, to which anybody can subscribe.* ♦ εγγράφομαι, γίνομαι μέλος

block n A block of something such as tickets or shares is a large quantity of them, especially when they are all sold at the same time and are in a particular sequence or order. ☞ *Those booking a block of seats get them at reduced rates.* ♦ ομάδα, σύνολο

queue up phr.v. If you say that people are queuing up to do or have something, you mean that a lot of them want the opportunity to do it or have it. ☞ *People are queuing up to work for me!* ♦ σχηματίζω ουρά, συνωσιζομαι

potential adj You use potential to say that someone or something is capable of developing into the particular kind of person or thing mentioned. ☞ *We are aware of the potential problems and have taken every precaution.* ♦ πιθανός, δυνατόι

broad adj Something that includes a large number of different things or people. ☞ *A broad range of issues was discussed.* ♦ μεγάλος, ευρύς

bandwagon n An activity or movement that has sudden-

ly become fashionable or popular. ☞ *So what is really happening as the information bandwagon starts to roll?*

♦ μόδα, τάση

estimate v If you estimate a quantity or value, you make an approximate judgment or calculation of it.

☞ *He estimated the speed of the winds from the degree of damage.* ♦ εκτιμώ, υπολογίζω

sign up phr.v. To join a club, an activity, etc. ☞ *He decided to sign up for yoga classes.* ♦ εγγράφομαι, συμμετέχω

hijack v If you say that someone has hijacked something, you disapprove of the way in which they have taken control of it when they had no right to do so.

☞ *A peaceful demonstration had been hijacked by anarchists intent on causing trouble.* ♦ καταλαμβάνω, καρπώνομαι

hashtag n Words or phrases prefixed with a hash (#) symbol. ♦ (ορολογία του Twitter)

tag n A non-hierarchical keyword or term assigned to a piece of information (such as an internet bookmark, digital image, or computer file). ♦ ετικέτα (ορολογία του Internet)

attempt v If you attempt to do something, especially something difficult, you try to do it. ☞ *The only time that we attempted to do something like that was in the city of Philadelphia.* ♦ επιχειρώ, προσπαθώ

cope with phr.v. If you cope with a problem or task, you deal with it successfully. ☞ *The problems were great, but we managed to cope with them.* ♦ αντεπεξέρχομαι, ξεπερνάω

creeping adj Something that becomes part of something without people realizing or without wanting it.

☞ *Now, through an insidious and creeping malaise, boardroom power is returning to the politicians.*

♦ υφέρπων, υποβόσκων

commercialisation n The process or cycle of introducing a new product into the market.

☞ *Commercialisation has given many sports a higher profile.* ♦ εμπορευματοποίηση

spammer n Someone who sends unwanted e-mails to a large number of people or organizations, usually as advertising. ☞ *The real culprits are the spammers.*

♦ αποστολέας ανεπιθύμητης αλληλογραφίας

give up phr.v. If you give up something, you stop doing it or having it. ☞ *Coastguards had given up all hope of finding the two divers alive.* ♦ εγκαταλείπω, αφήνω

Test 12

Listening - Part 1 (page 93)

eventually adv In the end, especially after a lot of delays, problems, or arguments. ☞ *The flight eventually got away six hours late.* ♦ επίρρ. τελικά, στο τέλος

attitude n The way that you think and feel about sth, especially when this shows in the way you behave. ☞ *His attitude made me angry.* ♦ στάση, συμπεριφορά, αντιμετώπιση

disturb v If you disturb someone, you interrupt what they are doing and upset them. ☞ *I hope I'm not disturbing you.* ♦ αναστατώνω, ενοχλώ

Listening - Part 2 (page 94)

tease v To tease someone means to laugh at them or make jokes about them in order to embarrass, annoy, or upset them. ☞ *He teased me mercilessly about going to Hollywood to become a film star.* ♦ πειράζω, περιπαίζω

unrelated adj If one thing is unrelated to another, there is no connection between them. ☞ *My line of work is entirely unrelated to politics.* ♦ που δεν έχει σχέση, άσχετος

