



DIFFERENTIATED AND GRADED NATIONAL FOREIGN LANGUAGE EXAMS
NATIONAL AND KAPODISTRIAN UNIVERSITY OF ATHENS

NSRF 2007-2013



B

EXAM PREPARATION IN SCHOOL

THE B LEVEL (B1&B2)
EXAM IN ENGLISH

STUDENT'S BOOK

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THE B LEVEL (B1&B2) EXAM IN ENGLISH

STUDENT'S BOOK

Practice Tests Student's Book

This is one of a series of three practice test books written and designed for EFL teachers preparing their students for the national foreign language exams in English, leading to the state certificate of language proficiency (KPG). Work for this series has been carried out within the framework of the project entitled “Differentiated and Graded National Foreign Language Exams” (Greek acronym DiaPEG), which is co-financed by the European Union and Greece, with the purpose to support and further develop the national foreign language exam system of Greece. More specifically, it has been carried out as a deliverable of subproject 10, entitled “Linking foreign language education in school with the national language exams,” on the basis of which a similar series will be produced for the German and Spanish exams.

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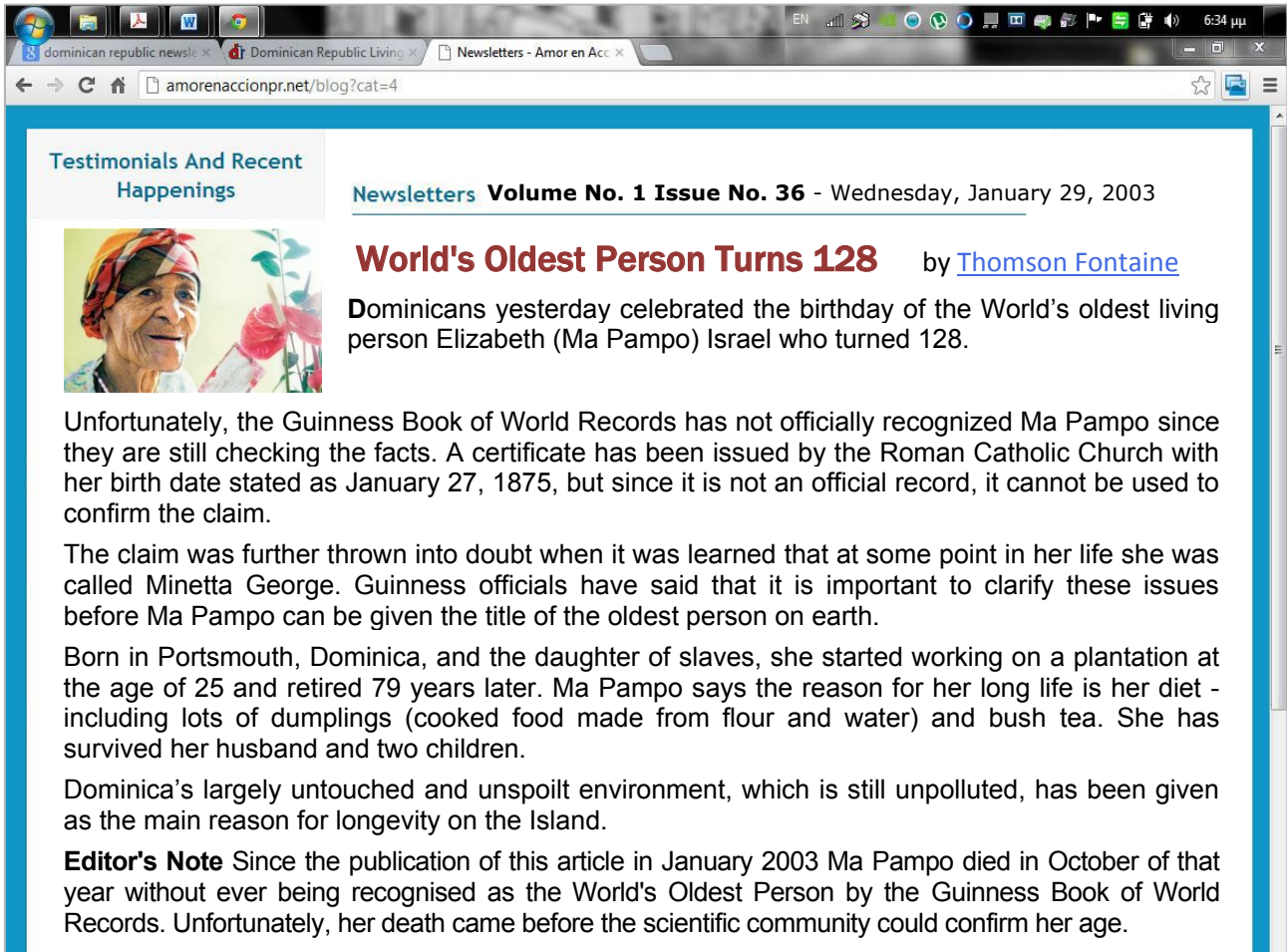
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ACTIVITY 1

1.1 Read the text about the World's Oldest Person and choose the best answer (A, B, or C) for item 1.

1. The text is about someone who

- A. was the world's oldest person. B. will be the world's oldest person. C. may have been the world's oldest person.



The screenshot shows a web browser window with the URL amorenaccionpr.net/blog?cat=4. The page title is "Testimonials And Recent Happenings" and the content is from "Newsletters Volume No. 1 Issue No. 36 - Wednesday, January 29, 2003". The article is titled "World's Oldest Person Turns 128" by Thomson Fontaine. The text describes Ma Pampo, a Dominican woman who turned 128, and discusses the Guinness Book of World Records' recognition of her age. It mentions that she was born in Portsmouth, Dominica, and that her long life is attributed to her diet and the clean environment of Dominica. The article also notes that she died in October 2003 before her age could be confirmed by the Guinness Book of World Records.

1.2 Read the text again and choose the best answer (A, B, or C) for items 2-6.

2. Who says Ma Pampo is the oldest person on earth?

- A. The Church. B. People in her country. C. The Guinness Book of Records.

3. What is the position of the Guinness Book of Records?

- A. They refuse to give Ma Pampo the title. B. They want to check the facts. C. They will give Ma Pampo the title.

4. What is Ma Pampo's explanation for her long life?

- A. She worked hard all her life. B. She ate lots of cooked food. C. She ate the right kind of food.

5. Ma Pampo's husband is

- A. still alive. B. younger than her. C. dead.

6. Why do people in Dominica live a long time? Because

- A. of the clean atmosphere. B. the country has a small population. C. the people live in a happy society.

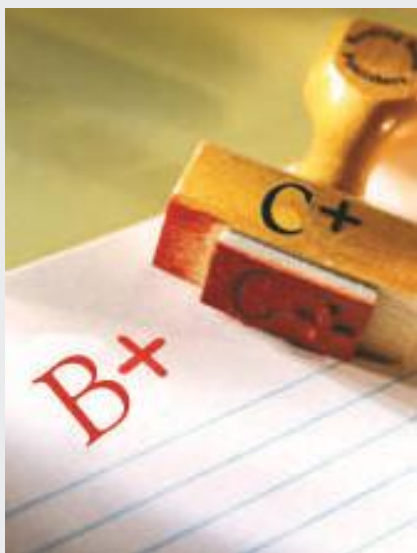
ACTIVITY 2

Match the underlined words in the text below (items 7-11) with a word that has a similar meaning in this context (options A-F). There is one option you do not need.

A.	purpose	B.	idea	C.	skills	D.	behaviour	E.	success	F.	poor performance
----	---------	----	------	----	--------	----	-----------	----	---------	----	------------------

Articles

36



School Reports 'not tough enough' - report.

School reports are often not honest enough and give parents the wrong impression of their children's (7) ability according to a study published in the journal *Education Today*. The authors of the study say teachers sometimes do not know how to write reports; they usually don't understand the (8) aim of the report.

School reports should help pupils improve their work but many teachers do not give a clear (9) picture of the pupil's strengths and (10) weaknesses. 'Many reports are too positive and pupils often think their grades are better than they really are'. There is a problem at both primary and secondary school where teachers need more support with how to write reports.

Teachers discuss children's marks with parents but it is difficult to be honest face-to-face. Some children not only fail to do well on tests but also have (11) discipline problems.

ACTIVITY 3

Read the story below and for each gap (12-16) choose the best option (A-F). Use each option only once. There is one option you do not need.

A.	up	B.	away	C.	from	D.	by	E.	on	F.	round
----	----	----	------	----	------	----	----	----	----	----	-------

The farmer and the snake



There was a farmer and his wife who had a son. They were very fond of their only child. One day, the son trod on a snake's tail (12) _____ accident. The snake, turned (13) _____, bit him and he died. The father was very angry so he got his axe and cut off the snake's tail. The snake in revenge began stinging several of the farmer's cattle. Well, the farmer thought it best to make it (14) _____ with the snake, and offered it food and honey to eat: "Let's forget and forgive," said the farmer, "perhaps you were right to punish my son, and take revenge (15) _____ my cattle, but surely I was right in trying to take revenge for my child; now that we are both satisfied why should we not be friends again?"

"No, no," said the snake; "take (16) _____ your gifts; you can never forget the death of your son, nor I the loss of my tail."

The moral: INJURIES MAY BE FORGIVEN, BUT NOT FORGOTTEN.

ACTIVITY 4

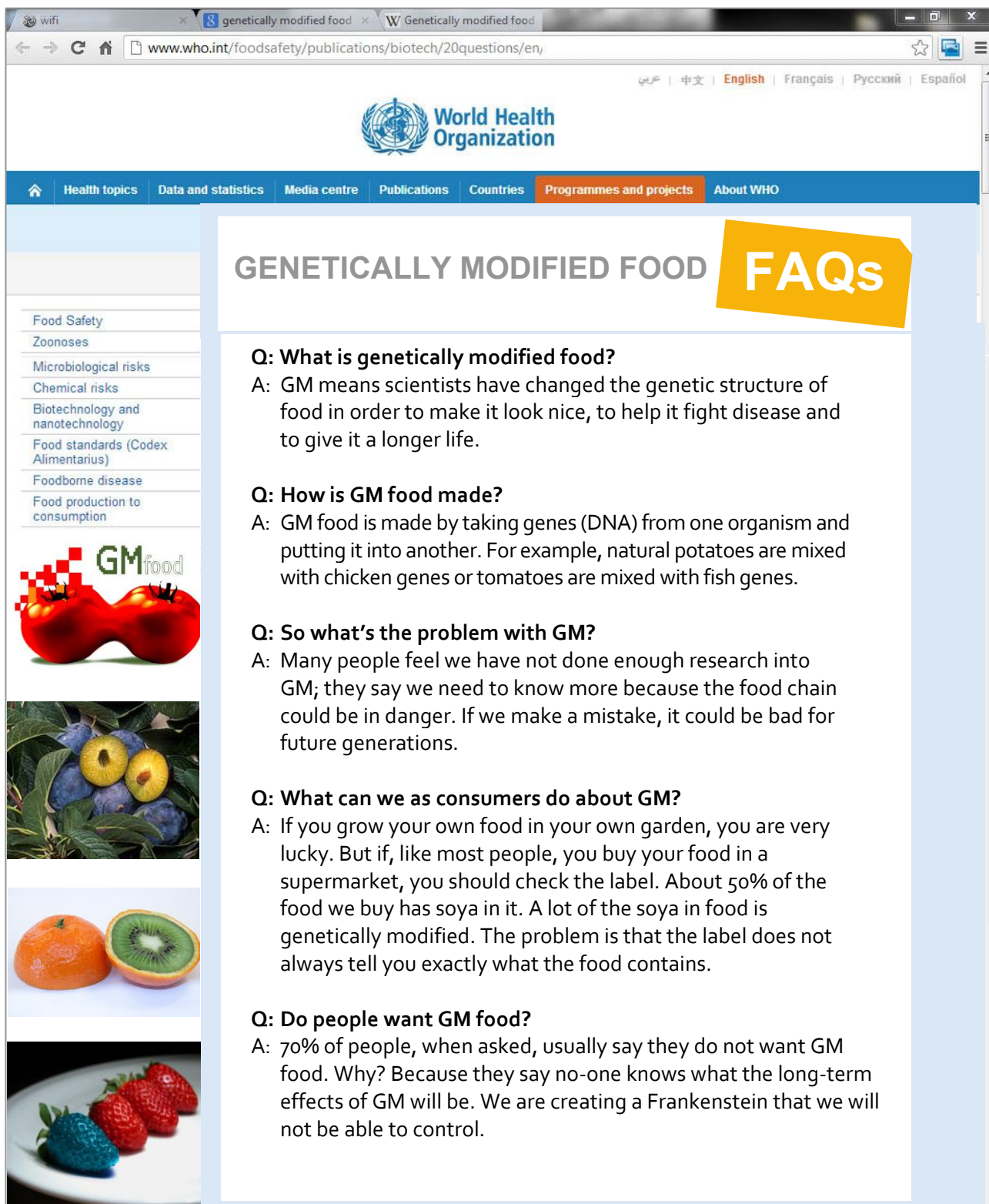
4.1 Read the text below and choose the best answer (A, B, or C) for item 17.

17. The text was probably written to

A. to give the reader more information about GM.

B. to give the scientists' view of GM.

C. to persuade the reader to avoid GM food.



The screenshot shows a web browser window displaying the WHO website. The page title is "GENETICALLY MODIFIED FOOD FAQs". The WHO logo is visible at the top. A navigation menu includes "Health topics", "Data and statistics", "Media centre", "Publications", "Countries", "Programmes and projects", and "About WHO". The "Programmes and projects" menu item is highlighted. On the left side, there is a sidebar with a list of topics: Food Safety, Zoonoses, Microbiological risks, Chemical risks, Biotechnology and nanotechnology, Food standards (Codex Alimentarius), Foodborne disease, and Food production to consumption. Below this list are four images: a red tomato with a pixelated effect and the text "GM food", a bunch of blueberries, a whole orange and a sliced kiwi, and a plate of strawberries, one of which is blue.

Q: What is genetically modified food?
A: GM means scientists have changed the genetic structure of food in order to make it look nice, to help it fight disease and to give it a longer life.

Q: How is GM food made?
A: GM food is made by taking genes (DNA) from one organism and putting it into another. For example, natural potatoes are mixed with chicken genes or tomatoes are mixed with fish genes.

Q: So what's the problem with GM?
A: Many people feel we have not done enough research into GM; they say we need to know more because the food chain could be in danger. If we make a mistake, it could be bad for future generations.

Q: What can we as consumers do about GM?
A: If you grow your own food in your own garden, you are very lucky. But if, like most people, you buy your food in a supermarket, you should check the label. About 50% of the food we buy has soya in it. A lot of the soya in food is genetically modified. The problem is that the label does not always tell you exactly what the food contains.

Q: Do people want GM food?
A: 70% of people, when asked, usually say they do not want GM food. Why? Because they say no-one knows what the long-term effects of GM will be. We are creating a Frankenstein that we will not be able to control.

4.2 Read the text again and choose the best answer (A, B, or C) for items 18-20.

18. Why do scientists change the genetic structure of food?
 A. To make it taste more natural. B. To make it taste nice. C. To make it last longer.
19. GM food is made by
 A. mixing different vegetables. B. mixing genes and natural products. C. mixing fish and tomatoes.
20. What is one disadvantage of GM products?
 A. They have damaged the food chain. B. They can cause disease. C. We don't know enough about them.

4.3 Read the text again and decide if the following statements are True (A) False (B) or Not Stated (C).**STATEMENTS****A: TRUE****B: FALSE****C: NOT STATED**

21. Diseases do not affect GM food.
22. We need to do more research into GM food.
23. We do not yet know all the dangers of GM food.
24. The label on supermarket products is not easy to read.
25. Soya is often genetically modified.

ACTIVITY 5**5.1 Read the text below and choose the best answer (A, B, or C) for items 26-29.**

26. One of the central issues in the text is
 A. Mexican-American family traditions. B. the difficulties in learning Spanish. C. the language preference of immigrant children.
27. A suitable title for this text is
 A. The Life of Immigrants Today B. Spanish Takes the Backseat C. The Story of Latino-Americans
28. The writer
 A. solves the problems Latino immigrants face. B. is against bilingual education in the USA. C. discusses Latino-Americans' language preferences.
29. This article
 A. primarily interests linguists. B. is aimed only at politicians. C. concerns certain minorities.

ENGLISH RATES FIRST IN LATINO FAMILIES

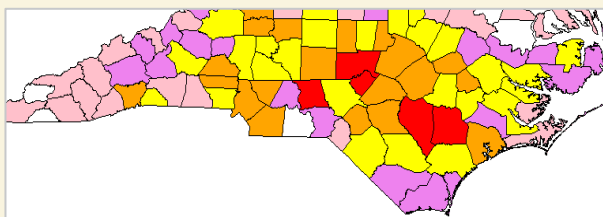
When I was growing up, there was an issue at home that made everyone uncomfortable. My Aunt Lola used to call it the shame of our family. It was a dark secret that my relatives didn't like to talk about, although it affected many Mexican-American families just like ours. The source of this embarrassment was the fact that my brothers and I didn't speak Spanish. Worse, we didn't care about speaking Spanish.



My older brother's interest in Spanish began and ended with curse words. I only learned enough to get good grades in my high school courses, and my younger brother didn't learn it at all. To this day, I'm the only one who is proficient, not fluent, *en español*.

As it turns out, most families who are descended from Latino immigrants share our experience. A study published last year in the journal *Population and Development Review* found that, within a few generations of families moving to the USA, Spanish dies out and English becomes the dominant language. Among third-generation Chicanos, 96% prefer to speak English in their homes. Even in border areas, the study found, "Spanish appears to be well on the way to a natural death by the third generation of U.S. residence."

Given this reality, it's xenophobic to view the Spanish language as a threat to American society. Even so, just last weekend Newt Gingrich denounced bilingual education by saying, "People (should) learn the common language of the country ... the language of prosperity, not the language of living in a ghetto."



His comments are as offensive as they are misguided. According to a 2006 survey by the Pew Center, 57% of Hispanics believe that immigrants have to speak English to be part of American society, while 41% did not. Pew Centre also found that an overwhelming 92% of Latinos thought it was "very important" for the children of immigrants to be taught English.

When my grandpa arrived from Mexico in 1914, he immediately set about learning the English language so he could find work. While my mother grew up in a bilingual neighbourhood household, she and her sisters preferred English. One generation later, my mom was suggesting that I watch the Spanish-language news on TV, to broaden my vocabulary. Back then, I could not have cared less. It was only as an adult that I came to appreciate the beauty of the Spanish language.

Gingrich should know better than to demean the native tongue of Cervantes, Lorca and Marquez. It isn't constructive to promote English by insulting Spanish, for one language does not have to come at the expense of the other. As millions of Latinos already know, speaking Spanish has never taken anything from our proud American experience. It has only enriched it.





5.2 Read the text again carefully and choose the best answer (A, B, or C) for items 30-35.

30. The family's "dark secret" was the fact that the children
 A. could not learn Spanish. B. were indifferent to learning Spanish. C. were not taught Spanish.
31. Within the Latino-American community, Spanish
 A. is slowly replacing English. B. is the dominant language. C. is not widely spoken.
32. Newt Gingrich considers the Spanish language to be
 A. an important part of education in the USA. B. the language of prosperity of America. C. the language spoken in poor neighbourhoods.
33. The majority of Latino immigrants
 A. are equally comfortable speaking both languages. B. understand the importance of learning English. C. believe that their children should only learn Spanish.
34. The author
 A. was initially uninterested in learning Spanish. B. was forced to speak Spanish early in life. C. wanted to learn Spanish from a young age.
35. The author suggests that
 A. people should study Spanish literature. B. Latinos should only speak English. C. bilinguals can benefit the American society.

ACTIVITY 6

Read the following extracts (36-41) and decide in which subject area you might see them. Use each of the options below (A-H) only once. There are two options you do not need.

A.	Maths	B.	Psychology	C.	History	D.	Astronomy
E.	Art	F.	Health	G.	Chemistry	H.	Computer Science

36.	MENTAL disorders are marked by disordered thought and communication.	
37.	<i>An equation is a statement that two algebraic expressions are equal.</i>	
38.	Carbonates are the products formed when both protons are transferred.	
39.	<i>The figure style of the Geometric vases reappears on many other objects.</i>	
40.	<i>Pope's power was threatened by the growth of nation-states.</i>	
41.	Drugs are defined as chemicals intended to affect the structure or function of the body.	

ACTIVITY 7

7.1 Read the text and choose the best answer (A, B, or C) for items 42-43.

42. The text is probably from a
 A. psychology journal. B. women's magazine. C. school newspaper.
43. The purpose of this article is to help
 A. teenagers deal with the intolerance of their parents. B. guys and girls understand each other. C. parents see their children in a different light.

Filling the generation gap

by Rebecca Sandy

Ever feel like your parents don't understand you at all? I know it sounds horribly stereotypical but you can't deny feeling misunderstood. This is common and it isn't just our teen-angst making us feel like a NOFX song. Parents really just don't understand us; it is as simple as that.

This lapse of understanding is mainly due to the rather large generation gap between us and our parents. Times have changed, and for some reason they have a hard time understanding this at times. Back when they were growing up, things that we find socially acceptable were considered horribly inappropriate. For example, guys and girls just hanging out is a lot more common than in the 60's and 70's. And don't even get me started on conduct at dances. Back then a guy politely asked a girl if she would like to dance. Now they just come up behind a girl, grab her and sweep her to the floor, and all this while the girl's wondering, "Do I know him? Is he attractive or what?" In the older days, girls wouldn't have to wildly signal to their friends to help them out of a dance.



So considering we are a much more desensitized and open generation, it is only fair that people who grew up before us may have a hard time comprehending our actions. And, while I'm not trying to completely justify their intolerance, we do have to understand that it's just new to them. Try explaining what you are doing and remind them that times have changed; in the nicest way possible of course.

7.2 Read the text again and choose the best answer (A, B, or C) for items 44-46.

44. According to the text, young people
 A. adopt stereotypical values about life. B. believe they are mistreated by others. C. feel their parents are intolerant towards them.
45. The generation gap is due to parents' unwillingness to accept
 A. intimacy between the young. B. social change. C. their children's maturity.
46. The way today's teenage boys act at dances is
 A. no different than before. B. totally inappropriate. C. as though they won't take 'no' for an answer.

ACTIVITY 8

Complete sentences 47-50 with “play” and “stay” expressions (A-E). There is one option you do not need.

A. stay over	B. stay away	C. stay up	D. play with	E. play around
---------------------	---------------------	-------------------	---------------------	-----------------------

47. I am planning to _____ a friend's house tonight.

48. I had to _____ until very late last night, just to finish this assignment.

49. She never allows her younger children to _____ the remote control.

50. _____ from me! I don't even want to talk to you anymore after what you did.

ACTIVITY 9

Change the words in column A (51-55) so that they can complete the sentences in Column B below.