Listening - Part 3 (page 95)**fossil fuel** n ♦ ορυκτό καύσιμο**consumption** n The consumption of fuel or natural resources is the amount of them that is used or the act of using them. ☞ *The laws have led to a reduction in fuel consumption in the US.* ♦ κατανάλωση**carbon dioxide** n ♦ διοξείδιο του άνθρακα**absorb** v If something absorbs a liquid, gas, or other substance, it soaks it up or takes it in. ☞ *Plants absorb carbon dioxide from the air and moisture from the soil.* ♦ απορροφώ**willing** adj If someone is willing to do something, they are fairly happy about doing it and will do it if they are asked or required to do it. ☞ *There are, of course, questions which she will not be willing to answer.* ♦ πρόθυμος, διατεθειμένος**Listening - Part 4 (page 96)****truthful** adj If a person or their comments are truthful, they are honest and do not tell any lies. ☞ *We've all learnt to be fairly truthful about our personal lives.*

♦ φιλολήθης, ειλικρινής

renewable adj Natural resources such as wind, water, and sunlight which are always available. ☞ *We all must all use renewable energy sources.* ♦ ανανεώσιμος (για ενέργεια)**fine** n A fine is a punishment in which a person is ordered to pay a sum of money because they have done something illegal or broken a rule. ☞ *He was imposed a fine for sending text messages while driving.*

♦ πρόστιμο, χρηματική ποινή

carbon credits n ♦ πιστώσεις ρύπων**emission** n The release of gas or radiation into the atmosphere. ☞ *Sulfur emissions from steel mills become acid rain.* ♦ έκλυση, εκπομπή**commute** n The journey that you make when you travel a long distance every day between your home and your place of work. ☞ *The average Los Angeles commute is over 60 miles a day.* ♦ μετακίνηση με ΜΜΜ**pointless** adj Something that has no sense or purpose. ☞ *Violence is always pointless.* ♦ άσκοπος, χωρίς νόημα**beneficial** adj Something that helps people or improves their lives. ☞ *Using computers has a beneficial effect on children's learning.* ♦ ωφέλιμος, χρήσιμος**unbiased** adj Someone who is fair and is not likely to support one particular person or group involved in something. ☞ *There is no clear and unbiased information available for consumers.* ♦ αμερόληπτος, αντικειμενικός**deforestation** n The logging and/or burning of trees in the forested area. ☞ *...the ecological crisis of deforestation.* ♦ αποψίλωση, αποδάσωση**Reading - Part 1 (page 97)****conscience** n Your conscience is the part of your mind that tells you whether what you are doing is right or wrong. ☞ *I have battled with my conscience over whether I should actually send this letter.* ♦ συνείδηση, ηθικές αρχές**dairy** adj Dairy is used to refer to foods such as butter and cheese that are made from milk. ☞ *You must consume vitamins found in eggs, meat and dairy products.*

♦ γαλακτοκομικός

venture v To expose to hazard, to risk. ☞ *'Don't ask,' he said, whenever Ginny ventured to raise the subject.*

♦ επιχειρώ, διακινδυνεύω

deliberately adv In a way that is planned or decided beforehand, and so something happens on purpose rather than by chance. ☞ *It looks as if the fire was started deliberately.* ♦ προμελετημένα, σκοπιμώς**dividend** n The part of a company's profits which is paid to people who have shares in the company. ☞ *This**year's dividend has been increased by nearly 4 per cent.*