COLUMN A	COLUMN B	
51.	centre	This piece of evidence is _____ to our case.
52.	popular	He has gained great _____ over the years by working very hard.
53.	admission	You must _____ to the fact that you were wrong.
54.	value	I am sure he learned a _____ lesson that day.
55.	information	I enjoyed the book you gave me and actually found it very _____.

ACTIVITY 10

Fill in the blanks with an appropriate word which begins with the given letter and satisfies the meaning of both sentences in every pair (56-60) below.

56. a) Mary knows how to a _____ a work of art.
b) I would a _____ it if you came to work on time!

57. a) I took a walk along the river b_ _ _ this morning and enjoyed the valley's breathtaking view.
b) I am going to run to the b_ _ _ to check on my account.

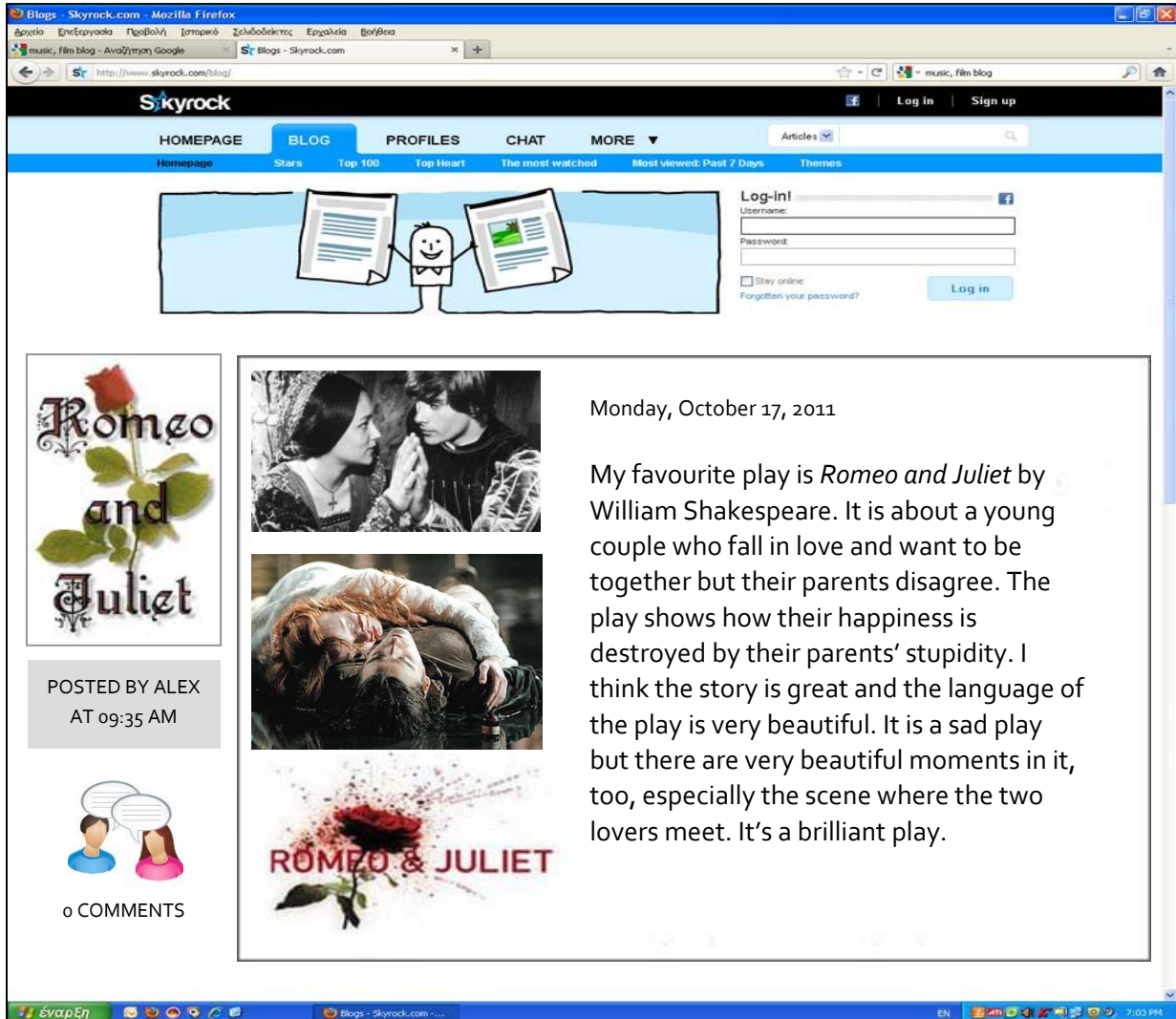
58. a) He did not show any i_ _ _ _ _ in this class. That is why he failed his exams.
b) Make sure you choose a bank which offers a loan with a low i_ _ _ _ _ rate.

59. a) Maria is a very b_ _ _ _ _ student. She excelled in all her classes.
b) Many psychologists recommend working in a room with b_ _ _ _ _ colors.

60. a) I heard so much about this youth c_ _ _ downtown. I am thinking about joining it.
b) A baseball bat can be equally as dangerous as a c_ _ _ , so be very careful not to hurt anyone.

ACTIVITY B1.1

Imagine you have been reading a **blog** where people write about their favourite forms of entertainment (shows, films, songs, books, etc.), and why they like them. Write **what your favourite children's story is about** and **why you like it** (80 words). The model below will help you to write your own text.



The screenshot shows a web browser window displaying a blog post on Skyrock.com. The page has a navigation bar with 'HOME PAGE', 'BLOG', 'PROFILES', 'CHAT', and 'MORE'. Below the navigation is a search bar and a 'Log in' button. The main content area features a cartoon character holding two documents. The blog post is titled 'Romeo and Juliet' and is dated 'Monday, October 17, 2011'. The post text reads: 'My favourite play is *Romeo and Juliet* by William Shakespeare. It is about a young couple who fall in love and want to be together but their parents disagree. The play shows how their happiness is destroyed by their parents' stupidity. I think the story is great and the language of the play is very beautiful. It is a sad play but there are very beautiful moments in it, too, especially the scene where the two lovers meet. It's a brilliant play.' The post is attributed to 'ALEX' and has '0 COMMENTS'.

ACTIVITY B2.1

Imagine that a famous author is coming to your town to promote his new children's story book. Write an **announcement** (100 words) for your school newspaper **informing** your schoolmates about the event and **urging** them to go. The hints below will help you.

HINTS

- ❖ Where and when the author will appear
- ❖ What the author will do at this event
- ❖ What other activities will take place
- ❖ What prizes will be given away

ACTIVITY B1.2

Imagine that your Italian friend, Antonio, uses his mobile phone very frequently. Using information from the LEFT SIDE of the text below, send him an **e-mail message** (80 words) and **give him tips** about **how he should use** his mobile phone to avoid health problems.

Do NOT use your real name. Sign as Nick or Nicky.

Κινητά τηλέφωνα

Ας μη γίνει η ευχή κατάρρα!



Τα κινητά τηλέφωνα μπορεί να μας βοηθούν να διατηρούμε επαφή με την οικογένεια και τους φίλους μας, να σερφάρουμε στο διαδίκτυο ή να ακούμε μουσική αλλά μπορεί και να μας βλάψουν....

Πώς να χρησιμοποιείτε το κινητό σας

- Αποφεύγετε τη συνομιλία με το κινητό κολλημένο στο αυτί.
- Προτιμήστε να επικοινωνείτε στέλνοντας μήνυμα αντί να μιλάτε. Με αυτόν τον τρόπο κρατάτε τη συσκευή μακριά από το κεφάλι σας, μειώνοντας τον κίνδυνο της ακτινοβολίας.
- Χρησιμοποιείτε hands free ή blue tooth. Εκτιμάται ότι οι επιπτώσεις από την ακτινοβολία τους είναι μειωμένες.
- Προσέχετε πού και πώς τοποθετείτε το κινητό σας. Αποφεύγετε να το βάζετε στην τσέπη σας.
- Μη χρησιμοποιείτε το κινητό σας ως ξυπνητήρι για να μην το έχετε πολύ κοντά στο κεφάλι σας σε όλη τη διάρκεια της νύχτας.



Για να αποφύγετε την εξάρτηση από το κινητό τηλέφωνο

- Ελέγχετε το χρόνο που χρησιμοποιείτε το κινητό σας.
- Κλείνετε το κινητό σας όταν βρίσκεστε με την οικογένεια και τους φίλους σας και χρησιμοποιήστε το μόνο για έκτακτες ανάγκες. Ελέγχετε τον τηλεφωνητή σας και τα μηνύματα κειμένου μία φορά την ημέρα για να απαντήσετε σε τυχόν σημαντικές κλήσεις.
- Χρησιμοποιήστε το e-mail για να στείλετε γρήγορα μηνύματα στους φίλους σας, αντί γραπτά μηνύματα στο κινητό σας. Είναι ευκολότερο και πολύ πιο φτηνό να σας απαντήσει κάποιος στον υπολογιστή του από το να σας παίρνει στο κινητό.
- Μην χρησιμοποιείτε το κινητό σας για να παίξετε παιχνίδια και να κάνετε άλλες δραστηριότητες. Σκεφτείτε την ακτινοβολία!
- Λάβετε δραστικά μέτρα, αν οι προσπάθειές σας αποβούν άκαρπες και έχετε κλήσεις όλη την ώρα. Για παράδειγμα, αλλάξτε τον αριθμό τηλεφώνου σας και δώστε τον μόνο στα μέλη της οικογένειάς σας, στους συναδέλφους και τους κολλητούς σας για να το χρησιμοποιούν σε περίπτωση ανάγκης.

ACTIVITY B2.2

Imagine that you used to be addicted to your mobile phone. Using information from the RIGHT SIDE of the text leaflet, write a **message** to post on your blog (100 words) **explaining** to your friends **what you did** in order to kick the habit.

ACTIVITY 1

Listen to items 1-4 and choose the best photo (A-F). There are two photos you do not need.

- | | | | | | | | | | | | | |
|----|----|--------------------------|----|--------------------------|----|--------------------------|----|--------------------------|----|--------------------------|----|--------------------------|
| 1. | A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |
| 2. | A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |
| 3. | A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |
| 4. | A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |



A. Politician



B. Civil engineer



C. Car mechanic



D. University student



E. Civil servant



F. Restaurant owner

Listen again and check your answers.



ACTIVITY 2

Read items 5-7. Listen and choose the best answer (A, B, or C) for each item.

5. What does the traveller want the fisherman to do?
 A. To sell him fish. B. To give him money. C. To work harder.
6. How much food does the fisherman say that he needs?
 A. Enough to buy a boat. B. Enough to feed his family. C. Enough to get him through the winter.
7. The moral of this story is that people should work in order
 A. to buy more goods. B. to make a living. C. to get rich.

Listen again and check your answers.

ACTIVITY 3

Read items 8-10. Listen and choose the best answer (A, B, or C) for each item.

8. The cultural news we're listening to is about
 A. an art exhibition that will take place in Athens.
 B. a theatrical performance by the British director Peter Brook.
 C. an exhibition of theatre artefacts.
9. Listeners pose their questions for the radio show "Anything you ever wanted to know"
 A. by calling in during the show.
 B. by sending emails prior to the show.
 C. by sending their SMS before the show begins.
10. What we're listening to is
 A. a radio programme about campaigns.
 B. a campaign by radio listeners.
 C. an invitation to listeners to take part in a campaign.

Listen again and check your answers.

ACTIVITY 4

Read items 11-15. Listen and choose the best answer (A, B or C) for each item.

11. The person interviewed is in the service business; he is a
 A. car salesman. B. financial advisor. C. waiter.
12. The specific job
 A. pays poorly but it has some other advantages. B. has both advantages and disadvantages. C. attracts people who are very professional.
13. Among the qualities one needs for this job is
 A. persistence. B. speed. C. empathy.



14. What the speaker doesn't like about his job is that customers
- A. become a bit difficult sometimes. B. want you to be on your feet all day. C. often act irrationally.
15. Actually, customers often
- A. ask for things that aren't offered. B. want things they can't pay for. C. look down upon people who serve them.

Listen again and check your answers.

ACTIVITY 5

Listen and fill in items 16-20 with the right word.

QUESTIONS	ANSWERS
16. What is the relationship between the speakers?	They're _____ and _____.
17. Where is the speaker?	On _____.
18. Is the speaker apologizing to the woman?	No, he's asking for _____ to _____.
19. Why has Julian Ramon been invited to this event?	To _____ his anthology.
20. What is the man going to do before he meets Paul?	He's going to _____.

Listen again and check your answers.

ACTIVITY 6

Read items 21 and 22. Listen and fill in items with the right word.

QUESTIONS	ANSWERS
21. What led the director to make this film?	He was _____ by Carmelo.
22. Does the character in the film symbolize anything in particular?	There is _____ symbolic value to the character of Carmelo.

Listen again and check your answers.

Read items 23 and 24. Listen and fill in items with the right word.

QUESTIONS	ANSWERS
23. Where is Carmelo when the film begins?	He's in _____.
24. And where is he in the main part of the film?	He's returned home to be with his _____.

Listen again and check your answers.

Read item 25. Listen and fill in item with the right word.

QUESTIONS	ANSWERS
25. How do people watching the film feel about Carmelo?	They _____.

Listen again and check your answers.

Judging by their expressions...



Houses on the market

7



8



9



10



11



12



Tips for a successful interview

ΜΙΚΡΑ ΜΥΣΤΙΚΑ για μια πετυχημένη συνέντευξη

Φτιάξτε το τέλειο στυλ

- Ντυθείτε όπως νομίζετε πως περιμένουν να είστε ντυμένος ή ντυμένη στη δουλειά που θέλετε.
- Προσοχή στα αξεσουάρ. Όσο πιο απλά είναι, τόσο το καλύτερο!
- Προσοχή και στην κολόνια ή το άρωμα που φοράτε. Πρέπει να είναι διακριτικό.
- Μην ξεχάσετε να περιποιηθείτε τα νύχια και τα χέρια σας.



Προσοχή στη διαπροσωπική επικοινωνία

- **Η χειραψία.** Αυτή η μοναδική στιγμή σωματικής επαφής λέει πολλά για το χαρακτήρα σας. Δουλέψτε τη χειραψία σας ώστε να είναι σταθερή, δυνατή και φροντίστε να πιάσετε καλά το χέρι του άλλου και όχι μόνο τα δάχτυλά του.
- **Η άνεση.** Καθίστε βαθιά μέσα στην καρέκλα που σας προσφέρουν και όχι άκρη-άκρη. Αυτό θα τονίσει την άνεση και τη σιγουριά σας. Ακόμη και αν έχετε άγχος, θα δείχνετε πως έχετε τον έλεγχο της κατάστασης.
- **Το κέρασμα.** Αν σας ρωτήσουν τι θέλετε να πιείτε μην πείτε ότι δεν θέλετε τίποτα. Δεν πρέπει να δείχνετε πως ντρέπεστε ή πως έχει δεθεί το στομάχι σας κόμπος.
- **Eye-contact.** Κοιτάτε το άτομο που έχετε απέναντί σας στα μάτια για να του δείξετε πως νιώθετε σιγουριά για τον εαυτό σας. Μιλήστε του άνετα και ήρεμα αλλά φροντίστε να ακούτε με προσοχή αυτά που λέει.
- **Ερωτήσεις-παγίδα.** Φροντίστε να τις χειριστείτε με ψυχραιμία. Αν σας ρωτήσουν γιατί θέλετε να φύγετε από την τωρινή δουλειά σας, απαντήστε με ειλικρίνεια αλλά μην αφήσετε να εννοηθεί πως υπάρχει θέμα προσωπικής εμπάθειας. Και, αν σε ρωτήσουν πόσα παίρνεις... δεν βλάπτει να πεις κάτι παραπάνω από αυτά που πραγματικά παίρνεις!



How to brighten up your day



ΑΝΕΒΑΣΜΕΝΗ ΔΙΑΘΕΣΗ ΟΛΗ ΜΕΡΑ!

Είναι γνωστό ότι «η καλή μέρα από το πρωί φαίνεται». Γι' αυτό είναι σημαντικό να ξεκινάμε τη μέρα μας όσο πιο ευχάριστα γίνεται. Για παράδειγμα, η μουσική έχει έναν μοναδικό τρόπο να μας φτιάχνει τη διάθεση και είναι εύκολο να τη βάλουμε για τα καλά στη ζωή μας. Τι πιο απλό από το να αντικαταστήσουμε τον βαρετό και πολλές φορές εκνευριστικό ήχο του ξυπνητηριού με το αγαπημένο μας τραγούδι;

ΑΣΚΗΣΗ & ΔΙΑΤΡΟΦΗ

Η άσκηση μας φτιάχνει τη διάθεση. Γυμναστική, γιόγκα, τρέξιμο ή και γρήγορο περπάτημα μας δίνουν την απαραίτητη ενέργεια για να ξεκινήσουμε τη μέρα μας δυναμικά. Ακολουθεί απαραίτητα το πρωινό γεύμα, πλούσιο σε φρούτα και δημητριακά. Οι διατροφολόγοι το θεωρούν ως το πιο σημαντικό γεύμα της ημέρας, γι' αυτό κι εμείς δεν το ξεχνάμε ποτέ.



Η ΜΕΛΩΔΙΑ ΤΗΣ ΕΥΤΥΧΙΑΣ

Η μουσική καλό είναι να μας συνοδεύει ακόμα κι όταν φεύγουμε από το σπίτι. Ο αγαπημένος μας σταθμός στο αυτοκίνητο, το mp3 ή το iPod με αποθηκευμένα όλα τα αγαπημένα μας κομμάτια μπορούν να κάνουν θαύματα μέσα στο λεωφορείο ή στο μετρό! Φυσικά, αν γνωρίζουμε κάποιο μουσικό όργανο, βρίσκουμε χρόνο να παίξουμε –για τους φίλους μας ή για μας τους ίδιους!

ΕΡΓΑΣΙΑ ΚΑΙ ΧΑΡΑ

Το εργασιακό μας περιβάλλον το φροντίζουμε γιατί είναι σημαντικό για καλή διάθεση. Εδώ, περνάμε αρκετές ώρες της ημέρας και γι' αυτό πρέπει ο χώρος να μας αρέσει και να μας δημιουργεί θετικές σκέψεις. Φυσικά, το τι αρέσει στον καθένα είναι προσωπικό ζήτημα και γι' αυτό τον προσωπικό μας χώρο τον φτιάχνουμε όπως αρέσει σ' εμάς – με τα δικά μας αγαπημένα πράγματα.





Ministry of Education, Lifelong Learning and Religious Affairs
English Language Certification

Practice Test

2

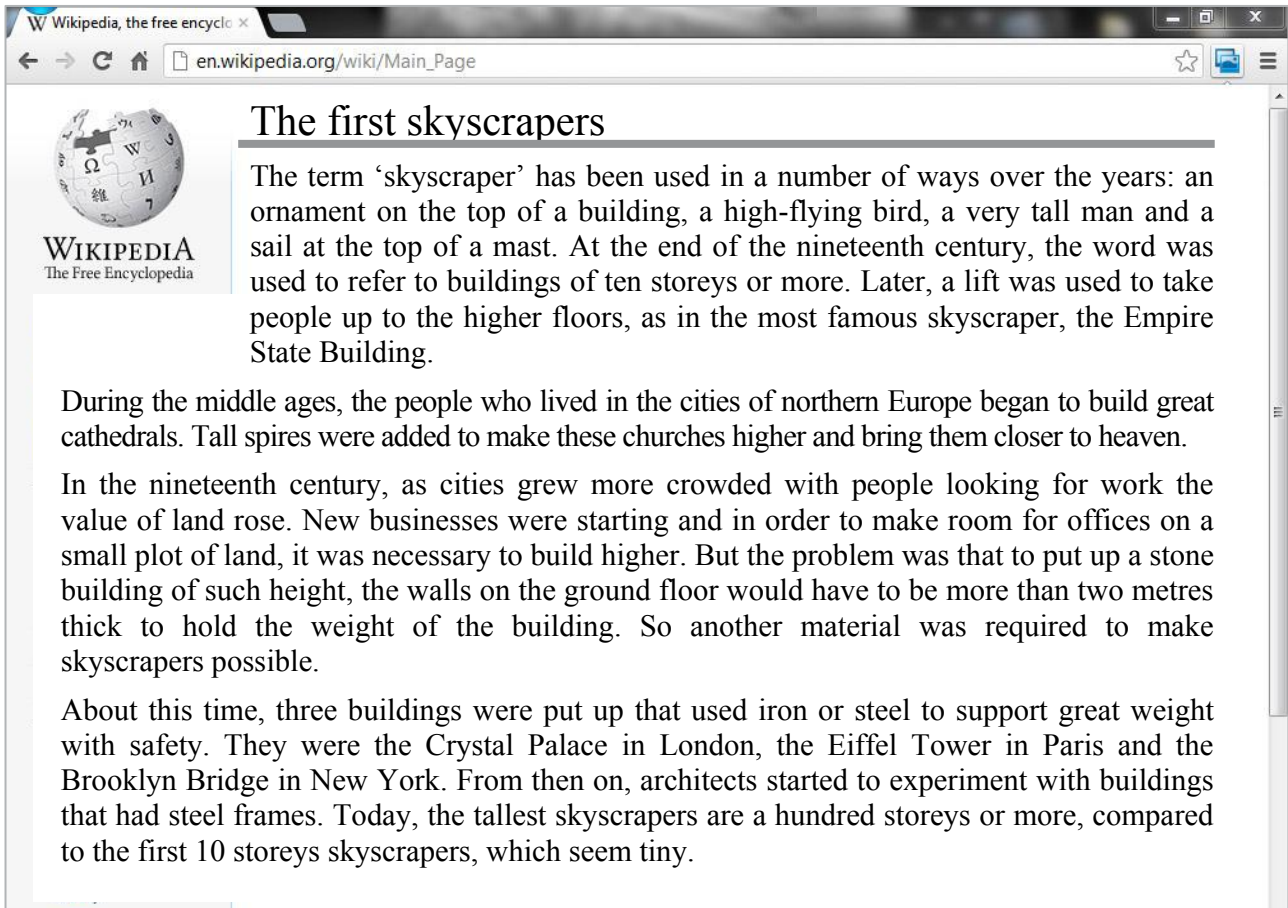
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ACTIVITY 1

1.1 Read the text below and choose the best answer (A, B, or C) for item 1.

1. The text gives information about

- A. the most famous skyscrapers in the world today. B. the people who designed skyscrapers. C. why skyscrapers were needed.



The screenshot shows a web browser window with the URL en.wikipedia.org/wiki/Main_Page. The article title is "The first skyscrapers". The text reads: "The term 'skyscraper' has been used in a number of ways over the years: an ornament on the top of a building, a high-flying bird, a very tall man and a sail at the top of a mast. At the end of the nineteenth century, the word was used to refer to buildings of ten storeys or more. Later, a lift was used to take people up to the higher floors, as in the most famous skyscraper, the Empire State Building." Below this, there are three paragraphs discussing the history of tall buildings, from cathedrals in the middle ages to the use of iron and steel in the nineteenth century.