♦ μέρισμα

shareholder n A person who owns shares in a company. ☞ *A shareholders' meeting will take place tomorrow.*♦ μέτοχος || **share:** μετοχή**founder** n The founder of an institution, organization, or building is the person who got it started or caused it to be built, often by providing the necessary money. ☞ *He was one of the founders of the university's medical faculty.* ♦ ιδρυτής**lend** v When people or organizations such as banks lend you money, they give it to you and you agree to pay it back at a future date, often with an extra amount as interest. ☞ *I had to lend him ten pounds to take his children to the pictures.* ♦ δανείζω**nutritional** adj The nutritional content of food is all the substances that are in it which help you to remain healthy. ☞ *Cooking vegetables reduces their nutritional value.* ♦ θρεπτικός, διατροφικός**cooperation** n Joint operation or action. ☞ *Their cooperation with us was essential for the success of our mission.*

♦ συνεργασία, σύμπραξη

sustainable adj A sustainable plan, method, or system is designed to continue at the same rate or level of activity without any problems. ☞ *The creation of an efficient and sustainable transport system is critical to the long-term future of London.* ♦ σταθερός**figure** n A particular amount expressed as a number, especially a statistic. ☞ *It would be very nice if we had a true figure of how many people in this country haven't got a job.* ♦ αριθμός, μέγεθος**malnutrition** n If someone is suffering from malnutrition, they are physically weak and extremely thin because they have not eaten enough food. ☞ *Infections are more likely in those suffering from malnutrition.* ♦ υποσιτισμός**alleviate** v If you alleviate pain, suffering, or an unpleasant condition, you make it less intense or severe. ☞ *Nowadays, a great deal can be done to alleviate back pain.* ♦ απαλύνω, ανακουφίζω**zero in** phr.v. To close in on or focus attention on an objective. ☞ *Investigators are zeroing in on a suspect.*

♦ εστιάζω, επικεντρώνομαι

malnourished adj Someone who is physically weak because he does not eat enough food or does not eat the right kind of food. ☞ *About thirty per-cent of the country's children were malnourished.* ♦ υποσιτιζόμενος**considerable** adj Great in amount or degree. ☞ *Vets' fees can be considerable, even for routine visits.*

♦ κάμποσος, αρκετός, αξιόλογος

tank n A large container for holding liquid or gas.☞ *Two water tanks provide a total capacity of 400 litres.*

♦ δεξαμενή, ντεπόζιτο

harmful adj Something that has a bad effect on sth else, especially on a person's health. ☞ *It believed the affair was potentially harmful to British economy.*

♦ επιζήμιος, επιβλαβής

nutrient n Substances that help plants and animals to grow. ☞ *...the role of vegetable fibres, vitamins, minerals and other essential nutrients.* ♦ θρεπτική ουσία**intake** n Your intake of a particular kind of food, drink, or air is the amount that you eat, drink, or breathe in.☞ *Your intake of alcohol should not exceed two units per day.* ♦ πρόσληψη, κατανάλωση**distribute** v If you distribute things, you hand them or deliver them to a number of people. ☞ *Students shouted slogans and distributed leaflets.* ♦ διανέμω, μοιράζω**accompany** v If you accompany someone, you go some-

where with them. *☞ The Prime Minister, accompanied by the governor, led the President up to the house.* ♦ συνοδεύω
representative n A representative is a person whose job is to sell a company's products or services, especially by travelling round and visiting other companies.

☞ She had a stressful job as a sales representative.

♦ αντιπρόσωπος, εκπρόσωπος

prevention n The act of ensuring that something does not happen. *☞ You should care about the prevention of heart disease.* ♦ πρόληψη, αποτροπή

comparatively adv Relatively, in a relative manner, by comparison to something else *☞ Mark and Ian are children who find it comparatively easy to make and keep friends.* ♦ συγκριτικά, σχετικά

aim v If you aim for something or aim to do sth, you plan or hope to achieve it. *☞ I organised a fundraiser which aims to raise funds for children with special needs.*

♦ σκοπεύω, αποσκοπώ

Reading - Part 2 (page 97)

B.A n a B.A. is a first degree in an arts or social science subject. B.A. is an abbreviation for 'Bachelor of Arts'. *☞ I did a B.A. in film making.* ♦ πτυχίο πρώτης βαθμίδας στην τριτοβάθμια εκπαίδευση

M.A. n an M.A. is a master's degree in an arts or social science subject. M.A. is an abbreviation for 'Master of Arts'. *☞ She then went on to university where she got a B.A. and then an M.A..* ♦ προδιδακτορικό πτυχίο, μάστερ

] **PhD:** διδακτορικό πτυχίο, ντοκτορά

anthology n A collection of writings by different writers published together in one book. *☞ I read an anthology of poetry.* ♦ ανθολογία, συλλογή

assignment n You can refer to someone being given a particular task or job as their assignment to the task or job. *☞ An Australian group of scientists scheduled for assignment to Europe was ordered to remain in Egypt.*

♦ αποστολή, ανάθεση

intern v If someone is interned, they are put in prison or in a prison camp for political reasons. *☞ He was interned as an enemy alien at the outbreak of the Second World War.* ♦ εγκλείω, περιορίζω

suspicion n A belief or feeling that someone has committed a crime or done something wrong. *☞ There was a suspicion that this runner attempted to avoid the procedures for dope testing.* ♦ υποψία, υπόνοια

espionage n The activity of finding out the political, military, or industrial secrets of your enemies or rivals by using spies. *☞ The authorities have arrested several people suspected of espionage.* ♦ κατασκοπεία

outspoken adj Someone who gives his opinions about things openly and honestly, even if he is likely to shock or offend people. *☞ Some church leaders have been outspoken in their support for political reform in Africa.* ♦ κάποιος που δεν φοβάται να εκφραστεί ελεύθερα, ευθαρσής

conviction n A strong belief or opinion. *☞ Their religious convictions prevented them from taking up arms.*

♦ φρόνημα, πεποίθηση

rural adj Rural places are far away from large towns or cities. *☞ These plants have a tendency to grow in the more rural areas.* ♦ αγροτικός

radically adv In a very important and great degree. *☞ ...two large groups of people with radically different beliefs and cultures.* ♦ ριζικά, εκ βάθρων

punctuation n The use of symbols such as full stops or periods, commas, or question marks to divide written words into sentences and clauses. *☞ He was known for his poor grammar and punctuation.* ♦ διάστιξη, στίξη

fellowship n A fellowship at a university is a post which

involves research work. *☞ He was offered a research fellowship at Harvard University.* ♦ θέση υπότροφου βοηθού καθηγητή, υποτροφία για ερευνητή

admire v If you admire someone or something, you like and respect them very much. *☞ All those who knew him will admire him for his work.* ♦ θαυμάζω

avant garde adj Avant garde art, music, theatre, and literature is very modern and experimental. *☞ We went to an avant garde concert music.* ♦ πρωτοποριακός, προχωρημένος, σύγχρονος

recount v If you recount a story or event, you tell or describe it to people. *☞ He then recounted the story of the interview for his first job.* ♦ διηγούμαι, αφηγούμαι

attain v If you attain a particular state or condition, you may reach it as a result of natural development or work hard to attain this state. *☞ He managed to attain a state of calmness and confidence.* ♦ αποκτώ, κατακτώ

volunteer n Someone who does work without being paid for it, because they want to do it. *☞ Mike was a member of the local volunteer fire brigade.* ♦ εθελοντής

abandon v If you abandon an activity or piece of work, you stop doing it before it is finished. *☞ The authorities have abandoned any attempt to distribute food.* ♦ εγκαταλείπω, παρατώ

structure n The way in which something is made, built, or organized. *☞ The chemical structure of this particular molecule is very unusual.* ♦ δομή, διάρθρωση

Reading - Part 3 (page 98)