1.2 Read the text again and choose the best answers (A, B, or C) for items 2-6.

2. In the past, the word 'skyscraper' had

- A. only one meaning. B. different meanings. C. the same meaning as today.

3. In the middle ages, they built tall churches because

- A. they were more beautiful. B. it felt like approaching God. C. they took in more people.

4. Why were taller buildings necessary in the nineteenth century? Because

- A. they were cheaper. B. land was expensive. C. they made better offices.

5. In the nineteenth century, skyscrapers were needed

- A. for offices. B. as houses for the poor. C. for shops.

6. What was the problem with making tall buildings with stone?

- A. It was an expensive material. B. It was too heavy. C. It wasn't strong enough.


ACTIVITY 2

Match the underlined words in the text below (items 7-11) with a suitable definition.


A.	To spend time relaxing or sleeping	B.	To arrive somewhere
C.	To travel	D.	To become less bright
E.	To go from one side of something to another	F.	To have a small meal

TRAVEL GUIDE


The first swallow of summer




During March and April, the first of our summer visitors (7) reach Greece. Arriving to feast on insects of summer, millions of birds cross the Mediterranean. One of the most familiar is the swallow. Let's look at what these much-loved visitors have been doing since we last saw them in October.




In comparison to other migrants, like swifts, swallows are relatively slow travellers. They (8) move by day and the fact that they catch their food in the air means they can (9) snack on the way. This is a great advantage over other migrants that have to reach rich feeding areas a long distance away before they can eat.



I remember watching thousands of swallows coming in to (10) rest at Lake Koronia in northern Greece, one September. As the light faded the air was full of wheeling birds, all onto the reeds below.



Normally, most birds will travel between 100 and 200 kilometres a day for a couple of months and more. But swallows travel south, (11) crossing the Mediterranean and the Sahara Desert, in one flight.




ACTIVITY 3

Read the story below and for each gap (12-16) choose the best option (A-F). There is one option you do not need.

A.	back	B.	across	C.	away	D.	up	E.	through	F.	off
----	------	----	--------	----	------	----	----	----	---------	----	-----

Greek Mythology

Jason



Many years ago, Jason, the true King of Thessaly, returned to his kingdom only to find that his uncle, Pelius, had murdered his father and taken over the kingdom. Jason, still a child, had no army and no allies to help him get (12) _____ his kingdom. In order to protect Jason from his evil uncle, Jason's mother decides to send him (13) _____ to live in the cave of Chiron the Centaur, where he is brought (14) _____. Having grown into a strong, brave man, Jason then set out for Iolcus to claim the throne from his uncle.

On his way to Iolcus, he came (15) _____ the goddess Hera, dressed as an elderly woman, Hera begged Jason to help her cross a stream. He agreed and so took her on his back. As he was crossing the stream, he lost one sandal, thus fulfilling a prophecy that meant Pelius would die.

Jason's good-will impresses Hera, and she decided to help him (16) _____. She made sure he got back to Iolcus safely, where Pelius was waiting for him...

ACTIVITY 4

4.1 Read the text below and choose the best answers (A, B, or C) for items 17-18.

17. In this text, the author describes

- A. a friend's visit Marrakech. B. her past visit to Marrakech. C. the history of Marrakech.

18. What is the author's opinion of Marrakech?

- A. It's got many places to see. B. It is only worth a short visit. C. It is very expensive.

A weekend in Marrakech

The most popular city in Morocco built in an oasis which, once upon a time, offered shelter to the caravans of the desert...



Day One

Arriving at the international airport of Marrakech, I enter an unknown world where even the cost of a taxi fare is not fixed. I stay in



a traditional house in the old city. There are hundreds of these very popular old houses, called riyaads, that

have been turned into charming guesthouses. A few visitors may prefer the luxury of a hotel like the La Mamounia; this famous hotel, once described by Winston Churchill as 'the most beautiful place on earth', has recently re-opened its doors, after being closed for repairs. At night, all streets lead to Djemaa El Fna, the main square that, once the sun sets, becomes a huge restaurant.

Day Two

Explore the old city, the famous Medina. The old suuqs -or narrow alleyways - are perfect for shopping. Necessary equipment: a good map, comfy shoes and strong bargaining ability.

Marrakech reveals its secrets through the aroma of spices and the voices of merchants selling herbs, pottery, leather garments and, of course, carpets. Nearby, there are all kinds of shows: acrobats, musicians, fortune-tellers, snake-charmers and exotic dancers. People say Koutoubia Mosque, the city's trademark, is impressive. However, entrance to it is only allowed to Muslims, so I cheer myself up in Dar Moha, Medina's most famous restaurant.



4.2 Read the text again and choose the best answers (A, B, or C) for items 19-21.

19. Most visitors stay in

- A. expensive hotels. B. old houses. C. caravans.

20. The La Mamounia Hotel is

- A. new. B. popular. C. expensive.

21. One thing you cannot buy in the Marakkech market is

- A. food. B. ceramics. C. clothes.

- 4.3** Read the text again and decide if the following statements (22-25) are True (A) False (B) or Not Stated (C).

STATEMENTS

A: TRUE

B: FALSE

C: NOT STATED

22. A 'riyad' is a hotel that local people used to live in.
23. There are not a lot of places to eat in the square.
24. It is easy to find your way around the suuqs.
25. The author enjoyed her visit to the famous Mosque.

ACTIVITY 5

- 5.1** Read the text below and choose the best answer (A, B, or C) for items 26-29.

26. This extract is probably taken from a novel about
 A. war in an African village. B. the life of a great warrior. C. everyday life in a small city.
27. The action takes place
 A. in a small town. B. in several locations. C. in neighbouring villages.
28. From this extract we get the impression that life for these people is
 A. a constant struggle. B. often harmonious. C. tragic but amusing.
29. What is the main point of this extract?
 A. To introduce the characters of the story. B. To describe the setting of the story. C. To provide historical background to the story.

Things Fall Apart

by Chinua Achebe

Chapter 1

Okonkwo was well known throughout the nine villages and even beyond. His fame rested on solid personal achievements. As a young man of eighteen he had brought honour to his village by throwing Amalinze the Cat. Amalinze was the great wrestler who for seven years was unbeaten, from Umuofia to Mbaino. He was called the Cat because his back would never touch the earth. It was this man that Okonkwo threw in a fight which the old men agreed was one of the fiercest since the founder of their town engaged a spirit of the wild for seven days and seven nights. The drums beat and the flutes sang and the spectators held their breath. Amalinze was a wily craftsman, but Okonkwo was as slippery as a fish in water. Every nerve and every muscle stood out on their arms, on their backs and their thighs, and one almost heard them stretching to breaking point. In the end Okonkwo threw the Cat. That was many years ago, twenty years or more, and during this time Okonkwo's fame had grown like a bush-fire in the harmattan. He

was tall and huge, and his bushy eyebrows and wide nose gave him a very severe look. He breathed heavily, and it was said that, when he slept, his wives and children in their out-houses could hear him breathe. When he walked, his heels hardly touched the ground and he seemed to walk on springs, as if he was going to pounce on somebody. And he did pounce on people quite often. He had a slight stammer and whenever he was angry and could not get his words out quickly enough, he would use his fists. He had no patience with unsuccessful men. He had had no patience with his father.

Unoka, for that was his father's name, had died ten years ago. In his day he was lazy and improvident and was quite incapable of thinking about tomorrow. If any money came his way, and it seldom did, he immediately bought gourds of palm-wine, called round his neighbours and made merry. He always said that whenever he saw a dead man's mouth he saw the folly of not eating what one had in one's lifetime. Unoka was, of course, a debtor and he owed every neighbour some money, from a few cowries to quite substantial amounts.

He was tall but very thin and had a slight stoop. He wore a haggard and mournful look except when he was drinking and playing on his flute. He was very good on his flute and his happiest moments were the two or three moons after the harvest when the village musicians brought down their instruments, hung above the fireplace. Unoka would play with them his face beaming with blessedness and peace. Sometimes another village would ask Unoka's band and their dancing egwugwu to come and stay with them and teach them their tunes. They would go to such hosts for as long as three or four markets, making music and feasting. Unoka loved the good fare and the good fellowship, and he loved this season of the year, when the rains had stopped and the sun rose every morning with dazzling beauty.



5.2 Read the text again carefully and mark the best response (A, B, or C) for items 30-35.

30. How did his fellow-villagers feel about Okonkwo?
 A. They were proud of him. B. They envied his feats. C. They were afraid of him.
31. The founder of the town
 A. struggled with a great wrestler. B. was a greater fighter than Okonkwo. C. fought with a mysterious spirit.
32. Okonkwo is described as
 A. equally matched with his opponent. B. more cunning than his opponent. C. too clever for his opponent.
33. When Okonkwo couldn't express himself
 A. he used gestures. B. he became aggressive. C. he felt impatient.
34. Which saying sums up Unoka's attitude to life?
 A. Good fences make good neighbours. B. Keep your friends close; keep your enemies closer. C. Eat and drink, for tomorrow we die.
35. What did Unoka like about visiting other villages?
 A. The food and friendship. B. Playing music in the market. C. The good food and weather.

7.2 Read the text again, and decide if statements 44-46 are True (A), False (B), or Not Stated (C).

STATEMENTS	A: TRUE	B: FALSE	C: NOT STATED
44. You can write without a pen on interactive whiteboards.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
45. Anyone who can use a computer can learn to use an interactive whiteboard.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
46. Interactive whiteboards make tests much easier.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ACTIVITY 8

Use the expressions with 'way' below (A-E) to complete utterances 47-50 so that they make sense. Use each option only once. There is one option you do not need to use.

A.	All the way	B.	On the way	C.	Your separate ways	D.	No way	E.	Out of your way
----	-------------	----	------------	----	--------------------	----	--------	----	-----------------

47.

SPEAKER 1

If you want to complain to the boss I'll support you _____.

SPEAKER 2

That's really good of you; thanks.

48.

SPEAKER 1

We'll have to stop for fuel _____ to the airport.

SPEAKER 2

That's OK, there are plenty of petrol stations before Heathrow.

49.

SPEAKER 1

Come on, lend me the car, just for the day.

SPEAKER 2

_____!
You've got to be kidding.

50.

SPEAKER 1

If you two don't get on together why don't you just leave him and go _____?

SPEAKER 2

What about the children?

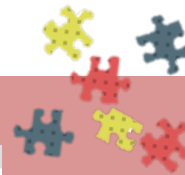
ACTIVITY 9

Change the words in Column A so that they can complete sentences 51-55 in Column B below.

COLUMN A	COLUMN B	
sail	51.	He always wanted to be a _____ and travel the world.
high	52.	I can never remember my exact _____.
grow	53.	_____ up as an only child was difficult.
possible	54.	I can't believe I got a grade A – it's _____.
weight	55.	Can you tell me how much you _____?

ACTIVITY 10

The word missing in each pair of sentences below (56-60) is the same, even though it has a different meaning in each case. Find these words. Their first letter is given.

56. I don't like politics and I've never been a member of a political _____.
It's Ann's birthday next week and she wants to invite Jason to her _____.

p _____

57. I can't accept this job if it _____ moving to another country.
If trains are on strike, you can use another _____ of transport.

m _____

58. I would just like to _____ out that I was right all along.
I can't really see the _____ of getting a new bike – the one you have is fine.

p _____

59. If we want to arrive by lunchtime, we ought to _____ off at about 10.30.
If you are thinking of buying a new TV _____, there's a lot to consider these days.

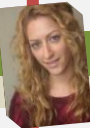

s _____

60. My friend went up to the _____ to order another drink.
There was a heavy metal _____ across the window that prevented it from opening.

b _____

ACTIVITY B1.1

Imagine you are new at school and some of the older students are laughing at your clothing. You have just seen Unhappy 15's message in the agony column of an international teen magazine. Using it as a model, write your own **text** to appear in the same agony column (80 words), **explaining** your problem, and **asking for advice**. Sign as Sad 16.

 Ask Jane	Agony column
<p>Hi,</p> <p>I'm 15 and the fattest in my class. I've tried to lose weight by cutting down on sweets, but it didn't help much. The problem is I like fast food and when my friends and I go out, we go to fast food restaurants and I end up eating hamburgers and chips. I can't dress the way I want and all my girlfriends look so much prettier. I feel awful!</p> <p>What can I do? Please, help me!</p> <p>Unhappy 15</p>  <p><small>Teens MAG 6</small></p>	<p>Hi,</p> <p>I am new at school and some of the older kids...</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p>Sad 16</p>

ACTIVITY B2.1

You are a journalist, responsible for the agony column of the teen magazine mentioned above. Your editor has asked you to write a **report** (100 words) **presenting** the most common **problems** teenagers refer to in your column. The hints on the right will help you.

HINTS

- ❖ School (boring classes, strict teachers)
- ❖ Family (over-protective parents, fights with brother/sister)
- ❖ Friends (jealousy, mistrust)

ACTIVITY B1.2

Your American friend, Cathy, who lives in Greece, is worried about her son who is going to school for the first time. Using ideas from the text below (the column on the left), write an **email message** to Cathy (80 words) **advising** her about what she can do to help her son. Sign as Alex (not with your real name).

Πώς μπορώ να βοηθήσω το παιδί μου να προσαρμοστεί στο σχολείο;

ΠΡΟΕΤΟΙΜΑΣΙΑ ΓΙΑ ΤΗΝ ΠΡΩΤΗ ΗΜΕΡΑ ΣΤΟ ΣΧΟΛΕΙΟ

Μιλήστε του για την πρώτη μέρα στο σχολείο και δημιουργήστε του θετικές προσδοκίες. Ενημερώστε το για τις δραστηριότητες που θα έχει εκεί, για το διάλειμμα, το παιχνίδι και πείτε του για τη δασκάλα και για τα άλλα παιδιά που θα βρίσκονται εκεί. Αν είναι δυνατό, επισκεφθείτε μαζί τον χώρο του σχολείου πριν ξεκινήσει τη φοίτησή του, έτσι ώστε να το βοηθήσετε να καταλάβει ότι το σχολείο είναι ένας όμορφος χώρος, όπου θα μάθει πολλά. Η δουλειά του παιδιού, άλλωστε, είναι να είναι μαθητής και των γονέων να πηγαίνουν στην εργασία τους.

Εγκαινιάστε μια ευχάριστη «ρουτίνα προετοιμασίας»: ψωνίστε μαζί το σχολικό εξοπλισμό, ετοιμάστε μαζί τα πράγματα που θα παίρνει στο σχολείο, διαλέξτε τα ρούχα που θα φορέσει, ενθαρρύνετε το να παίρνει μαζί του κάποιο αγαπημένο του αντικείμενο από το σπίτι.



ΟΙ ΠΡΩΤΕΣ ΗΜΕΡΕΣ ΣΤΟ ΣΧΟΛΕΙΟ

Όταν τις πρώτες μέρες, το παιδί ξεκινάει για το σχολείο κλαίγοντας, καθησυχάστε το, διαβεβαιώστε το ότι το αγαπάτε και ότι θα επιστρέψετε να το πάρετε σύντομα, χωρίς να κάνετε θέμα το γεγονός ότι κλαίει. Αποχαιρείστε το με αποφασιστικότητα, δείχνοντάς του ότι το εμπιστεύεστε να αντιμετωπίσει την κατάσταση. Όταν το παιδί κλαίει πολύ, καλό είναι να απομακρυνθείτε γιατί έτσι το πρόβλημα εντείνεται.

Όταν το παιδί διαμαρτύρεται για σωματικούς πόνους, ακούστε το με προσοχή, καθησυχάστε το, μετριάστε την ανησυχία του αλλά πείτε του ότι θα πάει στο σχολείο.



Τις πρώτες μέρες, όταν ξεκινάτε για το σχολείο, δώστε του χρόνο. Μπορεί να κουζουρέψει στο κρεβάτι ή να φάει αργά το πρωινό του. Πάντα, ειδικά στην αρχή, βάλτε το ξυπνητήρι λίγο πιο νωρίς. Εάν στην πορεία δείτε ότι όλα γίνονται πιο γρήγορα, μπορείτε να ξυπνήσετε λίγο πιο μετά!

Και μην ξεχνάτε να χαμογελάτε αποχαιρώντας το για να αρχίσει όμορφα η μέρα του!

ACTIVITY B2.2

Imagine you are a parent whose child recently went to school and had trouble adjusting. Using ideas from the text above (the column on the right), write a **text** to be posted on a **blog** (100 words), **informing** other worried parents about how you dealt with the problems your child faced during the first days of school.

ACTIVITY 1

Listen to items 1-4 and choose the best photo (A-F). There are two photos you do not need.

- | | | | | | | | | | | | | |
|----|----|--------------------------|----|--------------------------|----|--------------------------|----|--------------------------|----|--------------------------|----|--------------------------|
| 1. | A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |
| 2. | A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |
| 3. | A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |
| 4. | A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |

A.



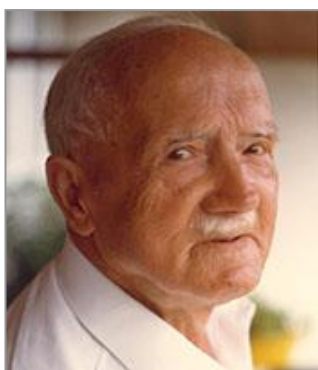
Uncle James

B.



Me, right after graduation

C.



Grandad (Born: June 1914)

D.



Joan, at Dublin airport, 2007

E.



Me and Danny with Kim, Ken, Socrates and Niki 2001

F.



Ron (2004), when he left the company

Listen again and check your answers.



ACTIVITY 2

Read items 5-7. Listen and choose the best answer (A, B, or C) for each item.

5. The woman speaking is probably
 A. a story teller. B. a nursery teacher. C. a nurse.
6. Where do you think the event is taking place?
 A. In a playground. B. In a kitchen. C. In a school gym.
7. The people playing the game must guess what
 A. other people feel. B. is in their mouth. C. is hidden behind them.

Listen again and check your answers.

ACTIVITY 3

Read items 8-10. Listen and choose the best answer (A, B, or C) for each item.

8. Decide what kind of report you are listening to
 A. News report. B. Weather report. C. Sports report.
9. The speaker is probably
 A. an airline representative. B. a travel agent. C. a flight attendant.
10. This radio announcement informs us about
 A. a concert in Thessaloniki. B. a song contest in Thessaloniki. C. an international Arts festival in Thessaloniki.

Listen again and check your answers.

ACTIVITY 4

Read items 11-12. Listen and choose the best answer (A, B, or C) for each item.

11. What information do the interactive maps and tables give us?
 A. They give us the linguistic composition of each language.
 B. They tell us where dialects of English are spoken.
 C. They tell us precisely where each language is spoken.
12. These interactive maps and tables
 A. can only be used by academics.
 B. are only useful to government agencies.
 C. can be used by the general public.

Listen again and check your answers.

Read items 13-15. Listen and choose the best answer (A, B, or C) for each item.

13. Why might the Department of Justice use the map?
 A. To locate people who have broken the law.
 B. To offer people who don't speak English yet information in their language.
 C. To provide free legal advice to all citizens.



14. The map can also help people to find a place
- to learn English.
 - to improve their language skills.
 - to study abroad.
15. The speaker ends by saying that
- there is language diversity in the USA.
 - some languages will eventually die out.
 - English may become a minority language in the USA.

Listen again and check your answers.

ACTIVITY 5

Listen and fill in items 16-20 with the right word.

QUESTIONS	ANSWERS
16. What's unusual about the main speaker?	That she's Greek but looks _____.
17. Does the speaker live in Greece?	Actually, she was _____ here.
18. Does she ever go to England?	Yes, quite _____ in fact, to visit her relatives.
19. Does she attend university right now?	No, she has _____.
20. What does she like about Greece, besides the weather?	The _____ - _____ way of life.

Listen again and check your answers.

ACTIVITY 6

Listen and fill in items 21-25 with the right word.

21. The story we're listening to is not a children's story; it's a _____.
22. The story is about two vices: _____ and envy.
23. The first man in the story wanted to become _____.
24. The second man in the story wanted his neighbour to lose both his _____.
25. The moral of the story is that our own vices can _____ us.

Listen again and check your answers.

People carrying something



People talking



Summer holidays in Paros

Πώς να απολαύσετε τις διακοπές σας στην Πάρο

1



Η Πάρος, ένα από τα ωραιότερα νησιά των Κυκλάδων, σας περιμένει και αυτό το καλοκαίρι. Να ανακαλύψετε τις ομορφιές της. Να χαρείτε τις διακοπές σας. Ο Δήμος Πάρου σας ενημερώνει για τις δυνατότητες και τα ιδιαίτερα πλεονεκτήματα του νησιού μας, που θα κάνουν τις διακοπές σας άνετες και απολαυστικές.

Παραλίες: Η Πάρος έχει πεντακάθαρες παραλίες.

Ναυαθλητισμός: Η Πάρος διαθέτει μοναδικές προϋποθέσεις για θαλάσσια σπορ και ιδιαίτερα για windsurfing, kite surfing, καταδύσεις και ιστιοπλοΐα.

Διασκέδαση: Όλο το νησί, όλο το καλοκαίρι, προσφέρει άπειρες δυνατότητες για διασκέδαση, φαγητό, χορό, εκδηλώσεις. Μαζί με πολλές ευκαιρίες για εκδρομές και εξορμήσεις σε θαυμάσια χωριά και ανεξερεύνητες - ακόμη - παραλίες.

Πολιτισμός: Στο νησί με την ωραιότερη εκκλησία της Ορθοδοξίας, την Εκατονταπυλιανή, στο νησί με ένα από τα σημαντικότερα αρχαιολογικά μουσεία της χώρας, στο νησί με το φημισμένο μάρμαρο «λυχνίτης», ο Δήμος οργανώνει κάθε χρόνο τις «Στιγμές Πολιτισμού», με καλλιτεχνικές εκδηλώσεις υψηλής ποιότητας. Παράλληλα, με το «Σπίτι της Λογοτεχνίας» που λειτουργεί από το 2004, η Πάρος έχει εξελιχθεί σε σημείο συνάντησης σημαντικών Ελλήνων και ξένων συγγραφέων.

Τοπικά προϊόντα: Στην Πάρο μπορείτε να απολαύσετε φρέσκο ψάρι και εκλεκτής ποιότητας ντόπια κρέατα. Ακόμη μπορείτε να βρείτε γνήσια παραδοσιακά προϊόντα όπως τυριά, γλυκά κ.ά. Και, βέβαια, το φημισμένο κρασί με ονομασία προελεύσεως.

2

Δρόμοι: Ένα άρτιο οδικό δίκτυο εξασφαλίζει εύκολη πρόσβαση σε όλο το νησί, με άνεση και ασφάλεια. Σας παρακαλούμε σε όλες τις μετακινήσεις σας να χρησιμοποιείτε πάντοτε ζώνη και κράνος. Μην οδηγείτε ποτέ υπό την επήρεια αλκοόλ.

Στάθμευση: Όλοι οι επισκέπτες έχουν δυνατότητα δωρεάν στάθμευσης σε όλο το νησί. Ειδικά στην Παροικιά και στη Νάουσα έχουν και τη δυνατότητα ελεγχόμενης στάθμευσης. Παρακαλούμε βοηθήστε στην ομαλή κυκλοφορία, αποφεύγοντας να παρκάρετε σε πεζοδρόμια και πλατείες.

Συγκοινωνία: Τα λεωφορεία του ΚΤΕΛ και τα ταξί του νησιού μας είναι στη διάθεση σας 24 ώρες το 24ωρο. Μπορείτε να κινηθείτε σε όλους τους προορισμούς μέσα στην Παροικιά δωρεάν, αξιοποιώντας τη Δημοτική Συγκοινωνία που εκτελείται με το δημοτικό υβριδικό λεωφορείο.

Νερό: Το νησί μας διαθέτει άριστο, φυσικό, καθαρό νερό. Απολαύστε το, αλλά σας παρακαλούμε, μην το σπαταλάτε.

Περιβάλλον: Είναι το πρώτο νησί του Αιγαίου, στο οποίο γίνεται συστηματική ανακύκλωση. Ο Δήμος ενθαρρύνει τα ηλεκτρικά και υβριδικά αυτοκίνητα παρέχοντας δωρεάν ηλεκτρικό ρεύμα και δωρεάν στάθμευση. (Πληροφορίες στο 1562). Ακόμη, στηρίζει έμπρακτα τις πρωτοβουλίες της Greenpeace και άλλων οικολογικών οργανώσεων για την αντιμετώπιση του φαινομένου της κλιματικής αλλαγής.

Καθαριότητα: Διατηρούμε το νησί μας καθαρό. Παρακαλούμε, βοηθήστε και εσείς να το κρατήσουμε όσο πιο καθαρό γίνεται. Ο Δήμος χρησιμοποιεί πλυντήριο κάδων, ηλιακό κάδο απορριμμάτων και εκατοντάδες κάδους καθαριότητας στις παραλίες και τα χωριά.

Υγεία: Εκτός από το Πρότυπο Κέντρο Υγείας και το άριστο ιατρικό, νοσηλευτικό και λοιπό προσωπικό, η Πάρος απέκτησε πρόσφατα δικό της υγειονομικό αεροσκάφος, για κάθε επείγουσα ανάγκη Δημοτών και Επισκεπτών.



Σας περιμένουμε στο νησί μας και αυτό το καλοκαίρι.

Καλές Διακοπές!

ΔΗΜΟΣ ΠΑΡΟΥ / www.paros.gr

A good night's sleep

Επιμέλεια: Ρούλα Τσουλέα / 15-11-2009

6 λόγοι για να κοιμόμαστε πολύ

Τα οφέλη του ύπνου

1 Η έλλειψη ύπνου μπορεί να προκαλέσει παχυσαρκία. Πολυάριθμες μελέτες τα τελευταία χρόνια έχουν δείξει ότι όσοι κοιμούνται 8 ώρες ή περισσότερες κάθε βράδυ είναι πιο αδύνατοι απ' ό,τι όσοι κοιμούνται 5 ώρες ή λιγότερο. Μία από αυτές έγινε στο Πανεπιστήμιο Case Western Reserve, στο Οχάιο, μεταξύ 70.000 εθελοντριών και έδειξε ότι όσες κοιμόνταν λιγότερες από 5 ώρες κάθε βράδυ, είχαν 33% περισσότερες πιθανότητες να γίνουν παχύσαρκες μέσα σε 15 χρόνια.

2 Ο ύπνος «γεννά» καλές ιδέες. Ο ένας στους τρεις ανθρώπους έχει τις πιο δημιουργικές ιδέες του όταν βρίσκεται στο κρεβάτι του, σύμφωνα με πρόσφατη βρετανική μελέτη.

3 Ο ύπνος χαρίζει μακροζωία. Ερευνητές από το Πολιτειακό Πανεπιστήμιο της Πενσυλβάνια πιστεύουν ότι οι γυναίκες ζουν περισσότερο από τους άνδρες επειδή κοιμούνται πιο πολύ και πιο βαθιά.



4 Την ώρα του ύπνου επιλύονται πολλά προβλήματα. Ερευνητές από το Πανεπιστήμιο του Λύμπεκ, στη Γερμανία, διαπίστωσαν ότι οι άνθρωποι που κοιμούνται πριν λύσουν ένα πάζλ, τα καταφέρνουν πολύ καλύτερα απ' ό,τι όσοι μένουν ξύπνιοι έως ότου τα λύσουν.

5 Ο ύπνος μπορεί να προστατεύει από τον καρκίνο. Ερευνητές από το Πανεπιστήμιο Στάνφορντ, στην Καλιφόρνια, πιστεύουν ότι ο ύπνος αλλάζει την ορμονική ισορροπία του οργανισμού, επηρεάζοντας έτσι τον κίνδυνο καρκίνου.

6 Ο ύπνος βελτιώνει την μνήμη. Επιστήμονες από το Πανεπιστήμιο του Σικάγου διαπίστωσαν ότι οι εθελοντές τους που το βράδυ δεν μπορούσαν να θυμηθούν μια σειρά αριθμών που είχαν απομνημονεύσει, τους θυμούνταν πολύ καλά το επόμενο πρωί, εφ' όσον βεβαίως είχαν κοιμηθεί.

TA NEA Web Only, 2009

ACTIVITY 1

1.1 Read the text below and choose the best answer (A, B, or C) for item 1.

1. This text focuses on

A. places in Helsinki worth visiting.

B. Historic buildings all over Finland.

C. Finnish architecture.

Escape to Helsinki – six reasons to go

Introduction

The Finnish capital is a strange and beautiful city where office workers relax in company saunas and locals say that swimming in frozen lakes is good for you. The cityscape blends centuries of Swedish and Russian influence with the Finns' own wonderful gift for design.

A. Senate Square

The heart of Helsinki is centred around Senate Square where the pale green and white cathedral towers over the rooftops. It is a square rich in history and is sometimes used for public events such as concerts, open markets and parades. The Russian-style square was designed by Carl Engel in the mid-1800s when Finland was still part of the Russia Empire.



B. Museum of Contemporary Art

Finland is a powerhouse of art and design and this museum houses a fantastic collection of Finnish and international works.

C. Suomenlinna fortress



A short bus ride beyond the docks stands this mighty island fortress which has guarded Helsinki harbour since the 18th century. There are historic buildings and museums to visit.

D. Uspensky Cathedral



Finland is where East meets West and the best illustration of this is this Orthodox cathedral whose onion-shaped domes add an exotic element to the skyline.

E. Yrjönkatu Swimming Hall

A good steam bath is a national passion, with one sauna for every three Finns. The magnificent architecture of the baths dates back from the 1920s. Swimming costumes are optional.

F. WIN A HOLIDAY WITH QUICKJET

Go to timeout.com/quickJet

Answer the question: Name the island fortress which guards Helsinki harbour and you could win return flights to Helsinki, for you and friend. QuickJet winter schedules on sale now!

1.2 Read the text again and choose the best answer (A, B, or C) for items 2-3.

2. The architecture in Finland

A. is a mixture of styles.

B. is the work of foreigners.

C. has influenced other countries.

3. What is the purpose of Suomenlinna fortress today?

A. It protects the country from attack.

B. It is an art gallery.

C. It is a tourist attraction.

- 1.3 There are five sentences (12-16) missing from the text above. Match each sentence with the correct paragraph (A-F).

Extracts

4. The inside of the church is just as atmospheric, filled with icons and Byzantine style paintings of the saints.
5. There are separate times for women bathers.
6. You will also get the chance to stroll the now peaceful castle walls, and watch the beautiful sunset.

Paragraph

ACTIVITY 2

Match the underlined words in the text below (items 7-11) with a word that has a similar meaning in this context (options A-G). There are two options you do not need.

A.	lasts	B.	continues with	C.	pass	D.	go to	E.	wish	F.	take	G.	search
----	-------	----	----------------	----	------	----	-------	----	------	----	------	----	--------

British Education: a quick guide

Primary education begins in the UK at the age of five and continues until age 11. These schools are mixed – girls and boys (7) attend the same school. Secondary school lasts for five years (from age 11 to 16). Between the age of 11 and 14 students do not (8) sit for any public examinations. These schools may be either single-sex (just boys or girls) or mixed (both boys and girls). A student automatically progresses to the next level or year and does not repeat the year even if the student has failed his or her examinations. When students complete their secondary education they can choose further education or they can leave school and (9) look for a job. Further education means students prepare for their A-Level exams. These are qualifications for students who (10) plan to go to college or University.

A British bachelors degree normally (11) takes three years to complete and most are awarded at honours level. Examples of first degrees are: BA (Bachelor of Arts), BEng (Bachelor of Engineering), and BSc (Bachelor of Science).



ACTIVITY 3

Read the text and for each gap (12-16) choose the best option (A-F). Use each option once only. There is one option you do not need.

A.	contains	B.	causes	C.	tastes	D.	does	E.	helps	F.	avoids
----	----------	----	--------	----	--------	----	------	----	-------	----	--------

Sweet News for Chocoholics

Good news for chocoholics. The treat loved by millions not only (12)_____ delicious but, according to the latest research findings, it also (13)_____ you good. The reason for this is that chocolate (14)_____ certain substances such as flavonoids that are good for your heart; they also help to cut down blood clotting which (15)_____ heart attacks. 'Research indicates that eating chocolate can have a positive effect on health', said Dr. Carl Ritter of the University of New York. 'Research shows that cocoa is a bit like aspirin: it (16)_____ reduce heart attacks'. The Conference on diet and health begins this Saturday in New York at the Rockefeller Center.

ACTIVITY 4

Read the text below about food and decide if each statement below (items 17-24) is True (A) False (B) or Not Stated (C).

STATEMENTS	A: TRUE	B: FALSE	C: NOT STATED
17. People do not just eat to survive.			
18. Meals bring people together.			
19. There is one essential nutrient.			
20. Water keeps body temperature down.			
21. Dietary fibre is found in water and plants.			
22. Dietary fibre lowers your blood pressure.			
23. We should eat different kinds of food.			
24. We should all eat less.			

WHY FOOD?

Everybody has to eat and drink. But for most people food isn't just a matter of survival. Sharing food brings friends, family and colleagues- closer. One way or another, food is an important part of our lifestyle. Food contains five groups of nutrients – proteins, fats, carbohydrates (starches and sugars), vitamins and minerals. Each of them is essential. The body uses the nutrients to provide itself with energy, to help it grow, to help digestion and control body temperature.



Water and dietary fibre are also important. Water is essential for health. But what is dietary fibre? It is a mixture of substances found only in plants. Some types help food pass more quickly through the intestines, some may help to lower blood cholesterol.

You need nutrients in the right amounts to grow and enjoy good health. The best way to balance your diet is to eat a wide variety of foods.

What you eat and when is part of your way of life. Most people in western Europe have enough to eat and drink. Some people even eat too much. Others have 'unbalanced' diets, which often means too much fat and sugar or too little fresh fruit and vegetables.



5.2 Read the text again and choose the best answer (A, B, or C) for items 27-34.

27. What has made English spelling so complicated?
 A. It has more letters than sounds. B. Its history. C. Its similarities with Spanish.
28. The example of the words ending in '-ough' is given to show that
 A. spelling is less difficult than it appears. B. there is no reason for unusual spellings. C. the same letters can be pronounced in different ways.
29. After the Middle English period
 A. English pronunciation began to change. B. Latin became less important. C. spelling began to reflect the way people spoke.
30. The unusual spelling of English words shows an influence of
 A. change in the sound system only. B. printing conventions only. C. other languages as well.
31. Printed books often contained unusual spellings because the printers
 A. lived in London. B. added extra letters to get more money. C. mainly spoke Latin.
32. In his dictionary, Samuel Johnson tried to
 A. make spelling easier. B. correct the printers' errors. C. show how words were actually spelled.
33. George Bernard Shaw and Noah Webster
 A. were both successful playwrights. B. worked together in London. C. wanted to make spelling simpler.
34. Overall, the writer seems to feel that English spelling is
 A. amusing and interesting. B. unnecessarily complicated. C. clear and logical.

ACTIVITY 6

The following texts come from magazines, newsletters and emails from different clubs and societies. For items 35-40, match the texts with the appropriate club or society (options A-G). There is one option you do not need.

A.	A reading club	B.	A photography club	C.	A drama club	D.	A cookery club
E.	A horse riding club	F.	A sub-aqua club	G.	A football club		





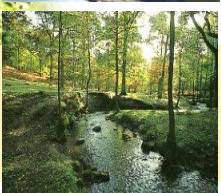
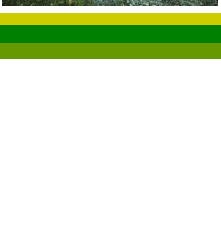
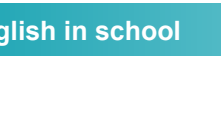
35.	As the Governing body for underwater activities in the UK, the club provides a training programme for divers and instructors and safety advice tailored to safe enjoyment of the sport in the UK and throughout the world.	
36.	On Monday morning please arrive promptly with your pony tacked up by 9.00 a.m. You should leave the pony in your trailer, find out where your stable will be and in which ride you will be.	
37.	The summer exhibition was once again a great success, and our thanks to all of you who sent in pictures or helped with the refreshments on the day. The winner of the 'Best portrait' competition was Jenny Wright, whose image of a shepherd under an olive tree was highly praised by all of the judges.	
38.	Just a quick reminder that our next meeting is at Anita Lawson's house, starting at 8 p.m. She has chosen the new Ian Rankin novel, so please make sure you've finished it so we can all contribute to the discussion. P.S. If anyone needs directions to Anita's, please get in touch.	
39.	Thank you all for your hard work this term and your wonderful performance last night. We have had lots of very positive feedback, so well done. Rehearsals for the next play will begin in the first week of term, so in the meantime, have a great summer holiday.	
40.	The youth team's game at Holbeach United has fallen foul of the weather after heavy rain in the region. The first team fixture at Kettering has also been postponed and the terrible summer this country is experiencing has led to scores of games being called off due to waterlogged pitches.	

ACTIVITY 7

Read the text, and decide which part of the text (A-G) refers to the statements (41-45) below. There are two options you do not need.

41.	This is a spot, where you can eat outdoors.	
42.	Here you can find updated information on an every day basis.	
43.	This is the starting point of a path, where you can enjoy works of art displayed outside.	
44.	This spot is particularly suitable for people with disabilities.	
45.	This place is designed to appeal to people with young children.	

FOREST OF DEAN tour guide 2010

	<p>A. Nagshead Nature Reserve A small car park serves the Nature Reserve, which is a joint project with the RSPB. A daily bulletin board lets you know which species of birds may be seen in the locality.</p>
	<p>B. Wenchford The Blackpool Brook trickles through this picnic site which is very popular in the summer months when the oak trees provide dappled shade.</p>
	<p>C. Cyril Hart Arboretum Near Speech House, the collection started in 1910. There is a trail for the visually impaired and the level paths make the arboretum ideal for less able visitors and wheelchair users.</p>
	<p>D. Edge End On the north western edge of the forest, there are panoramic views of the surrounding countryside towards Wales. Access is up a steep rough path and is not suitable for everyone.</p>
	<p>E. Symonds Yat Rock Lots to see and do at this internationally famous point. Nearby cliffs soar above the valley of the River Wye 120m below. Opportunities to follow waymarked walks. Site of Iron Age fort.</p>
	<p>F. Speech House Woodland Almost opposite the most famous building in the Forest of Dean is the Speech House. It was built in 1676, by the King, as a 'court' where local people could have their say. You may join the circular Sculpture Trail here.</p>
	<p>G. Beechenhurst Formerly the site of Speech House colliery, it is now the ideal base for a family day out – adventure play area, flat games area, refreshments, gifts and information available at the Lodge.</p>

ACTIVITY 8

Fill in the gaps in items 46-50 with the best option (A-F). Use each option only once. There is one option you do not need.

A.	a hand	B.	a lift	C.	alive	D.	out of track	E.	a long time	F.	right
----	--------	----	--------	----	-------	----	--------------	----	-------------	----	-------

46. That's far too much work to do all by yourself. I'll give you _____.

47. You couldn't give me _____ to the station, could you? My car's at the garage.

48. This is a big project and it's going to take _____ to finish it.

49. We must take a map because it's very easy to get _____.

48. The first part was dull, but the play really came _____ after the interval.

ACTIVITY 9

Change the words in Column A so that they can complete sentences 51-55 in Column B below.

COLUMN A		COLUMN B
survival	51.	The _____ of the crash were rushed to hospital.
contains	52.	Pour the _____ of the tin into the saucepan.
grow	53.	Coffee is _____ in more than 50 countries!
health	54.	Do you lead a _____ life?
wide	55.	Spanish culture is _____ known for Flamenco music and dance.

ACTIVITY 10

Think of ONE word that can go with BOTH sentences (56-60) in each set. The first letter of the word is given.

56. a) Don't delay. It's best to s _____ while the iron is hot. It might be too late tomorrow.
b) The port workers are threatening to come out on s _____ over pay and conditions.

57. a) The band's songs have all been huge h _____ with teenagers.
b) On average, their website gets a thousand h _____ a week.

58. a) She studied f _____ arts and music at London University.
b) I felt a bit dizzy this morning but I feel just f _____ now.


59. a) We had h _____ hopes and expectations of her and she hasn't disappointed us.
b) I think it's h _____ time you got your hair cut.

60. a) Let's r _____ our sleeves up and get down to work.
b) We need another r _____ of wallpaper to finish decorating the living room.

ACTIVITY B1.1

You have decided to enter a writing contest about favourite places that is organised every month by a magazine for young learners of English. Last month your friend, Kostas, won the competition. Using his **text** as a model, write your own (80 words) **describing** your **favourite island** and **explaining** why you like it. Sign as Alex (not with your real name).

Thought to paper



My favourite place

My favourite place is Parnassos. It is only a 2-hour drive from Athens and it has one of the biggest and best-organised ski centres in Greece.

I like Parnassos because the view from the top of the mountain is breathtaking, with snow-covered hills and lots of greenery.

I also like the ski centre because there is a ski school there and even people who have never tried skiing can learn how to do it.

It's not surprising that Parnassos is so popular among tourists!

Kostas

Y. L. MAG 6

My Favourite Place

My favourite place is the island of...

Alex

ACTIVITY B2.1

Last month you spent two weeks at a friend's house abroad. Using the hints below, write a **letter** (100 words) to your friend, **thanking** him/her for his/her hospitality, and **referring to what you enjoyed most** during your stay. End your letter by **inviting** him/her to your country. Sign as Jean (not with your real name).

HINTS

- ✓ Museums
- ✓ Restaurants
- ✓ Festivals – events

ACTIVITY B1.2

Imagine you are an active ecologist and your English friend, John, has recently decided to 'go green'. Using ideas from the text below (the column on the left), write an **email message** (80 words) to your friend **informing** him about **what to do to protect the environment**. Sign as Sam (not with your real name).

Βοήθησε να σωθεί ο πλανήτης

Το να βοηθήσεις να σωθεί ο πλανήτης φαίνεται μεγάλη κουβέντα, αλλά μπορεί τελικά να είναι μικρές αλλαγές που κάνουμε στην καθημερινότητά μας που κάνουν τη διαφορά. Η λίστα που ακολουθεί μπορεί να μην είναι καινούργια, είναι όμως χρήσιμο να την υπενθυμίσουμε.

ΤΡΟΠΟΣ ΖΩΗΣ

- **Δυο λεπτά λιγότερο ντους:** κάθε δυο λεπτά που περνάς κάτω από τη ντουσιέρα ξοδεύεις 38 λίτρα νερό. Αν συντομεύσεις το ντους σου κατά δύο λεπτά δε θα είσαι λιγότερο καθαρός και ταυτόχρονα θα έχεις κάνει οικονομία στο νερό.
- **Χορτοφάγος για μια μέρα:** για την παραγωγή ενός κιλού κρέατος απαιτούνται 20 περίπου λίτρα νερό. Αν συμπεριλάβεις στη διατροφή σου ένα γεύμα κρέατος λιγότερο την εβδομάδα, κάνεις καλό όχι μόνο στην υγεία σου, αλλά και στον πλανήτη.
- **Βάλτο στα πόδια:** το περπάτημα αποτελεί καλή άσκηση αλλά και τρόπο προστασίας του περιβάλλοντος. Πήγαινε με τα πόδια στη δουλειά, στο σχολείο ή στο κέντρο της πόλης, ή εναλλακτικά, χρησιμοποίησε τα μέσα μαζικής μεταφοράς. Επίσης, αν μένεις κοντά με ένα συνάδελφο, είναι καλό η μετακίνηση στην εργασία να γίνεται με ένα αυτοκίνητο παρά με δύο.

ΟΙΚΙΑΚΗ ΟΙΚΟΝΟΜΙΑ

- **Σβήσε τα φώτα:** όταν μετακινείσαι από το ένα δωμάτιο του σπιτιού στο άλλο, σβήσε τα φώτα, έστω και αν λείψεις μόνο για λίγη ώρα. Ταυτόχρονα, αξιοποίησε όσο περισσότερο γίνεται το φως της ημέρας, ανοίγοντας τις κουρτίνες στο σπίτι και κάνοντας δραστηριότητες όπως το διάβασμα ή το σιδέρωμα δίπλα στο παράθυρο. Επίσης, ξεσκόνισε τους λαμπτήρες. Οι σκονισμένοι λαμπτήρες καταναλώνουν περισσότερη ενέργεια από τους καθαρούς.
- **Βγάλε το κινητό από την πρίζα:** μην αφήνεις το κινητό σου να φορτίζεται, όταν η μπαταρία του έχει γεμίσει. Με τον τρόπο αυτό σπαταλάς άσκοπα το 95% του ηλεκτρισμού, ενώ μόνο το 5% χρησιμοποιείται για τη φόρτιση του κινητού σου.
- **Κλείσε το φούρνο:** αν θέλεις να ελέγξεις το φαγητό, δεσ μέσα από το τζάμι, αντί να ανοίξεις την πόρτα του φούρνου.
- **Άσε το ψυγείο ήσυχο:** μην ανοίγεις άσκοπα το ψυγείο και μην κρατάς την πόρτα ανοικτή για πολλή ώρα. Επίσης, μην τοποθετείς σκεύη με ζεστό φαγητό στο ψυγείο. Κάνεις σπατάλη ενέργειας.

ACTIVITY B2.2

'Mother Earth', a magazine about ecology, has invited readers to write articles to be published in the next issue which will be related to the environment. Using ideas from the text above (the column on the right), write an **article** (100 words) **making suggestions** on what people can do to **save energy**.

ACTIVITY 1

Listen to items 1-4 and choose the best photo (A-F). There are two photos you do not need.