TEXT A

definition n A statement giving the meaning of a word or expression, especially in a dictionary. *☞ There is no general agreement on a standard definition of intelligence.* ♦ ορισμός, έννοια

fixed adj Something which stays the same and does not or cannot vary. *☞ Many restaurants offer fixed-price menus.* ♦ σταθερός, αμετάβλητος

axis n An imaginary line through the middle of sth. *☞ This fixed centre point is your spine, which is the central axis of your golf swing.* ♦ άξονας

rotation n A circular movement, the movement of something through one complete circle. *☞ ...the daily rotation of the earth upon its axis.* ♦ περιστροφή

latitude n The latitude of a place is its distance from the equator. *☞ In the middle to high latitudes rainfall has risen steadily over the last 20-30 years.* ♦ γεωγραφικό πλάτος

longitude n The longitude of a place is its distance to the west or east of a line passing through Greenwich, London. *☞ He noted the latitude and longitude, then made a mark on the chart.* ♦ γεωγραφικό μήκος

applicable adj Something that is applicable to a particular situation is relevant to it or can be applied to it. *☞ Appraisal has traditionally been seen as most applicable to those in management and supervisory positions.*

♦ εφαρμόσιμος

sheet n A sheet of something is a thin wide layer of it over the surface of something else. *☞ On the surface of the lake there was a sheet of ice.* ♦ στρώμα

shifting adj Something which is made up of parts that are continuously moving and changing position in relation to other parts. *☞ This town is a classic case of shifting populations.* ♦ που μετακινείται, που μετατοπίζεται

permanently adv For a long time without essential change. *☞ His common sense had been permanently affected by what he had witnessed.* ♦ μόνιμα

marker n An object which is used to show the position of something, or is used to help someone remember something. *☞ He put a marker in his book and followed*

her out. ♦ σημάδι, σημείο

elusive adj Something or someone that is difficult to find, describe, remember, or achieve. ☞ *In London late-night taxis are elusive and far from cheap.* ♦ ακαθόριστος, δύσκολος να πραγματοποιηθεί ή βρεθεί

aviation n The operation and production of aircraft. ☞ *But that goal remains as elusive as ever, in the never ending saga of UK-US aviation negotiations.*

♦ αεροπορία, αεροναυπηγική

expedition n An organized journey that is made for a particular purpose such as exploration. ☞ *...Byrd's 1928 expedition to Antarctica.* ♦ αποστολή

TEXT B

airfare n The airfare to a place is the amount it costs to fly there. ☞ *Economy airfare, round-trip from Los Angeles on Cathay Pacific Airlines is included in the cost of the Seminar.* ♦ αεροπορικό εισιτήριο

vessel n A ship or large boat. ♦ πλοίο, σκάφος

itinerary n A plan of a journey, including the route and the places that you will visit. ☞ *The next place on our itinerary was the museum.* ♦ δρομολόγιο

lecture n A talk someone gives in order to teach people about a particular subject, usually at a university or college. ☞ *I attended a series of lectures by Professor Eric Robinson.* ♦ διάλεξη

miscellaneous adj A group that consists of many different kinds of things or people that are difficult to put into a particular category. ☞ *...a pile of miscellaneous junk.*

♦ ετερόκλητος, ποικιλοκλής

parka n A parka is a jacket or coat which has a thick lining and a hood with fur round the edge. ☞ *American leather-wear company Coach adds parkas and trench coats to its classic bag range.* ♦ επανωφόρι με κουκούλα, "μονγκόμερι"

beverage n Beverages are drinks. ☞ *Alcoholic beverages are served in the hotel lounge.* ♦ ποτό

TEXT C

icebreaker n A large ship which sails through frozen waters, breaking the ice as it goes, in order to create a passage for other ships. ♦ παγοθραυστικό

pack ice n An area of ice that is floating on the sea. It is made up of pieces of ice that have been pushed together. ♦ ογκόπαγος, σωρός πάγων

walrus n A large, fat animal which lives in the sea. It has two long teeth called tusks that point downwards.