- | | | | | | | | | | | | | |
|----|----|--------------------------|----|--------------------------|----|--------------------------|----|--------------------------|----|--------------------------|----|--------------------------|
| 1. | A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |
| 2. | A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |
| 3. | A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |
| 4. | A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |



A. Dad turning 30, Sandy turning 1



B. With the cast on his leg



C. Ted's broken arm doing better



D. Billy and Leo hiding from mum



E. Grandma at Christmas



F. Grandpa with friends

Listen again and check your answers.



ACTIVITY 2

Read items 5-7. Listen and choose the best answer (A, B, or C) for each item.

5. What do you think the relationship between Tom and John is?
 A. They're employer-employee. B. They're close friends. C. They're father and son.
6. Why's Tom calling John?
 A. To apologize. B. To complain. C. To tell him good news.
7. What exactly is this message about?
 A. Tom's been accepted at University. B. Tom's had an accident. C. Tom's going to move to New York.

Listen again and check your answers.

ACTIVITY 3

Read items 8-10. Listen and choose the best answer (A, B, or C) for each item.

8. The speaker is telling us about
 A. his life in New York. B. the way in which he works. C. how to write a speech.
9. The speaker, who's the creator of the cartoon Snoopy, had a dog that
 A. didn't look anything like Snoopy. B. inspired him to create Snoopy. C. was called Snoopy.
10. The man being interviewed used to have a special interest in
 A. primitive people. B. animals. C. the natural world.

Listen again and check your answers.

ACTIVITY 4

Read items 11-15. Listen and choose the best answer (A, B, or C) for each item.

11. Women's magazines have been an object of
 A. negative comments.
 B. dissatisfaction.
 C. discussion.
12. Peppermint Patty believes that
 A. women's accomplishments should be commemorated.
 B. women's achievements are less important nowadays.
 C. women achieve great things if only given the opportunity.
13. The speaker doesn't buy women's magazines any longer because
 A. she thinks they belittle women.
 B. she's no longer interested in fashion.
 C. she finds them too expensive.



14. Does Kate Saunders agree with the previous speakers?
- She fully agrees with them.
 - She sympathizes, but disagrees.
 - She thinks they're too idealistic.
15. What's Kate Saunders connection to women's magazines?
- She owns several.
 - She buys lots of them.
 - She works for them.

Listen again and check your answers.

ACTIVITY 5

Listen and fill in items 16-20 with the right word.

QUESTIONS	ANSWERS
16. What is the speaker talking about?	An experience she had when she was very _____.
17. How come she remembers it vividly?	Because the experience was very _____.
18. Where did the incident take place?	In her _____.
19. What happened exactly?	She fell and split her _____ open.
20. What was she doing as the doctors were stitching her up?	She was spitting and _____.

Listen again and check your answers.

ACTIVITY 6

Listen and fill in items 21-25 with the right word.

QUESTIONS	ANSWERS
21. What's the speaker's profession?	
22. What's the speaker looking for?	
23. Who's the speaker talking about?	
24. What's the speaker referring to?	
25. What sort of surprise is the speaker talking about?	

Listen again and check your answers.

Unusual scenes



People shopping



Noise pollution



ΘΑ ΚΟΥΦΑΘΟΥΜΕ!

Τι είναι η ηχορύπανση;

Είναι μια μορφή ρύπανσης που προέρχεται από διαφόρων ειδών θορύβους στις πόλεις και είναι δυνατόν να προκαλέσει σοβαρά προβλήματα υγείας.



Οι κύριες πηγές ηχορύπανσης είναι:

- ▶ Τα μέσα μεταφοράς
- ▶ Οι βιομηχανικές και βιοτεχνικές εγκαταστάσεις
- ▶ Οι εγκαταστάσεις αναψυχής και διασκέδασης
- ▶ Οι οικιακές συσκευές

Ξεκουφάθηκε και η τριανταφυλλιά μου!

Δεν υποφέρει μόνο ο άνθρωπος από την ηχορύπανση. Πλήττονται και οι υπόλοιποι οργανισμοί, ζωικοί και φυτικοί. Ειδικότερα τα φυτά, αντιδρώντας στις υψηλές συχνότητες, χάνουν τα φύλλα τους! Από μελέτες σε πειραματόζωα, έχει καταγραφεί ότι τα ζώα υποφέρουν όταν οι ήχοι υπερβούν ορισμένες τιμές ντεσιμπέλ.

Η ηχορύπανση μας αρρωσταίνει

- ▶ Γιατί προκαλεί βλάβες στην ακοή μας
- ▶ Διαταράσσει τον ύπνο μας
- ▶ Αυξάνει την πίεση και την ταχυπαλμία
- ▶ Δημιουργεί προβλήματα όρασης
- ▶ Προκαλεί πονοκεφάλους, αϋπνίες και στομαχικές κράμπες



Κι ύστερα λένε ότι δε διαβάζω

Επιστημονικές έρευνες έδειξαν ότι, εξαιτίας της ηχορύπανσης, οι μαθητές μπορεί να εμφανίσουν: αφηρημάδα, επιθετικότητα, δυσκολία στην επίλυση προβλημάτων, εύκολη παραίτηση, χαμηλότερες σχολικές επιδόσεις σε εξετάσεις.



Πώς μπορούμε να αντιμετωπίσουμε την ηχορύπανση;

- ▶ Με την ηχομόνωση των κτηρίων
- ▶ Ελέγχοντας το θόρυβο από τις εξατμίσεις και τα μέσα μεταφοράς
- ▶ Με τη μεταφορά των εργοστασίων εκτός πόλης.

Η λύση για τη μείωση των θορύβων όμως εξαρτάται και από μας τους ίδιους. Δε φτάνει απλώς να κλείνουμε τ'αφτιά μας στην ηχορύπανση, αλλά πρέπει και να μην την πολλαπλασιάζουμε.



ΟΙ ΕΡΕΥΝΗΤΕΣ, Η ΚΑΘΗΜΕΡΙΝΗ, 2008

Concert Hall - Smart deals for young people

ΜΕΓΑΡΟ ΜΟΥΣΙΚΗΣ ΑΘΗΝΩΝ

Απρίλιος - Μάιος 2011

ΣΕΙΡΑ ΣΥΝΑΥΛΙΩΝ

Το Μέγαρο για τους Νέους

Κυριακάτικες Εκδηλώσεις
για **ΝΕΟΥΣ** και **ΠΑΙΔΙΑ**

ΚΥΡΙΑΚΗ ΠΡΩΙ ΣΤΟ ΜΕΓΑΡΟ 11.30 π.μ.

Το Μέγαρο Μουσικής Αθηνών διοργανώνει, για δέκατη έκτη συνεχή χρονιά, τη σειρά των κυριακάτικων εκδηλώσεων που απευθύνονται κυρίως σε νεανικό κοινό.

Τα πρωινά της Κυριακής (11.30 π.μ.) στις Αίθουσες του Μεγάρου Μουσικής πραγματοποιούνται συναυλίες με δημοφιλή έργα και με στόχο την εξοικείωση των παιδιών και των νέων με τον υπέροχο κόσμο της μουσικής.

Οι κυριακάτικες συναυλίες του Μεγάρου Μουσικής προσφέρονται σε πολύ χαμηλές τιμές

ΔΩΡΕΑΝ ΕΙΣΙΤΗΡΙΑ ΓΙΑ ΝΕΟΥΣ ΠΟΥ ΖΟΥΝ ΕΚΤΟΣ ΑΘΗΝΩΝ

Για ένατη χρονιά φέτος το Μέγαρο Μουσικής προσφέρει **ΔΩΡΕΑΝ ΕΙΣΙΤΗΡΙΑ** στα **Κυριακάτικα Πρωινά** και σε άλλες επιλεγμένες παραστάσεις σε μαθητές, σπουδαστές και φοιτητές που ζουν εκτός Αθηνών. Τηρείται αυστηρά η προτεραιότητα της κράτησης.

**ΚΑΙ ΜΗΝ ΞΕΧΝΑΤΕ
ΤΗ ΜΕΓΑΛΗ ΠΡΟΣΦΟΡΑ
ΤΟΥ ΜΕΓΑΡΟΥ ΜΟΥΣΙΚΗΣ ΑΘΗΝΩΝ
ΓΙΑ ΤΟΥΣ ΝΕΟΥΣ**

Φθηνότερα εισιτήρια για νέους και σπουδαστές

Στην προσπάθειά του να φέρει τη μουσική κοντά στους νέους, το Μέγαρο Μουσικής Αθηνών τους προσφέρει σε τιμές φοιτητικές τα αδιάθετα εισιτήρια κάθε παράστασης.

Η φοιτητική τιμή ισχύει για φοιτητές, σπουδαστές και παιδιά ή νέους 8-18 ετών, και σε όλες τις ζώνες, ανάλογα με τα υπάρχοντα εισιτήρια.

Σε περίπτωση παιδιών κάτω των 15 ετών η ειδική τιμή ισχύει επίσης για έναν συνοδό.

Την ημέρα της παράστασης που θέλετε να παρακολουθήσετε, τηλεφωνήστε μετά τις 10 το πρωί στο 210 7282333 για να πληροφορηθείτε σχετικά με τη διαθεσιμότητα των εισιτηρίων.

Η πώληση των εισιτηρίων αρχίζει το απόγευμα της παράστασης, ώρα 6 μ.μ.

ΠΛΗΡΟΦΟΡΙΕΣ και στο site:

www.megaron.gr

ΜΕΓΑΡΟ ΜΟΥΣΙΚΗΣ ΑΘΗΝΩΝ

ACTIVITY 1

1.1 Read the text below and choose the best answer (A, B, or C) for item 1.

1. The text was written to be read by
 A. the organisers. B. the performers. C. the general public.

VIVID AND UNIQUE

36

LONDON'S NOTTING HILL CARNIVAL

Notting Hill Carnival is London's liveliest celebration of diversity, colour and sound.

Originally started in 1964, and inspired by the Trinidad Carnival, the Notting Hill Carnival has grown into an international event which remains true to its Caribbean roots. Over the last four decades, it's become a mixture of various cultural and musical traditions that come together in modern West London streets.



Today it's Europe's largest street festival with thousands of visitors enjoying live bands, street food, dancing and much more. And this year it is going to be bigger and better than ever.

Notting Hill Carnival Code

Please remember:

- Set a meeting place in case you lose family or friends – try not to rely on your mobile phone.
- Keep aware – pickpockets will be attracted to the large crowds.
- Check arrangements for your return journey before leaving for the Carnival – if you move around the area you may find that your return journey will be easier from another station or bus stop.
- Go with the flow of the crowd – don't try and walk against it.
- Don't bring your valuables or wear expensive jewellery.
- Keep your belongings with you at all times.
- Don't carry too much cash or your credit cards.
- If you are travelling only a short distance, it may be quicker to walk.
- Arrange to meet friends and family before entering the Carnival area.

1.2 Read the text again and choose the best answer (A, B, or C) for items 2-6.

2. The first Notting Hill Carnival
 A. was held in Trinidad. B. was organised by people from Trinidad. C. had its roots in the Trinidad carnival.
3. The best way to avoid getting lost during the Carnival is
 A. agree on a place to meet. B. to stay with your friends. C. to use your mobile phone.
4. You should leave the Carnival from
 A. the same station as the one you arrived at. B. the nearest station to where you are. C. a different station from the one you arrived at.
5. Which the following is a risk for visitors to the Carnival?
 A. Spending too much money. B. Being pushed by the crowd. C. Having things stolen.
6. During the Carnival visitors
 A. should use only credit cards. B. should avoid spending money. C. should carry only a little money.

ACTIVITY 2

Read the texts about these audio books and for each gap (7-11) choose the best option (A-F). Use each option only once. There are two options you do not need.

A.	in	B.	by	C.	for	D.	from	E.	through	F.	into
----	----	----	----	----	-----	----	------	----	---------	----	------

AUDIOBOOKCATALOGUE

Great Expectations

Charles Dickens

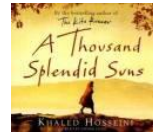


This classic (7)_____ Dickens tells the story of Pip, an orphan who is brought up in humble surroundings but with dreams of something greater. In love with a beautiful girl who shows little interest (8)_____ him, Pip is changed completely by a chance meeting that will turn him (9)_____ a man of deep character.

15 CDs \$34.95

A thousand splendid suns

Khaled Hosseini



Born a generation apart and (10)_____ different backgrounds, Mariam and Laila are two women who are brought together by war and fate. This moving story shows how a woman's love (11)_____ her family can make her do heroic things and even sacrifice herself for others.

11 CDs \$39.95

ACTIVITY 3

Match the underlined words in the text (items 12-16) with a word or phrase (A-F) that has a similar meaning in this context. There is one option you do not need.

A.	pass	B.	give	C.	had in common	D.	plan	E.	grown	F.	trained
----	------	----	------	----	---------------	----	------	----	-------	----	---------

Laughter Yoga Prozone :: F x

laughteryoga.org/prozone/

LaughterGym@laughterclubs.com

Laughter Yoga Prozone
Resource Center For Laughter Yoga Professionals

Home About Prozone Subscribe Now Contact Us

Laughter clubs have (12) spread all over the world and they have now reached Greece. Laughter Gym (Greece) finally opened its 1st club on 5th November 2008, in Marousi, Athens.

The club was started by Georgia and Dimitra Yiannakopoulou, who both (13) qualified as Laughter Yoga teachers in the USA. They have brought together a group of all ages and all participants that (14) shared one thing: they were all ready to spend an hour of laughing!

The members of the club (15) aim to organize laughter seminars and workshops all over Greece. Their main aim is to help people enjoy laughter. Besides, they also plan to encourage activities related to peace through laughter.

The club plans to organize volunteers to help old people and to (16) offer free Laughter Gym lessons to the unemployed and to immigrants.

We're sure you will agree with our directors, Dr. Georgia and Dimitra Yiannakopoulou that laughter is the best medicine!

Call us now at 210 – 4535677 or send an email to: laughtergym@fastnet.gr





ACTIVITY 4

4.1 Read the text below and choose the best answer (A, B, or C) for item 17.

17. This text tells the reader that Danes
 A. do not feel stress. B. feel disappointed. C. are happy.

Nothing is rotten in the state of Denmark

Over the past 30 years, in survey after survey, this small nation of five and a half million people, the land that produced Hans Christian Andersen, nearly always beat the rest of the world in the happiness polls. It's hard to understand why: the weather is only so-so, they are heavy drinkers and smokers, their Scandinavian neighbours, the Norwegians, are richer, and their other neighbours, the Swedes, are healthier. So it's ironic that the unhappiest man in history, or at least theatre history, was the Prince of Denmark, Hamlet. Of course, Hamlet had every right to be unhappy. After all, his uncle murdered his father and married his mother. But Hamlet aside, what makes Danes so happy and why aren't they miserable like so many of the rest of us? That's a question that also intrigued Professor Kaare Christensen at the University of Southern Denmark. 'If you ask

people on the street where they think the happiest country in the world is, they'll say, you know, tropical islands and nice places, like Italy or Spain. Places with nice weather and good food. But in Europe, they're actually the most unhappy people,' Dr. Christensen explains. So Christensen and a team of researchers tried to discover just why Denmark finds itself on top of the happiness polls.

After careful study, Christensen thinks he found the key to Danish anti-depression. 'What we basically figured out was that although the Danes were content with their life, when we looked at their expectations they were pretty low', he says. By having low expectations, one is rarely disappointed.



4.2 Read the text again and choose the best answer (A, B, or C) for items 18-20.

18. What does the author say about the Danes?
 A. They are healthy. B. They are very positive. C. They complain about the weather.
19. Christensen wanted to know
 A. why people felt miserable. B. what makes people happy. C. why Spain and Italy are popular.
20. Christensen's research tells us that the Danes
 A. do not expect much from life. B. expect to enjoy life. C. get a lot out of life.

4.3 Read the text again and decide if the following statements (21-25) are True (A) False (B) or Not Stated (C).

STATEMENTS	A: TRUE	B: FALSE	C: NOT STATED
21. There has been little research into which countries are the happiest.			
22. The writer doesn't think much of the weather in Denmark.			
23. Danes do not like smoking and drinking.			
24. Professor Christensen doesn't like the story of Hamlet.			
25. Most people think the weather and food are important in happiness.			



5.2 Read the text again and choose the best answer (A, B, or C) for items 28-35.

28. The writer recommends getting about
 A. on foot. B. by bicycle. C. in a sports car.
29. Which crime appears to be relatively common in Amsterdam?
 A. Pick-pocketing B. Shoplifting C. Bicycle theft
30. The writer says that waiters and waitresses often appear to be
 A. lazy. B. unhelpful. C. over-attentive.
31. The city of Amsterdam
 A. is based on an American model. B. was badly damaged during the war. C. was not re-developed after the war.
32. The writer implies that Brussels
 A. was spoiled by development. B. is more important than Amsterdam. C. is more attractive than Amsterdam.
33. The main museum
 A. is similar to the train station. B. will be finished in 2010. C. has a disappointingly small number of paintings.
34. The writer suggests that visitors should eat at
 A. an American restaurant. B. a French restaurant. C. an Indonesian restaurant.
35. Which point does the writer's friend NOT make about Amsterdam?
 A. It is beautiful to look at. B. It is convenient to get around in. C. It is cheap to live in.

ACTIVITY 6

For items 36-41, match the extracts from various leaflets and brochures with the businesses or organisations they are connected with (options A-G). There is one option you do not need.

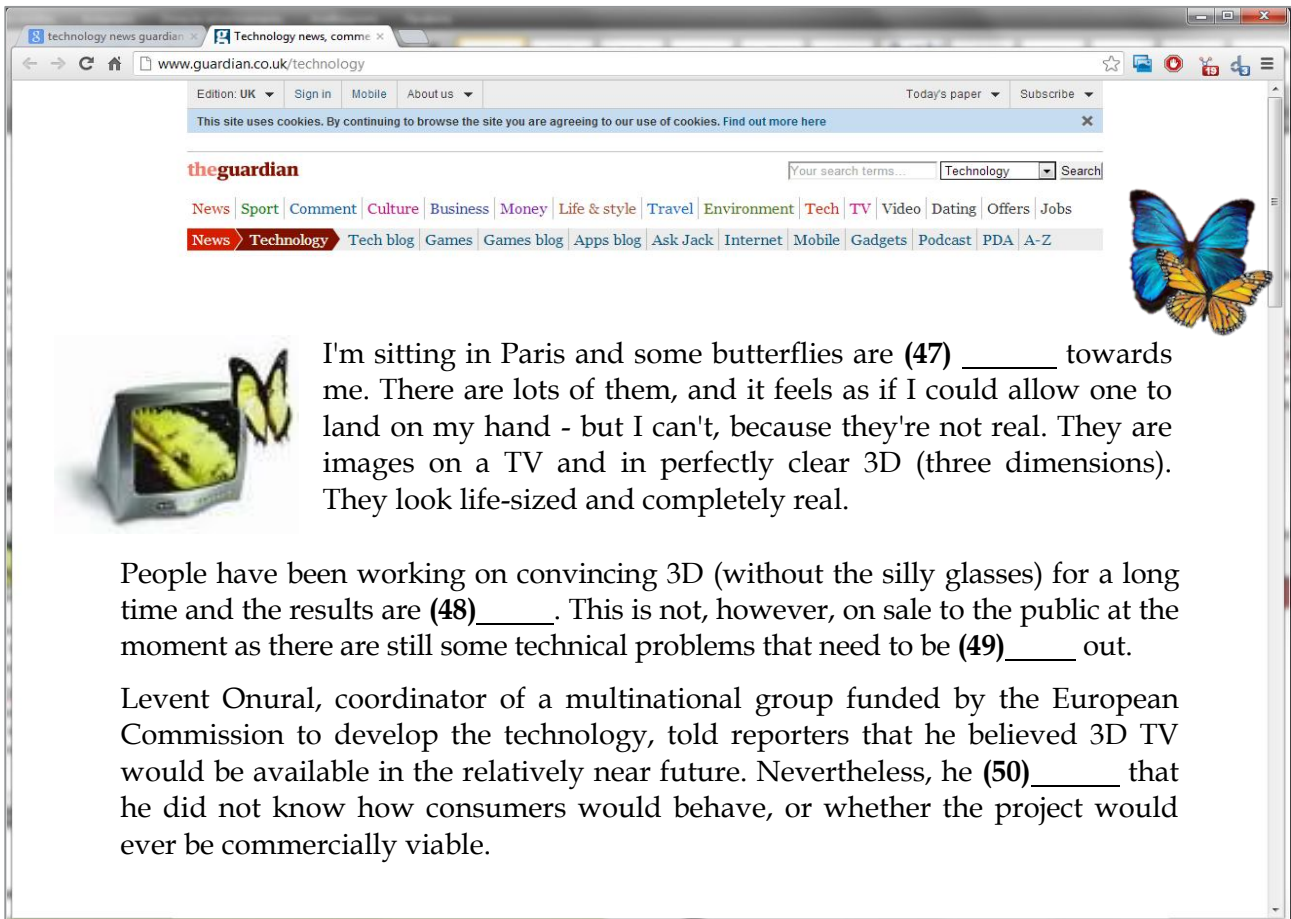
A.	a coffee shop	B.	an energy efficiency company	C.	an environmental campaign organisation	D.	a furniture shop
E.	a wine merchant	F.	a sailing school	G.	a train company		

36.	Free Home Delivery – Because you'll have enough rushing around to do this Christmas, we offer FREE delivery on a mixed case of 12 bottles anywhere in mainland UK.	
37.	The perfect start to your day – Warm up for the day ahead with a frothy Cappuccino and a Star Linzer – a double fluted shortbread biscuit sandwich filled with seedless raspberry jam and icing.	
38.	If you have any questions or queries, please contact staff at your local station ticket office.	
39.	Joining us is the most effective way for you to protect your world. By giving as little as £3 a month, you can be part of our work to make politicians and companies take action.	
40.	Our centre is up to date with all the latest innovations and designs, and by improving and replacing equipment regularly, we maintain impressive fleets of both boats and windsurfers.	
41.	Heat moves towards cold. In the winter it's drawn to cold glass to escape your home (see illustration below). In the summer, outdoor heat moves towards the windows of your air-conditioned home.	

ACTIVITY 8

Read this extract. For each gap in items 47-50 choose the best option (A-E). Use each option only once. There is one option you do not need.

A.	admitted	B.	fluttering	C.	sorted	D.	carried	E.	breathtaking
-----------	----------	-----------	------------	-----------	--------	-----------	---------	-----------	--------------



I'm sitting in Paris and some butterflies are (47) _____ towards me. There are lots of them, and it feels as if I could allow one to land on my hand - but I can't, because they're not real. They are images on a TV and in perfectly clear 3D (three dimensions). They look life-sized and completely real.

People have been working on convincing 3D (without the silly glasses) for a long time and the results are (48) _____. This is not, however, on sale to the public at the moment as there are still some technical problems that need to be (49) _____ out.

Levent Onural, coordinator of a multinational group funded by the European Commission to develop the technology, told reporters that he believed 3D TV would be available in the relatively near future. Nevertheless, he (50) _____ that he did not know how consumers would behave, or whether the project would ever be commercially viable.

ACTIVITY 9

Change the words in Column A so that they can complete sentences 51-55 in Column B below.

COLUMN A		COLUMN B
WORDS FROM THE TEXT		STATEMENTS
different	51.	What is the _____ between butter and margarine?
derive	52.	A good dictionary will give you the meaning and the _____ of a word.
explain	53.	Did she give you an _____ for her bizarre behaviour?
political	54.	It is not _____ correct to talk about immigrants like that.
appeal	55.	I didn't want to go to the exhibition – it didn't sound very _____.

ACTIVITY 10

Word puzzle. Complete the sentences (56-60) using **ONE** of the options in each pair. There is one option you do not need.

A.	hot/boiling	B.	package/parcel	C.	famous/notorious
D.	tall/high	E.	tired/exhausted	F.	difference/change

56. The resort is very _____, so there is guaranteed snow every winter.

57. I think I'll have an early night – I'm feeling a bit _____.

58. I couldn't control my anger yesterday. I was _____ inside!

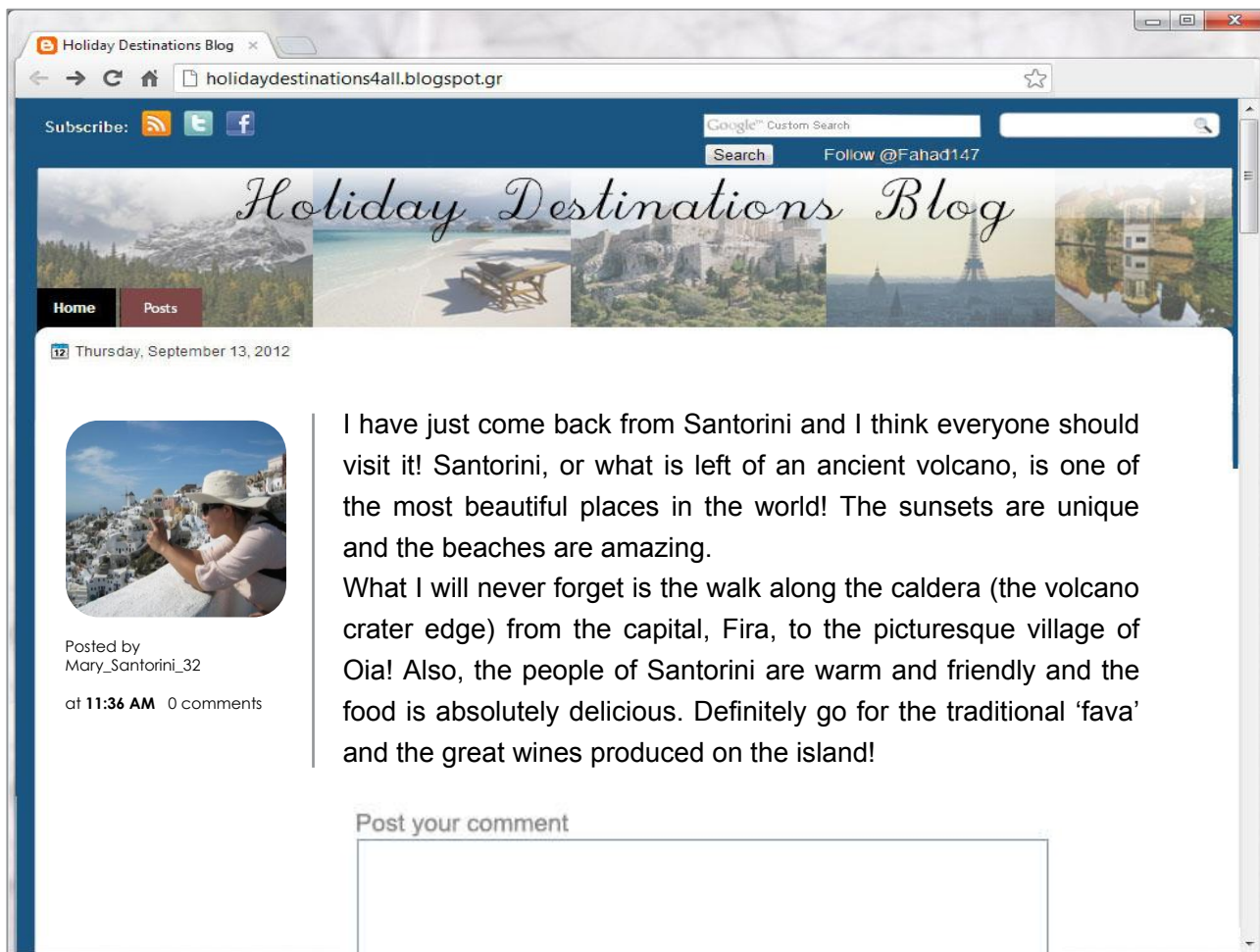
59. Come whenever you like – it makes no _____ to me.

60. If you go on a _____ holiday, it can be cheaper than travelling independently.

*Word
puzzle*

ACTIVITY B1.1

Imagine you have just come back from your skiing holidays on a snowy mountain and have found a blog about holiday destinations. Using one of the **texts** posted on the **blog** as a model, write your own (80 words) **describing** the place you visited.



The screenshot shows a web browser window displaying a blog titled "Holiday Destinations Blog". The URL is "holidaydestinations4all.blogspot.gr". The page features a navigation bar with "Home" and "Posts" tabs, a search bar, and social media links. The main content area shows a post dated "Thursday, September 13, 2012" by "Mary_Santorini_32" at "11:36 AM" with "0 comments". The post includes a photo of a person taking a picture of Santorini and the following text:

I have just come back from Santorini and I think everyone should visit it! Santorini, or what is left of an ancient volcano, is one of the most beautiful places in the world! The sunsets are unique and the beaches are amazing.

What I will never forget is the walk along the caldera (the volcano crater edge) from the capital, Fira, to the picturesque village of Oia! Also, the people of Santorini are warm and friendly and the food is absolutely delicious. Definitely go for the traditional 'fava' and the great wines produced on the island!

Below the text is a "Post your comment" section with a text input field.

ACTIVITY B2.1

Imagine you are the owner of a small hotel on a beautiful Greek island. Write a **text for a leaflet** (100 words) **promoting** your hotel and **explaining** the reasons why tourists should choose to stay there. End your text by **inviting** them to come. The hints below will help you.

HINTS

- ❖ Location (near the sea, spectacular view)
- ❖ Facilities (comfortable rooms, swimming pool, tennis court, electronic games room)
- ❖ Cost (reasonable prices, even at peak season)

ACTIVITY B1.2

Your American friend, Mary, has just installed an internet connection but has no experience with it. Using information from the text below (the column on the left) send her an **email message** (80 words) **advising** her on how to protect her privacy online. Sign as Jean (not with your real name).

Ασφάλεια στο Διαδίκτυο

Διατήρησε τον έλεγχο των προσωπικών σου δεδομένων



ΔΙΑΦΥΛΑΞΕ ΤΗΝ ΤΑΥΤΟΤΗΤΑ ΣΟΥ

Σκέψου πριν αποκαλύψεις δεδομένα

Αν λαμβάνεις e-mails, μηνύματα στο κινητό ή στο Facebook που σου ζητούν πληροφορίες, μην απαντήσεις αν δεν είσαι σίγουρος από ποιον προέρχονται.

Διάβαζε προσεκτικά τα «φιλά γράμματα» στις ιστοσελίδες που επισκέπτεσαι

Έτσι θα μάθεις πώς χρησιμοποιούν τα δεδομένα σου, π.χ. αν προωθούν τις πληροφορίες που σε αφορούν σε διαφημιστικές εταιρείες.

Εμπιστεύσου το ένστικτό σου

Αν δεν είσαι σίγουρος για την ασφάλεια μιας ιστοσελίδας ή δεν νιώθεις άνετα με τον τρόπο που θα χρησιμοποιηθούν τα προσωπικά σου δεδομένα, προτίμησε κάποια άλλη.

ΠΡΟΣΤΑΤΕΨΟΥ ΑΠΟ ΤΡΙΤΟΥΣ

Σκέψου ποιος μπορεί να βλέπει τα δεδομένα σου

Μην επισκέπτεσαι ιστοσελίδες που δεν θα ήθελες οι άλλοι να γνωρίζουν όταν χρησιμοποιείς «κοινόχρηστους» υπολογιστές.



Δυσκόλεψε τους... «κακούς»

Χρησιμοποίησε διαφορετικά συνθηματικά στους λογαριασμούς σου (στο e-mail σου, στο Facebook, στο Twitter). Διάλεξε συνθηματικά που είναι εύκολο να θυμάσαι εσύ, αλλά δύσκολο να μαντέψουν οι άλλοι.

Κράτα τον υπολογιστή σου ασφαλή

Χρησιμοποίησε προγράμματα προστασίας από ιούς (antivirus) και φρόντισε να είναι ενημερωμένα.

Σκέψου πριν αγοράσεις στο διαδίκτυο

Χρησιμοποίησε ασφαλείς ιστοσελίδες, στις οποίες φαίνονται καθαρά τα στοιχεία επικοινωνίας της εταιρείας.



Secure https://

ACTIVITY B2.2

Your pen-friend, Jack, spends too much time on the internet and you are worried about him. Use ideas from the right side of the text and send him an **email message** (100 words) **informing** him about **what you did** to protect yourself and your computer against online threats. Sign as Nick/Nicky (not with your real name).

ACTIVITY 1

Listen to items 1-4 and choose the best photo (A-F). There are two photos you do not need.

- | | | | | | | | | | | | |
|-------|--------------------------|----|--------------------------|----|--------------------------|----|--------------------------|----|--------------------------|----|--------------------------|
| 1. A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |
| 2. A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |
| 3. A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |
| 4. A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |



Listen again and check your answers.



ACTIVITY 5

Listen and fill in items 16-20 with the right word.

Where do you think the speakers are?
16.
17.
18.
19.
20.

Listen again and check your answers.

ACTIVITY 6

Listen and fill in items 21-25 with the right word.

EX. Going to *bed late.*

21. _____ *money.*

22. _____ *people move.*

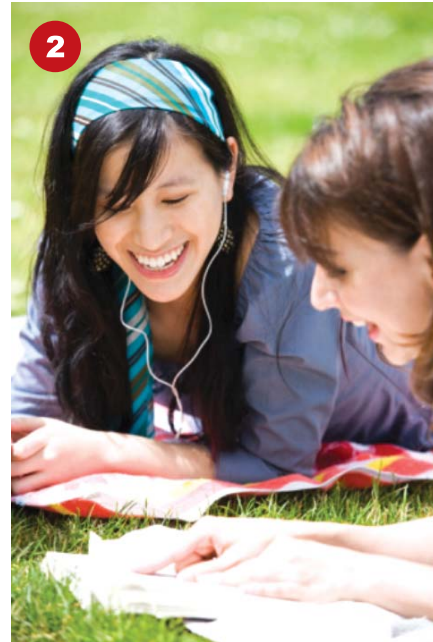
23. _____ *children.*

24. _____ *books and CDs.*

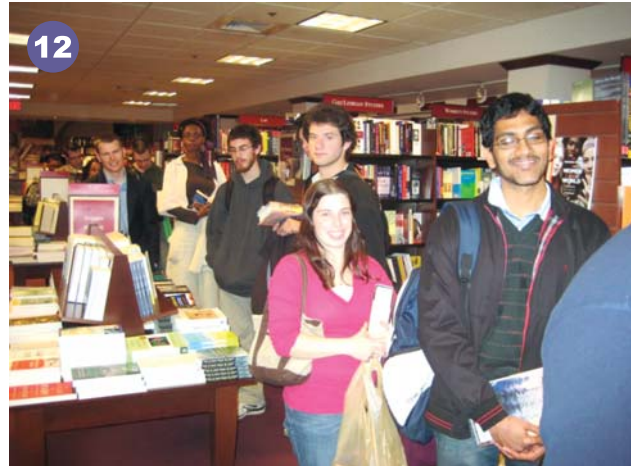
25. _____ *people from the airport.*

Listen again and check your answers.

In the park



Waiting for something



Headaches

1

Ωχ! Το κεφάλι μου!

2

Τα Σάββατα ή οι Δευτέρες

Επιδημιολογικές έρευνες δείχνουν ότι το Σάββατο είναι η πιο συνηθισμένη μέρα πονοκεφάλων. Οι επιστήμονες πιστεύουν ότι το φαινόμενο συνδέεται κατά ένα μέρος με τις αλλαγές στην καθημερινή μας ρουτίνα: Κοιμόμαστε μέχρι αργά και καθυστερούμε το πρωινό, με αποτέλεσμα να πέφτουν τα επίπεδα σακχάρου στο αίμα, ή δεν πίνουμε τόσους καφέδες όσους τις άλλες μέρες, οπότε αντιμετωπίζουμε το σύνδρομο έλλειψης καφεΐνης. Η δεύτερη πιο συνηθισμένη μέρα πονοκεφάλων είναι η Δευτέρα, με τους ειδικούς να πιστεύουν πως αιτία των πονοκεφάλων είναι οι αλλαγές στις ώρες ύπνου: το Σαββατοκύριακο κοιμόμαστε μέχρι αργά ενώ τη Δευτέρα ξυπνάμε νωρίς.

ΗΛΥΣΗ

Κρατήστε ένα πρόχειρο ημερολόγιο για να βρείτε αν ο πονοκέφαλος σας ταλαιπωρεί κυρίως Σάββατο ή Δευτέρα. Σημειώστε επίσης τι ακριβώς κάνατε πριν αρχίσει ο πόνος (τί φάγατε, τί ήπιατε, πόσο κοιμηθήκατε). Αφού εντοπίσετε τις αιτίες, αλλάξτε τις συνήθειες που προκαλούν τον πονοκέφαλο.

Η τσίχλα

Το επίμονο και συνεχές μάσημα τσίχλας μπορεί να προκαλέσει ένταση σε ολόκληρο το κεφάλι και να γίνει αιτία πονοκεφάλων. Το ίδιο μπορεί να συμβεί και αν σφίγγετε τα δόντια σας όσο κοιμάστε.

ΗΛΥΣΗ

Σταματήστε να μασάτε τσίχλα τόσο συχνά και παρατηρήστε αν ο πονοκέφαλος σταματήσει. Επίσης, κλείστε ένα ραντεβού με τον οδοντίατρό σας που θα αναζητήσει τα σημάδια για την πιθανότητα να τρίζετε τα δόντια στον ύπνο σας.

Αντί να δεχτείτε τους πονοκεφάλους ως μέρος της ζωής σας, βρείτε την αιτία και χτυπήστε τη στη ρίζα της, εφαρμόζοντας δοκιμασμένες και πρακτικές λύσεις.

Της Κατερίνας Μαθιουδάκη

Τα παυσίπονα

Τα σκευάσματα που συχνά παίρνετε για να «ξεφορτωθείτε» τον πονοκέφαλο μπορεί να χειροτερέψουν την κατάσταση. Αυτό συμβαίνει γιατί ένα μεγάλο ποσοστό των παυσίπων περιέχει καφεΐνη, με αποτέλεσμα ο οργανισμός να αντιδρά με τον ίδιο τρόπο που θα αντιδρούσε αν πίνατε πολλούς καφέδες: εθίζεται στην καφεΐνη και στην έλλειψή της αντιδρά με πονοκέφαλο.

ΗΛΥΣΗ

Αν αντιμετωπίζετε τους πονοκεφάλους παίρνοντας κάθε εβδομάδα φάρμακα για δυο συνεχόμενες ημέρες ή και περισσότερο, τότε πρέπει να συμβουλευτείτε τον γιατρό σας για να σας προτείνει εναλλακτικές λύσεις και να σας ορίσει τη συχνότητα και την ποσότητα των αναλγητικών που επιτρέπεται να χρησιμοποιείτε.

Τα συναισθήματα

Οι ενήλικες που καταπιézουν και δεν εκφράζουν το θυμό τους υποφέρουν συχνότερα από πονοκεφάλους σε σχέση με εκείνους που τον αφήνουν να εκτονωθεί.

Το Στρες

Μία από τις πιθανότερες αιτίες των συχνών πονοκεφάλων είναι οι συνέπειες του στρες στην καθημερινή μας ζωή: Όταν είμαστε στρεσαρισμένοι ξεχνάμε να φάμε, δεν νιώθουμε δίψα ή δεν κοιμόμαστε καλά και όλα αυτά μπορούν να προκαλέσουν έντονους πονοκεφάλους. Η κούραση των ματιών θεωρείται με τη σειρά της η δεύτερη σε συχνότητα αιτία για επίμονους πονοκεφάλους οπότε καλό είναι, αν αντιμετωπίζετε πρόβλημα, να απευθυνθείτε αρχικά στον οφθαλμίατρο.

ΗΛΥΣΗ

Αν το να καταπιézετε το θυμό σας αποδεικνύεται πρόβλημα, τότε προσπαθήστε να βρείτε εναλλακτικούς τρόπους διαχείρισης των συναισθημάτων σας (ασκήσεις αναπνοής, γιόγκα κλπ).



Pets

Ποτέ, Ποτέ, Ποτέ:

- ✗ Μην εγκαταλείπετε ένα ζώο. Αν δεν μπορείτε να φροντίσετε σωστά ένα κατοικίδιο, μην το πάρετε.
- ✗ Μην αγοράζετε ένα εξωτικό ζώο ή ερπετό. Είναι άγρια πλάσματα και χρειάζεται να είναι ελεύθερα στο φυσικό τους περιβάλλον.
- ✗ Αν απουσιάζετε στη δουλειά σας όλη μέρα, ένας σκύλος δεν είναι το κατάλληλο κατοικίδιο για εσάς.
- ✗ Αν ο λόγος που θέλετε να πάρετε σκύλο είναι αποκλειστικά για την ασφάλειά σας, τότε αγοράστε ένα καλό σύστημα συναγερμού -είναι φθηνότερο!!!
- ✗ Μην προσφέρετε ένα κατοικίδιο ως δώρο.
- ✗ Αν διαφωνείτε με τα καταστήματα κατοικίδιων που πουλάνε ζώα, αγοράστε το φαγητό του ζώου σας και τα αξεσουάρ από ένα σούπερ-μάρκετ ή ένα κατάστημα που δεν πουλάει ζώα.
- ✗ Μην αγοράζετε ένα κατοικίδιο για το παιδί σας, εκτός κι αν είστε έτοιμοι να το φροντίσετε.
- ✗ Μην πετάτε τα κουτάβια και τα γατάκια σε σκουπίδοτενεκέδες. Δεν είναι σκουπίδια.
- ✗ Μην χτυπάτε, τιμωρείτε, βασανίζετε ή κακομεταχειρίζεστε ένα ζώο. Να θυμάστε πάντα ότι τα ζώα αισθάνονται.



Αν πάρετε σκύλο:

- ✗ Μην τον αφήνετε να περιφέρεται ελεύθερος στη γειτονιά. Είναι πολύ επικίνδυνο για πολλούς λόγους.
- ✗ Μην τον αφήνετε σε ένα μπαλκόνι ή μια ταράτσα. Δεν είναι το κατάλληλο μέρος για να έχετε ένα σκύλο.
- ✗ Μην τον αφήνετε δεμένο. Βαριέται και υποφέρει από ψυχολογικά προβλήματα.
- ✗ Μην τον αφήνετε χωρίς φρέσκο πόσιμο νερό.



ACTIVITY 1

1.1 Read the text and choose the best answer (A, B, or C) for items 1-2.

1. The writer
 - A. gives detailed advice to UK visitors.
 - B. compares British and German customs.
 - C. explains how the English language works.
2. The writer is probably someone who has
 - A. lived in England.
 - B. moved to England.
 - C. a family in England.

Culture and Customs

Politeness

By Willy Wiedenmyer

It's really true what people say about English politeness: it's everywhere. When squeezing past someone in a narrow space, people say 'sorry'. When getting off a bus, English passengers say 'thank you' to the driver. In Germany, people would never dream of doing this: bus drivers are just doing their job!

I used to think the German way, until I was in Britain for a few years. I understood that there were more polite ways of treating people and I began to adopt some of those ways too!

When people buy something in a shop, both customer and shop assistant usually thank each other, twice or more. In Germany, it would be unusual to hear more than one 'thank you' in such a conversation. British students thank their lecturers when leaving the room. English employers thank their employees



for doing their jobs, but Germans think that paying their workers money is already thanks enough!

But there is another side to British politeness. One word that comes to mind here is 'artificial'. Although it is enjoyable to talk with friendly people, it has often made me wonder what the English really think. In fact, this confused me throughout my stay in England. Everyone at the University I attended seemed to like me and people in my class were kind and friendly but I found it hard to understand who was really my friend and who was 'just being polite'.

I must say that British politeness is a little puzzling to me. For example, I often wonder why the English lose it when they drink too much. And then I think: maybe, drinking is a good excuse for being rude once in a while... After all, having to be polite all the time can be stressful, right?

1.2 Read the text again and choose the best answer (A, B, or C) for items 3-6.

3. The writer
 - A. used to apologise a lot.
 - B. feels more polite now.
 - C. hates to be rude.
4. The writer says Germans, compared to the British,
 - A. have bad manners.
 - B. say 'thank you' less often.
 - C. think more about money.
5. How do the English change when they drink too much?
 - A. They become loud.
 - B. They joke a lot.
 - C. They are less polite.
6. The writer is confused by English politeness and wonders if
 - A. it's necessary.
 - B. it causes tension.
 - C. it's overemphasised.

ACTIVITY 2

Read the information in the leaflet below and match the meaning of each underlined word (7-11) with options A-F. There is one option you do not need.

A.	connected	B.	influences	C.	differs	D.	cures	E.	is caused by	F.	seems
----	-----------	----	------------	----	---------	----	-------	----	--------------	----	-------

What is dyslexia?



Dyslexia is a specific learning difficulty that mainly (7) affects reading and spelling. Dyslexia is characterized by difficulties in processing word-sounds and by weaknesses in short-term verbal memory. Its effects may be observed in spoken language as well as written language. The current evidence suggests that this difficulty (8) arises from inefficiencies in



language-processing areas in the left hemisphere of the brain which, in turn, (9) appears to be linked to genetic differences.

Dyslexia is life-long, but its effects can be minimised by literacy intervention, technological support and adaptations to ways of working and learning. Dyslexia is not (10) related to intelligence, race or social background. Dyslexia (11) varies in severity and often occurs alongside other specific learning difficulties, such as Attention Deficit Disorder.

ACTIVITY 3

Read the text below and for each gap (12-16) choose the best option (A-F). Use each option only once. There are two options you do not need.

A.	favourite	B.	free	C.	poor	D.	cheap	E.	best	F.	next
----	-----------	----	------	----	------	----	-------	----	------	----	------

Introduction



Charles Dickens was born on 7 February 1812. He was ten years old when he discovered the magic of reading. His bedroom was (12) _____ door to his father's study. In his father's library, Dickens discovered his (13) _____ book: the Arabian Nights. He used to sit for hours alone reading the story of Sheherazade. He would hide in the top room of the house and spend his (14) _____ time, reading books.