♦ θαλάσσιος ίππος, οδόβαινος ο ροσμάρος

disembark v When passengers disembark from a ship, aeroplane, or bus, they leave it at the end of their journey. ☞ *I looked towards the plane. Six passengers had already disembarked.* ♦ αποβιβάζομαι

TEXT D

tour operator n ♦ ταξιδιωτικός πράκτορας, διοργανωτής ταξιδιών

occupancy n The act of using a room, building, or area of land, usually for a fixed period of time. ☞ *Hotel occupancy has been as low as 40%* ♦ διαμονή, παραμονή - χρήση δωματιού ή χώρου

Reading - Part 4 (page 99)

border v A country that borders another country, a sea, or a river is next to it. ☞ *I visited the European and Arab countries bordering the Mediterranean.*

♦ συνορεύω, γειτνιάζω

attract v If something attracts people or animals, it has features that cause them to come to it. ☞ *Warm weather has attracted the flat fish close to shore.* ♦ ελκύω, προσελκύω

break down phr.v. To break down something such as an idea or statement means to separate it into smaller parts in order to make it easier to understand or deal with. ☞ *These rules tell us how a sentence is broken down into phrases.* ♦ διαιρώ, χωρίζω

segment n One part of something, considered separately from the rest. ☞ *I met him on the third segment of his journey.* ♦ τμήμα, μέρος

stage n A stage of an activity, process, or period is one part of it. ☞ *Mr Cook has arrived in Greece on the final stage of a tour which also included Egypt and Israel.*

♦ περίοδος, στάδιο

prestigious adj An institution, job, or activity which is respected and admired by people. ☞ *It's one of the best equipped and most prestigious schools in the country.*

♦ που έχει κύρος

jersey n A jersey is a knitted piece of clothing that covers the upper part of your body and your arms and does not open at the front. Jerseys are usually worn over a shirt or blouse. ☞ *His grey jersey and trousers were sodden with the rain.* ♦ πουλόβερ, φανέλα

arguably adv You can use arguably when you are stating your opinion or belief, as a way of giving more authority to it. ☞ *They are arguably the most important band since The Rolling Stones.* ♦ βασίμως, ευλόγως

distinctive adj Sth that is distinctive has a special quality or feature which makes it easily recognizable and different from other things of the same type. ☞ *His voice was very distinctive.* ♦ χαρακτηριστικός, ευδιάκριτος

daunting adj Something that makes you feel slightly afraid or worried about dealing with it. ☞ *They were faced with the daunting task of restoring the house.*

♦ εκφοβιστικός, αποθαρρυντικός

allowance n Money that is given to someone, usually on a regular basis, in order to help them pay for the things that they need. ☞ *He lives on a single parent's allowance of £70 a week.* ♦ επίδομα, επιχορήγηση

entrant n A person who is taking part in a competition. ☞ *All items entered for the competition must be the entrant's own work.* ♦ συμμετέχω

amateur n Someone who does something as a hobby and not as a job. ☞ *Jerry is an amateur who dances because he feels like it.* ♦ μη επαγγελματίας, ερασιτέχνης

mend v If you mend something that is broken or not working, you repair it, so that it works properly or can be used. ☞ *I should have had the catch mended, but never got round to it.* ♦ επισκευάζω, επιδιορθώνω

conduct v When you conduct an activity or task, you organize it and carry it out. ☞ *He said they were conducting a campaign against democrats across the country.*

♦ διεξάγω, διενεργώ

undermine v If you undermine something such as a feeling or a system, you make it less strong or less secure than it was before, often by a gradual process or by repeated efforts. ☞ *Offering her advice on each and every problem will undermine her own feeling of being responsible.* ♦ υπονομεύω, υποσκάπτω

colourful adj A colourful character is a person who behaves in an interesting and amusing way. ☞ *Casey Stengel was probably the most colorful character in baseball.* ♦ γραφικός, ιδιόρρυθμος

absorb v If a group is absorbed into a larger group, it becomes part of the larger group. ☞ *The Colonial Office was absorbed into the Foreign Office.* ♦ απορροφώ, απομοιώνω

trait n A particular characteristic, quality, or tendency that someone or something has. ☞ *The study found that some alcoholics had clear personality traits showing up early in childhood.* ♦ γνώρισμα, χαρακτηριστικό