'I remember everything I read then', he said in later life. The *Arabian Nights* is the book that had the greatest influence on Dickens as a writer. Dickens said these stories were the (15) _____ way to develop the child's imagination and the feeling about what is good and bad. The *Arabian Nights*, he said are 'simple, pure and innocent and they teach us to have sympathy for the poor and the old'. We see all these concerns in his books, especially his love for children.

As Dickens was growing up, he saw London changing with the smoke and dirt of factories and (16) _____ children working in factories or begging in the streets. These are the things that he writes about.

ACTIVITY 4

4.1 Read the text below and choose the best answer (A, B, or C) for items 17-18.

17. The purpose of this text is to
- A. report the opinion of 'soap' fans. B. amuse the reader. C. describe a problem.
18. Soap addiction is
- A. particularly damaging to one's health. B. similar to other types of addiction. C. not common among intelligent people.

Soap operas can damage your health

TELEVISION



A soap opera is a television or radio programme about the ordinary lives of imaginary people. Some people spend a lot of time not only watching 'soaps' but also talking about them to just anyone. People who cannot control the time they watch and talk about soap operas are called 'soap addicts'.



TV soap opera is *meant* to be addictive – all soaps try to get the viewer to watch again and again. They do this in two ways: by making the viewers identify with the characters and by making each episode end on a 'cliffhanger', an

exciting end to part of a story that makes them to watch next time.

Anybody can become addicted to soaps, but particularly unemployed people and housewives because they spend more time at home.

Some schoolchildren also become 'hooked' on TV soaps if their parents let them watch too much TV.

The symptoms of soap addiction are not difficult to spot. Addicts:

- record the programmes and spend their weekend watching 'marathons' of a whole week's episodes
- will talk to anyone about the episodes: parents, friends, colleagues, people on the street or in the elevator – anybody
- find excuses to skip work so they can stay home to watch their favourite soap
- cry when their favourite character 'dies'
- prefer staying at home to watch TV to going out with friends, saying they are tired or are not feeling well.

Soap addicts can end up as sad people. Soap addiction, like all kinds of addiction, can have a bad effect on people's lives.

What is the solution? It has been suggested that the government advise viewers to limit their viewing to 3 hours a week. Others argue that TV soaps should carry health warnings, like cigarettes.

4.2 Read the text again and choose the best answer (A, B, or C) for items 19-21.

19. What kind of people become soap addicts? People who
- A. spend a lot of time at home. B. work at home. C. work long hours.
20. How can you tell if someone is becoming addicted to soap operas? They
- A. constantly talk about them. B. make their friends watch soaps. C. cry all the time for no reason.
21. What are the effects of soap addiction? Soap addicts may
- A. have health problems. B. have unhappy lives. C. lose their jobs.



4.3 Read the text again and decide if statements 22-25 are True (A) False (B) or Not Stated (C).

STATEMENTS

A / TRUE

B / FALSE

C / NOT STATED

- 22. Writers of soap operas try to make their show addictive.
- 23. It is easy to see that someone is becoming a soap addict.
- 24. Soap addicts never talk to strangers about their favourite soap.
- 25. Soap operas are often repeated on TV.

ACTIVITY 5

5.1 Read the text below and choose the best answer (A, B, or C) for items 26-27.

26. Another title for this text would be
- A. Atlas Grove: A journey through time.
 - B. Greek gods in California.
 - C. The story of giant trees.
27. The aim of the text is
- A. to explain and warn.
 - B. to inform and interest.
 - C. to persuade and sell.

Voyage to the top of the trees



The giant redwood trees of Central and Northern California are the tallest living things in the world. The main trunk of a redwood can be up to 9 metres in diameter near its base and can grow as high as a 35 storey building.

The majority of these giants are found in Humboldt State Park, and one area - a secret location known as Atlas Grove, only discovered in the 1990s - contains the oldest redwoods in the world. The trees here are about the same age as the Parthenon and date back 2,500 years. They are named after Greek gods and goddesses, and I have had the privilege of seeing Zeus, Rhea and Kronos, the Titan of time.

The most memorable climb that I ever had was with Steve Sillett, a professor at Humboldt State University and his wife Marie, a botanist and lecturer. They are both expert tree climbers (and even got married up a tree), but we were there to carry out some research in one section at the top.

We started to climb and then came to a mass of hanging redwood branches, 25 storeys above the ground. We had to make our way through, moving from tree to tree using a technique called skywalking. You throw ropes from one tree to the next and then you move through space. It's a method that's actually very similar to the one used by Spiderman, but not as fast or as dramatic.

Towards the top, we found a grove of trees growing out of the side of Kronos. These new trees were huge in their own right, with bases

3ft across and 150ft tall - bigger than almost any tree that grows in Europe.

Reaching the upper part of the redwood trees is like entering a lost world. You can't see the ground when you're up there; you're in another realm entirely. You're essentially moving through coral reefs in the sky, in which everything is alive. It's a region somewhere between heaven and earth, somewhere humans were never meant to go.

I'll never be able to give up tree climbing now, even though accidents can happen instantaneously and are almost always fatal. But when you climb in the redwoods, you start to see things in four dimensions - and the fourth is time. You realise that, as a human being, your life is just like a short flash of light in the life of a giant tree.





5.1 Read the text again carefully and choose the best answer (A, B, or C) for items 28-35.

28. The Atlas Grove
 A. has never been explored. B. is outside Humboldt State Park. C. has some very ancient trees.
29. The names given to the trees suggest that they are
 A. impressive. B. dangerous. C. beautiful.
30. The writer climbed the tree with Steve and Marie
 A. to witness their wedding. B. to do some botanical research. C. to learn new climbing techniques.
31. 'Skywalking' is a method of
 A. climbing up to the top. B. going from one tree to another. C. coming down safely.
32. How did the writer feel at the top of the tree?
 A. Amazed and enchanted. B. Terrified and lost. C. Tired and miserable.
33. What did the writer feel he saw when he was at the top of the redwood?
 A. New trees growing from the side. B. Plants that are normally found in Europe. C. Traces of coral growing on the branches.
34. The writer says that tree climbing accidents
 A. happen frequently. B. can easily be avoided. C. usually result in death.
35. According to the writer, climbing redwoods
 A. has given him a new perspective on life. B. now takes up a lot of his time. C. is not as rewarding as it was.

ACTIVITY 6

For items 36-41, match the extracts from books with the kind of book each one comes from (options A-G). There is one option you do not need.

A.	A children's reference book	B.	A classic novel	C.	A travel guide	D.	A cook book
E.	A detective story	F.	A gardening book	G.	A history book		

36.	After some discussion on the relative merits of veal cutlet, sweetbread and lobster, a decision was pronounced in favour of veal cutlet. Mrs Wilfer then solemnly divested herself of her handkerchief and gloves as a preliminary sacrifice to preparing the frying pan.	
37.	Whether the Black Death was the prime cause of a great rural transformation or whether it merely completed a process that had been under way for generations, the countryside of late medieval Britain was unquestionably an irreversibly altered world.	
38.	Place over a low heat, stirring occasionally for 30 minutes until the fruit has plumped up and most of the liquid has evaporated.	
39.	Blackcurrants will tolerate poor drainage better than other soft fruits, but they do need organic-rich soil and some shelter from the wind. Full sun is preferred but light shade is not a problem.	
40.	The meals, made by the crew, will include fish and octopus pulled fresh from the blue waters and herbs gathered along the shore. There's more information on yacht chartering in the Marmaris section, below.	
41.	Jason had to find the Golden Fleece - the golden wool of a ram. He went on the ship Argo with a crew of men called the Argonauts. After many thrilling adventures, Jason found the Golden Fleece and brought it back to Iolkos.	

ACTIVITY 7

7.1 Read the text below and choose the best answer (A, B, or C) for items 42-43.

42. The article below

A. gives advice.

B. reports facts.

C. gives a personal opinion.

43. The author

A. makes predictions about the future.

B. compares past and present.

C. expresses satisfaction with the present.

REALlife

36

Greek shoppers change habits

Shopping lists, super-market hopping and an increased sensitivity to shelf prices are among the signs that Greek consumers in these times of financial crisis are changing their habits when it comes to how they shop, what they spend and what they buy.



These are the most recent findings of an annual research project carried out by the Athens University of Economics and Business on a random sample of 1,928 households.

One of the most significant changes in this year's report is that 93.3 percent of respondents said that they have already made up their minds about what they will buy in advance of going shopping. Random purchases are becoming rarer: in the past, unable to resist the temptation of the colourful shelf displays, shoppers would happily buy things from the supermarket they had not intended to get when they set out. But at a time when money is short, people tend to avoid buying anything but the bare essentials. As a result, there is much less waste than in the past when people felt more carefree.

Another important finding is that only 60 percent of those with mental or written shopping lists specifically intend to buy particular well-known brand names when they get to the supermarket. Cheaper, less well-known brands or local supermarket products, are becoming more popular.



7.2 Read the text again and choose the best answer (A, B, or C) for items 44-46.

44. Greek shoppers are changing their shopping habits because
 A. there is greater variety of goods. B. there are new shopping centres. C. they want to spend less money.
45. When most people go to the supermarket
 A. they are not sure what they want to buy. B. they buy more than is necessary. C. they buy only the things they need.
46. According to research, famous brand names
 A. are no longer popular. B. are becoming less popular. C. are becoming more popular.

7.3 What do the phrases in *italics* mean? Choose the best answer (A, B, or C) for items 47-50.

47. People are showing an *increased sensitivity* to shelf prices means that they are
 A. more aware of prices. B. more interested in prices. C. more concerned with prices.
48. Researchers investigated a *random sample* of population means that they asked
 A. a certain number of people chosen by chance. B. anyone who volunteered for the study. C. a statistically valid number of people.
49. More people are now able to *resist* the shopping *temptation* means that they
 A. don't give in to their shopping desires. B. want to buy only cheap stuff. C. are careless shoppers.
50. People are now buying the *bare essentials* means that they buy
 A. the most important things. B. only what they need. C. the plainest stuff.

ACTIVITY 8

Change the words in Column A so that they can complete sentences 51-55 in Column B below.

COLUMN A	COLUMN B	
WORDS FROM THE TEXT	STATEMENTS	
natural	51.	She practises the piano every day, but she is _____ talented as well.
ambition	52.	He's an _____ young man who wants to progress in the company.
excuse	53.	What you did was really shameful and _____.
similar	54.	There are some striking _____ between the two leaders.
able	55.	After weeks of training, she developed the _____ to hold her breath for a long time.

ACTIVITY 9

Complete the puzzle to find the name of the island where Nana Mouskouri was born. All the words are connected with travel and holidays. The first letter of each word is given.

56. Could I buy a return t_____ to Manchester, please?
57. You can find out about buses, hotels and places to see at the T_____ Information Office.
58. It was a long flight, and we also had a two hour d_____ because of bad weather.
59. I don't have time now. I need to pack my s_____ for my trip tomorrow.
60. Before the holiday ended, I bought a few little s_____ to give to friends back home.

WORD PUZZLE

		56							
	57								
			58						
	59								
60									



ACTIVITY B1.1

Imagine you have been reading a **blog** where people from all over the world describe some of their favourite celebrations. Write about the celebration of *May 1st* (80 words) and **say what people do** on that day.

The model below will help you write your OWN text.



The screenshot shows a web browser displaying a Halloween blog. The main content area features a post titled "Celebrations all over the world" by Susan, categorized as "Uncategorized" with one comment. Below this is a post titled "Halloween in Scotland" by Sue McGregor, dated February 14th. The post describes the Scottish Halloween tradition of "trick or treat" and bonfires. A sidebar on the right contains a search bar, a promotional message for Halloween Express, and a list of Halloween costumes for sale: Avatar Costume, Baby Duck Costume, Baby Lobster Costume, and Rabbit Costume. The website has a dark blue header with a Halloween-themed illustration of houses and a full moon.

ACTIVITY B2.1

Your school is participating in a European school project about “Carnival Celebrations around the World”. Write a **report** (100 words) as part of this project **giving information** about how carnival is celebrated in YOUR country. The hints below will help you.

HINTS

- ❖ Traditions in different places (e.g., ceremonies, food, etc.)
- ❖ Activities during celebrations
- ❖ Period of time and duration of celebration



ACTIVITY B1.2

You are the person who found the kitten in the photo and you're excited. Using information from the small ad below, write an **email message** (about 80 words) **about this** to your Dutch friend Hanna, who has a cat too. Sign as Jean (not with your real name).

ΒΡΕΘΗΚΕ ΓΑΤΑΚΙ



Βρήκα αυτή την πανέμορφη γατούλα στις 30 Απριλίου και τη φιλοξενώ. Τη βρήκα στο πάρκο κοντά στο σπίτι μου, λίγο φοβισμένη. Κρύωνε. Δεν είχε microchip. Είναι μόλις 2,5 μηνών και παιχνιδιάρη. Την ονόμασα Kitty. Χτες την πήγα για να την εξετάσει ο κτηνίατρος και τη βρήκε υγιέστατη. Αν κάποιος την έχασε να μου γράψει στην η-διεύθυνση (info@world.gr) και θα του δώσω οδηγίες να έρθει να την παραλάβει. Αν όμως την έδωξε, ευχαρίστως θα την κρατήσω. Λίγες μέρες μόνο την έχω και ήδη την αγάπησα.

ACTIVITY B2.2

Imagine your Spanish friend, Julio, has just found a cat. Using information from the text below, send him an **email message** (about 100 words) **advising** him on how to take care of his cat.

ΜΥΣΤΙΚΑ ΓΙΑ ΤΗΝ ΣΩΣΤΗ ΦΡΟΝΤΙΔΑ ΤΟΥΣ

Γιατί κοιμάται; Είναι άρρωστη;

Ο γάτες είναι οι μεγαλύτεροι υπναράδες του ζωικού βασιλείου. Μπορούν να κοιμούνται 16 ώρες την ημέρα. Οι οικόσιτες γάτες μπορεί να το ρίχνουν στον ύπνο και από πλήξη...

Να την κάνω μπάνιο;

Πλην ελαχίστων εξαιρέσεων όχι. Η γάτα φροντίζει μόνη της την υγιεινή της. Το σάλιο της είναι καθαριστικό και ήπια αντισηπτικό.



Από τι κινδυνεύει μια γάτα μες' το σπίτι;
Από φάρμακα και προϊόντα καθαρισμού που μπορεί να ανακαλύψει «εξερευνώντας» τα



συρτάρια και τα ντουλάπια σας. Από πλαστικές σακούλες που μπορούν να μετατραπούν σε επικίνδυνο παιχνίδι. Από το αναμμένο σίδερο που μπορεί να έχετε αφήσει στη σιδερώστρα και αναμμένα κεριά. Από καρφιά, βώλους και οτιδήποτε άλλο μπορεί να καταπιεί.

Τι την κάνει ευτυχισμένη;

Η φροντίδα και η αγάπη σας, καθαρχάς και έπειτα οι μικρές καθημερινές «πολυτέλειες». Ένα ωραίο καλάθι να χουζουρεύει, παιχνίδια για να εξασκείται στο... κυνήγι, ένα ονυχοδρόμιο (ή ένα χαλάκι δικό της) για να ξύνει τα νύχια της και φυσικά ένα δοχείο με άμμο που θα πρέπει να διατηρείται καθαρό.

ACTIVITY 1

Listen to items 1-4 and choose the best photo (A-F). There are two photos you do not need.

- | | | | | | | | | | | | | |
|----|----|--------------------------|----|--------------------------|----|--------------------------|----|--------------------------|----|--------------------------|----|--------------------------|
| 1. | A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |
| 2. | A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |
| 3. | A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |
| 4. | A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |

Are txt msgs killing English?



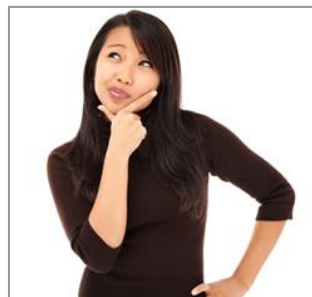
A. Positive (smiling)



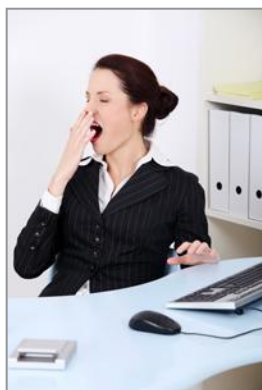
B. Surprised (showing disbelief)



C. Annoyed (frowning)



D. Unsure (wondering)



E. Indifferent (yawning)



F. Troubled (thinking of the effects)

Listen again and check your answers.



ACTIVITY 2

Read items 5-7. Listen and choose the best answer (A, B, or C) for each item.

5. The story we're listening to is
 A. a detective story. B. a traditional tale. C. a love story.
6. The people in this story are
 A. a man of wisdom and an inexperienced youth. B. an old prophet and a young man. C. a wicked man and a foolish boy.
7. What does the young man ask for in the story?
 A. To make lots of money. B. To become a wise man. C. To be able to help others.

Listen again and check your answers.

ACTIVITY 3

Read items 8-10. Listen and choose the best answer (A, B, or C) for each item.

8. One of the things the speaker complains about is that her friends
 A. forget her birthday. B. never visit her. C. never return her calls.
9. The speaker generally
 A. avoids taking risks. B. enjoys extreme sports. C. dislikes any type of sport.
10. The speaker doesn't like
 A. being disturbed when she's working. B. doing things at short notice. C. people calling late at night.

Listen again and check your answers.

ACTIVITY 4

Read items 11-13. Listen and choose the best answer (A, B, or C) for each item.

11. By attending parenting workshops the speaker became aware that
 A. her children had serious problems.
 B. all mothers face the same problems.
 C. her behaviour was causing problems.
12. The atmosphere in her family changed because she
 A. started having fun with her children.
 B. learned how to respond differently to her children.
 C. started spending more time with her children.
13. According to the speaker parenting skills
 A. are not easy to put into practice.
 B. take time to learn.
 C. can be learnt very quickly.

Listen again and check your answers.



Read items 14-15. Listen and choose the best answer (A, B, or C) for each item.

14. The speaker decided that she wanted to
 A. pass on her new skills to other parents.
 B. teach parents how to control their anger.
 C. teach mothers child psychology.
15. The workshops she set up taught parents how to
 A. discipline their children.
 B. communicate better with their children.
 C. recognize abnormal behaviour.

Listen again and check your answers.

ACTIVITY 5

Listen and fill in items 16-20 with the right word.

SPEAKER	LISTENER(S)
EX. <i>Host of a show</i>	<i>Audience</i>
16. _____	_____
17. _____	_____
18. _____	_____
19. _____	_____
20. _____	_____

Listen again and check your answers.

ACTIVITY 6

Listen and fill in items 21-25 with the right word.

Means of Transport ANSWER COLUMN
21. _____.
22. _____.
23. _____.
24. _____.
25. _____.

Listen again and check your answers.

Video games



Now and...

then

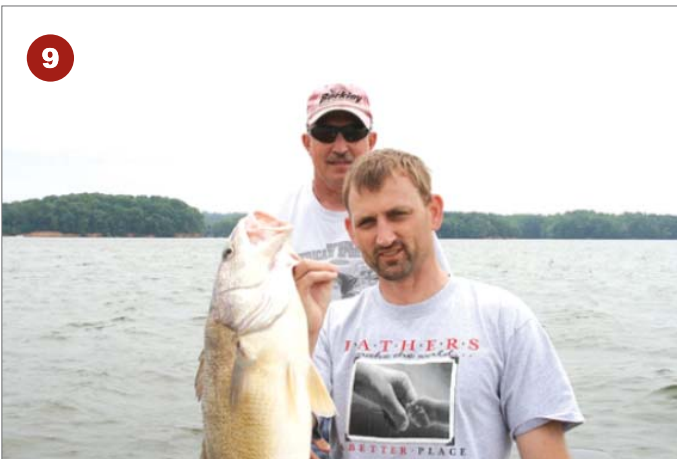
7



8



9



10



11



12



How to recycle... the right way

The screenshot shows the website 'econews.gr' with a navigation menu and a main article titled 'Λάθη στην ανακύκλωση'. The article discusses common recycling errors, such as putting food waste and non-recyclable items in blue recycling bins. It also features a cartoon recycling character, a newsletter sign-up button, a Facebook social plugin, and a logo for 'ΑΤΤΙΚΟ ΠΡΑΣΙΝΟ' (Attiko Prasino).

Λάθη στην ανακύκλωση

Οι περισσότεροι από εμάς δεν ξέρουν τι ακριβώς πετάμε στους μπλε κάδους και πώς.

ΤΑ ΠΙΟ ΣΥΝΗΘΙΣΜΕΝΑ ΛΑΘΗ

Βρόμικες συσκευασίες

Είναι ένα λάθος που εντοπίσαμε σχεδόν σε όλους τους κάδους. Μπουκάλια μισογεμάτα με χυμούς και αναψυκτικά, κεσεδάκια με απομεινάρια από γιαούρτι, σκευή αλουμινίου από έτοιμα αγορασμένα γεύματα -με το φαί που περίσσεψε-, συσκευασίες με το λάδι που έχει μείνει από το περιεχόμενό τους, καλαμάκια με το σουβλάκι που δεν φάγαμε και πολλά άλλα. Το πρόβλημα που δημιουργείται από αυτά είναι ότι αυξάνουν το μικροβιακό φορτίο στα εργοστάσια διαλογής και έτσι εκτίθενται σε κίνδυνο οι εργαζόμενοι σε αυτά. Η λύση δεν είναι βέβαια να σαπουνίσουμε τη συσκευασία - μη γινόμαστε υστερικοί ούτε σπάταλοι στο νερό. Ένα μικρό ξέπλυμα ή ένα σκούπισμα με τις χαρτοπετσέτες που χρησιμοποιήσαμε είναι αρκετό.

Λάθος υλικά

Αυτό είναι ίσως το μεγαλύτερο πρόβλημα, γιατί πολλοί συνεχίζουν να πετούν τα αποφάγια και άλλα ακατάλληλα υλικά στην ανακύκλωση συσκευασιών. Το να πετάμε οργανικά είδη



και φαγητά, τα οποία «δηλώνουν» την ύπαρξή τους με μια έντονη μυρωδιά, είναι η αιτία ή η δικαιολογία που χρησιμοποιούν οι δήμοι για να αδειάζουν τους μπλε κάδους με τα κοινά απορριμματοφόρα. Δεν είναι όμως μόνο τα αποφάγια. Οι κάδοι είναι

γεμάτοι από διάφορα άλλα υλικά: μικρά έπιπλα, ρούχα, μπουκάλια μπύρας -που, όπως είναι γνωστό, επιστρέφονται και μάλιστα με αντίτιμο και ξαναχρησιμοποιούνται-, αποτσίγαρα, βιοδιασπώμενες σακούλες. Ακόμα και μαρμάρινο νεροχύτη εντοπίσαμε!



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Διεύθυνση: http://www.dietup.gr/gynaika/fitness/1610-perpathma.html

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ΑΡΧΙΚΗ ΓΥΝΑΙΚΑ ΑΝΤΡΑΣ ΠΑΙΔΙ ΚΑΤΟΙΚΙΔΙΟ ΣΥΝΤΑΓΕΣ ΣΥΝΔΕΣΗ ΕΓΓΡΑΦΗ ΕΠΙΣΤΗΜΟΝΙΚΗ ΟΜΑΔΑ ΤΑ ΝΕΑ ΤΗΣ ΑΓΟΡΑΣ FAQ FORUM

Διατροφή Υγεία Ψυχική Υγεία Fitness Fitness Video Μόδα Ομορφιά Ψυχαγωγία Υπηρεσίες ασθτικής

Αρχική » Γυναίκα » Fitness » Περπάτημα: Η πιο εύκολη άσκηση

Περπάτημα: Η πιο εύκολη άσκηση



Καθημερινά παραπονιόμαστε για τα κιλά μας, για το χαλαρό σώμα μας, για πόνους στην μέση μας εξαιτίας της καθιστικής ζωής. Το περπάτημα είναι η καλύτερη λύση.

Πόσο συχνά πρέπει να περπατάμε;
Κατά μέσο όρο 30 λεπτά καθημερινό περπάτημα είναι ιδανικό για την υγεία μας. Βοηθά στην καρδιά, καταπολεμά το διαβήτη, την οστεοπόρωση, τη χοληστερίνη και την υψηλή πίεση. Βεβαίως, είναι η καλύτερη άσκηση για ένα καλλίγραμμα σώμα.

Πόσο γρήγορα πρέπει να περπατάμε για να κάψουμε θερμίδες;
Όσο πιο γρήγορα περπατάμε, τόσο περισσότερες θερμίδες χάνουμε. Τριάντα λεπτά καθημερινό περπάτημα μας βοηθά να χάσουμε 1 κιλό σε μια εβδομάδα και χωρίς δίαιτα.

Συγκρίνεται το περπάτημα με το τρέξιμο;
Το τρέξιμο είναι απλώς γρήγορο περπάτημα. Η διαφορά είναι ότι με το τρέξιμο αναπτύσσονται περισσότερο οι μύες μας και καίγονται παραπάνω θερμίδες.

Γιατί τα πόδια μας τρέμουν μετά το περπάτημα;
Αυτό συμβαίνει κυρίως τις πρώτες μέρες της άσκησης επειδή είμαστε αγύμναστοι. Αν συνεχίζει όμως να συμβαίνει κάτι τέτοιο, όσο αστειό κι αν φαίνεται, φταίει τα παπούτσια, που πρέπει να είναι πάντα ελαφριά και λίγο μεγαλύτερα (τουλάχιστον μισό νούμερο) από το πόδι μας.

Πως γίνεται να μην βαρεθούμε την άσκηση;
Ποτέ μην την σκέφτεστε ως κάτι καταναγκαστικό. Κάνετε μια βόλτα στα μαγαζιά, μια βόλτα για καφέ, κατεβείτε απ'το λεωφορείο δυο στάσεις πριν για να πάτε στο γραφείο σας κ.λπ. Ξεκινήστε τις πρώτες μέρες με 10λεπτο περπάτημα και σιγά-σιγά αυξήστε το. Σκεφτείτε το αποτέλεσμα στο σώμα σας και δείτε το σαν διασκέδαση.

Παρήμερος Ζαχαρίας
Καθηγητής Φυσικής Αγωγής

Fitness Menu

* Δείτε όλα τα άρθρα της ενότητας

Βρείτε στο dietup.gr

αναζήτηση... Αναζήτηση

Δίαιτα Atkins, δίαιτα express, δίαιτα αποτοξίνωσης, δίαιτα για τοπικά λιπώματα, δίαιτα των 3 ημερών, μεσογειακή δίαιτα, δίαιτα ανάλογα με την προσωπικότητα, δίαιτα με μπανάνες και γάλα, δίαιτα on-off, δίαιτα με λαχανόσουτα, δίαιτα του γραφείου, δίαιτα μακροζωίας, δίαιτα με γορέπρουτ, δίαιτα των stars, δίαιτα χορτοφαγία, δίαιτα με fast food, ιδιόρρυθμες δίαιτες - δίαιτες, δίαιτες, δίαιτες. Πολλά διαβάζουμε, αλλά ποια είναι τελικά τα θεμέλια της **σοστής διατροφής**; Στο dietup.gr θα βρείτε πολλές από τις απαντήσεις που ψάχνετε!

Κατηγορίες Ασκήσεων

- * Πρόγραμμα ασκήσεων στην μπάλα (Ενδυνάμωση)
- * Superset πρόγραμμα για ολόκληρο το σώμα
- * Πρόγραμμα διατάσεων
- * Πρόγραμμα Bootcamp
- * Πρόγραμμα ενδυνάμωσης του άνω μέρους του
- * Ασκήσεις στο γραφείο
- * 15-λεπτο πρόγραμμα για υγιές σώμα
- * Πρόγραμμα άσκησης στο σπίτι για ολόκληρο το
- * Ασκήσεις για σφιλεμένο στήθος στην μπάλα
- * Ασκήσεις για πόνο στη μέση
- * Ασκήσεις για τους ώμους και τα χέρια με λάστιχο
- * Ασκήσεις για τα επίμαχα σημεία
- * Οι καλύτερες ασκήσεις καίλιακών
- * Πρόγραμμα κυκλικής προπόνησης



Μεταφορά δεδομένων από il.yimg.com...

έναρξη

Περπάτημα: Η πιο εύκ...

EN

10:39 AM

ACTIVITY 1

1.1 Read the text below and choose the best answer (A, B or C) for items 1-2.

- This text is from
 - a tour guide.
 - a magazine.
 - a medical leaflet.
- That text was written in order to
 - advertise holidays.
 - give advice about keeping fit.
 - inform readers of a recent trend.

Medical Tourism

News

Only a few years ago, going abroad for medical treatment was mostly for emergency treatment by expensive specialists. Now, cheaper travel and the falling cost of healthcare in some countries have made medical tourism affordable for thousands of people who may not have thought about it seriously in the past. The trend is growing as a result of the increase in demand for cosmetic surgery and the success of some countries in marketing themselves to medical tourists as inexpensive places for treatment.



Whether it is cosmetic surgery in Poland or dentistry in India, medical tourism is becoming more and more popular. A

comparison between the cost of treatment in Canada or the UK and the cost in other countries sends thousands of people to foreign hospitals and clinics. The long waiting lists in their own country is another reason why people look elsewhere for treatment.

Maria Paphitis, a 27-year old Canadian publishing assistant who is working in London, began visiting Greece for dental work four years ago. "I was told I had to wait weeks for a visit to a specialist in London and my teeth were aching," she says. "I flew into Greece and was seen by a dentist the same afternoon. And, while the cost of a dental visit in London would have been 110 euro, I was able to have an X-ray and a filling in Greece for a total of 100 euro. It is cheaper, easier and more reliable than going to a dentist in the UK. So, I've been back three times since. I have family in Greece and it's an easy thing to do. My boyfriend needs a bridge and he's going to get it done in Greece as well. I find it works very well for me."

Of course, the cost for a medical tourism trip to Greece has to be taken into account. But as the pressure in domestic health systems in many European countries increases with the ageing population, medical tourism looks like it is going to be a popular choice for more and more people in the future.

1.2 Read the text again and choose the best answer (A, B or C) for items 3-6.

- What is 'medical tourism'? It is when
 - doctors go to medical conferences abroad.
 - people go abroad for health reasons.
 - people visit another country and fall ill.
- Why are more people going abroad for medical treatment? Because
 - the doctors are better.
 - they have cleaner hospitals.
 - it costs less.
- Why did Maria Paphitis choose to go to Greece for treatment?
 - She didn't mind waiting.
 - She was in pain.
 - She often goes there for holidays.
- What is Maria's opinion of Greek dentists? They are
 - trustworthy.
 - welcoming.
 - patient.

ACTIVITY 2

Match the underlined words and phrases in the text below (items 7-11) with a word that has a similar meaning in this context (options A-F). There is one option you do not need.

A.	accept	B.	find	C.	succeed	D.	choose	E.	proceed	F.	give
----	--------	----	------	----	---------	----	--------	----	---------	----	------

Interviewing

Louise Lambetti

Interviewer: Louise, is researching different roles part of the fun of acting for you?

Lambetti: I believe in preparing very carefully for a role; you go to your sources and (7) look up information, you get out there and try and learn all that stuff. But it's fun. I always look forward to the next project.

Interviewer: How difficult is it, given the choice of scripts you have, to (8) pick those roles that will challenge and excite you?

Lambetti: Most actors accept any role a director will offer them. But when you (9) make it and become a star, directors will want to use you no matter what –even if the role is not right for you. Sometimes that poses a dilemma, but you must remember that you have to be very careful when you (10) take on a part. You may love the idea that people want you but you must also consider if the part is the right one for you. Sometimes, you may think you can do it and you (11) go ahead with it, only to find out that it's the wrong part for you. You have to really be careful.

Interviewer: How do you think your new film will go down in Europe that has a different theatrical tradition from the USA?

Lambetti: I don't know, that'll be interesting to see.



ACTIVITY 3

Choose the best option (A-F) for each of the gaps (12-16) in the text below. Use each option only once. There is one option you do not need.

A.	by	B.	out	C.	near	D.	of	E.	on	F.	toward
----	----	----	-----	----	------	----	----	----	----	----	--------

Ali Baba and the Forty Thieves



Once upon a time two brothers, Cassim and Ali Baba, lived in a town in Persia. Cassim had married a rich wife, but Ali Baba was poor, and made his living (12) _____ cutting wood, which he brought upon three donkeys to town to sell.

One day, when he was in the forest cutting wood, he saw a troop of horsemen coming (13) _____ him. Fearing they might be thieves who would rob him, he climbed up a tree to hide. (14) _____ the tree, there was a steep bank formed of solid rock. When the horsemen came up, Ali Baba counted them and found they were 40 in number. They dismounted in front (15) _____ the rock, and one of them, who seemed to be the captain, said the words, "Open, Sesame." Instantly, a door opened in the rock, all 40 men passed through and the door closed after them.

Ali Baba stayed in the tree, and after a while the door opened again, and the thieves came (16) _____. Then the captain closed the door by saying, "Close, Sesame," and they all rode away.

ACTIVITY 5

5.1 Read the text below and choose the best answer (A, B, or C) for items 26-27.

26. The best title for this article would be
 A. Memory Loss. B. Memory Wonders. C. Unexplained Memory Mysteries.
27. The aim of the text is to
 A. arouse sympathy. B. interest and inform. C. describe some scientific progress.

There is a 41 year old woman, an administrative assistant from California known as Anna, who remembers almost every day of her life since she was 11. There is an 85 year old man, a retired laboratory technician known as Eddy, who can only remember his most recent thought. She might have the best memory in the world. He could very well have the worst.



Eddy is warm, charming and friendly. He laughs a lot. He seems at first like an average kindly grandfather. But 15 years ago, a virus attacked his brain and destroyed the part where memories are made. He can remember

his childhood and being a sailor in the Navy, but cannot remember anything since 1960. As far as he knows, petrol is cheap and the moon landing never happened.

Since his illness, the only people he knows are the ones in the room with him. On a typical morning, he will get up and have breakfast, then go back to bed to listen to the radio. Often he will forget that he has eaten, so will get up and have breakfast again and return to bed. Sometimes he'll have breakfast a third time.

Without a memory, he is trapped in the present, between a past he can't remember and a future he can't imagine. He lives a quiet life and doesn't even know that he has a memory problem. 'He's happy all the time,' says his daughter Carol, who lives nearby. I guess it's because he doesn't have any stress in his life.'

Scientists are unsure why Anna's memory is so extraordinary, but both of these cases demonstrate the importance of memory. Eddy's case shows us how essential memory is for us to function; but Anna's shows that if our memories are to function properly, we also need to be able to forget.



For Anna, in contrast, the past is always there. 'My memory flows like a movie', she says. She remembers who called her on the phone at 12.34 on Sunday August 3, 1986. She remembers that on March 28 1992, she had lunch with her father at the Beverly Hills Hotel. She remembers what they ate, every word of the conversation. She remembers great world events and shopping trips. She remembers the weather. Every day is there, every detail.

Anna believes it is something that happens to her naturally, but it is not an ability she welcomes. 'I remember the good things, which is nice. But I also remember the bad things, every bad choice. Ten years later, I still get angry with myself for making the wrong decisions. I don't forgive myself for a lot of things. I would love for just five minutes to be a simple person and not have all this stuff in my head. Most people call it a gift. But I call it a burden.'



5.2 Read the text again carefully and choose the best answer (A, B, or C) for items 28-35.

28. Anna and Eddy are similar in that they
 A. both work in the same area. B. are both extreme examples. C. come from the same state.
29. Eddy appears to be
 A. cheerful. B. anxious. C. shy.
30. Eddy's condition was caused by
 A. a childhood illness. B. an accident when he was in the Navy. C. an infection in later life.
31. In the mornings, Eddy is often unable to remember
 A. whether he has eaten. B. how to use the radio. C. how to make breakfast.
32. Carol says that her father
 A. does not have a real problem. B. is worried about the future. C. seems to be quite content.
33. For Anna, August 3 1986 and March 28 1992
 A. were special anniversaries. B. marked the start of two important periods. C. were ordinary days.
34. According to the text, Anna's memory
 A. is only visual. B. is the result of years of training. C. is unusually accurate.
35. Anna says that her memory is
 A. difficult to live with. B. an extraordinary gift. C. simple to understand.

ACTIVITY 6

For items 36-41, match the extracts with the letters or emails (options A-H). There is one option you do not need.

A.	A letter from a bank	B.	A letter from a fund-raising charity	C.	A letter from a magazine company	D.	An email from an airline company
E.	A letter from a school	F.	An email from a friend	G.	An email from a business colleague		

36.	<i>How is your building work coming along? We still have quite a lot of decorating to do after our extension but we are slowly getting there. Take care, and all the best.</i>	
37.	I'm very much looking forward to meeting you on Friday. I note your flight gets in to CDG at 17:05. Emma Hook, one of our consultants, will be there to pick you up and take you back to the hotel. We'll then meet for dinner later on, if that's OK.	
38.	As you pay by Direct Debit, we will carry your credit balance forward to your next statement. We regularly review how much you are paying for your energy and will let you know if it needs to change.	
39.	Please return the medical consent and diet forms to your daughter's tutor by Monday 25 th February.	
40.	Please print and take this booking confirmation with you. It may speed up your check-in experience.	
41.	Don't risk missing out on all the fantastic things we have in store – renew your subscription now and continue to get your copy delivered directly to your door without a break.	

ACTIVITY 7

7.1 Read the text below and choose the best answer (A, B, or C) for items 42-43.

42. The article below is probably based on
 A. an autobiography. B. a film review. C. an interview.
43. The author's attitude towards Bardem is
 A. positive. B. critical. C. humorous.

Javier Bardem

Javier Bardem was born in Las Palmas on Gran Canaria and has two older siblings, Carlo and Monica, who are also actors. His parents got divorced when Bardem was still a baby; he was raised by his mother. Bardem's family has always been deeply involved in acting, starting with one of his ancestors, Mercedes Sampedro, who was a renowned stage-player back in the late 19th century.



Bardem is the first Spanish actor to win an Oscar; he won his Oscar for his portrayal of a psychopathic killer in the Coen brothers' *No Country for Old Men*.

Bardem reacted to his success with moderation – 'I was lucky', he told me, which sounds like the usual response from anyone who's been successful in Hollywood, but in his case it is sincere.

During the whole time I was talking with him, he came across as a shy, withdrawn kind of person who does not often speak to journalists.

He first caught the public eye at the age of 20 in Spain when he starred in *Jamon*

and though at first he enjoyed the status and attention, he decided in the end that all the fuss was not a good thing. He says 'publicity is good for promoting a new film, but that's all'.



Not even the Oscar managed to change this low key approach in him. He claims that at first he found the whole thing 'weird, surreal'; then he put the statuette on a shelf and got used to it and came back to reality – it didn't make him think he was a better actor, nor did it make him a better man.

His first Academy nomination came with *Before Night Falls* in 2000, in which he played the Cuban writer Reinaldo Arenas. When Al Pacino saw the film, he called up the director Julian Schnabel to get Bardem's number. In the middle of the night, he left a message on Bardem's answer phone in Madrid, saying that he wanted to tell him straightaway how much he loved the movie. Bardem, who joked 'I don't believe in God; I believe in Al Pacino', was astonished but above all, he told me, it really opened the door for him for even greater things.

7.2 Read the text again and choose the best answer (A, B, or C) for items 44-46.

44. Bardem can be described as
 A. modest. B. romantic. C. eccentric.
45. What is Bardem's reaction to the Oscar he received?
 A. He felt more confident. B. He knew he'd have good publicity. C. He forgot all about it.
46. How did Bardem react to the phone call from Al Pacino? He
 A. thought it was a joke. B. was very surprised. C. didn't answer immediately.



7.3 What do the phrases in *italics* mean? Choose the best answer (A, B, or C) for items 47-50.

47. Bardem's family has always been *deeply involved in acting*.
 A. very successful B. done a lot of C. very famous
48. He first *caught the public eye* at the age of 20.
 A. became successful B. became known C. started working
49. He *came across as* a shy, withdrawn kind of person.
 A. gave the impression B. gradually became C. pretended to be
50. He decided in the end that *all the fuss* was not a good thing.
 A. the success B. the media attention C. the promotion

ACTIVITY 8

Change the words in Column A so that they can complete sentences 51-55 in Column B below.

COLUMN A		COLUMN B
WORDS FROM THE TEXT		STATEMENTS
various	51.	There is a wide _____ of cheese available in our local grocery shop.
board	52.	When you check in at the airport, they'll give you a _____ card.
options	53.	We can also provide an evening meal as an _____ extra.
tend	54.	You're good at writing, but you have a _____ to make careless mistakes.
legally	55.	It is _____ to drive after drinking too much alcohol, and there are severe penalties.

ACTIVITY 9

Read what the people in 56-60 say. What adjective describes the way they are feeling? The first letter of each answer is given.


56. Did you see the way he was driving? Stupid idiot!
57. GET BACK! Quick – there's a snake.
58. Oh, no, not another two hour film about politics again.
59. We're going skiing tomorrow! I can't wait! It'll be such fun!
60. My cat is terribly sick. I really don't know what to do.

- A _____
- F _____
- B _____
- E _____
- W _____




ACTIVITY B1.1

An international pupils' magazine is organizing an annual writing contest and you have decided to participate. Last year contestants were asked to write about their dream school. Write your **text** (80 words) for the contest entitled "My dream city", **describing** your **ideal city**. Use the winning text from last year as a model.

Let's Write


My Dream School

If I could build my dream school, it would be very big with sunny classrooms and a large schoolyard. There would be computers in every classroom and all the teachers would be friendly and funny. Also, all the students would be interested in the subjects and they would study hard. If the students did well at school, they would get extra field trips as a reward. There would be lots of events, too, and thousands of children would want to come to my dream school to learn and have a good time.



My dream city

After School MAG
10

ACTIVITY B2.1


Imagine your class has recently visited a painting exhibition about "The City of the Future". Write an **article** (100 words) to be published in the English issue of your school paper **presenting** what will change in future cities, according to the exhibition paintings. The hints below will help you.

HINTS

- ❖ Skyscrapers made of glass
- ❖ Underground houses with trees and flowers on roofs
- ❖ Flying discs for public transport

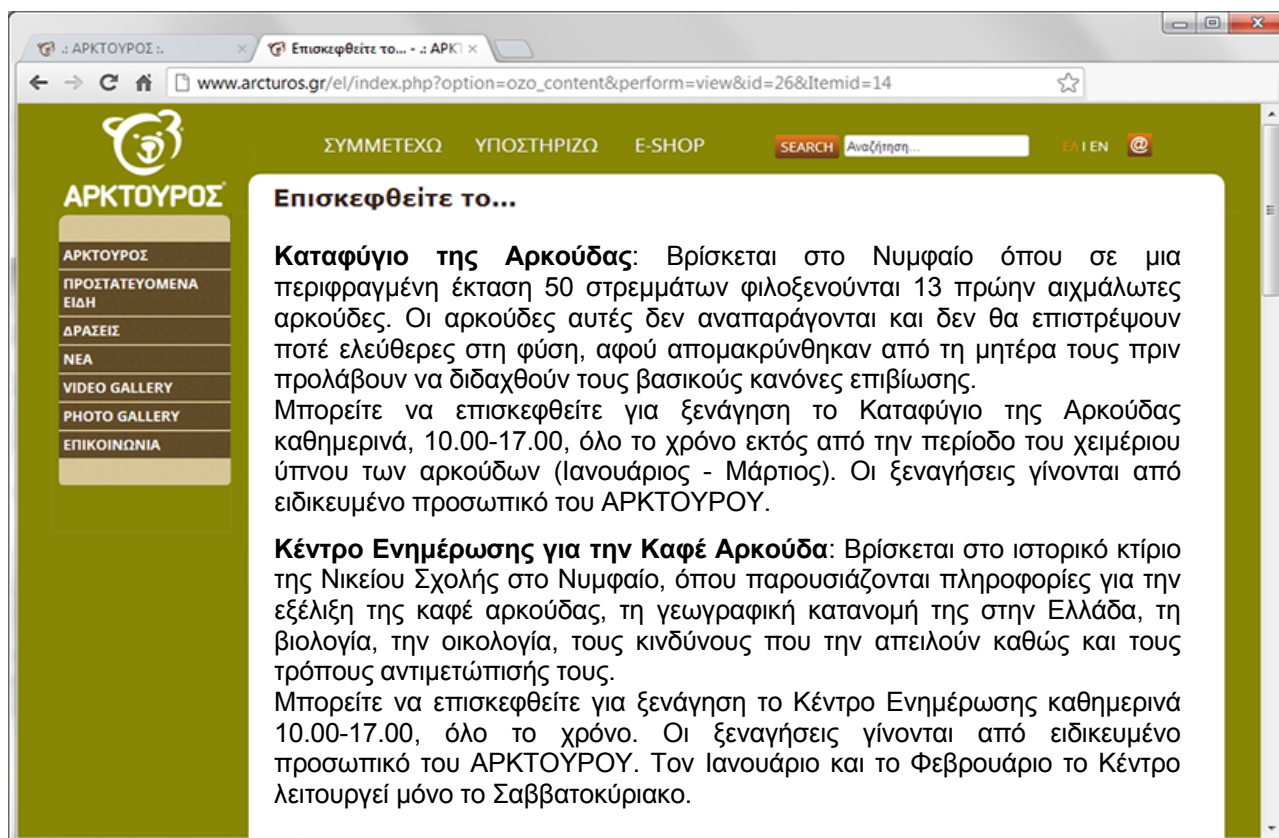
ACTIVITY B1.2

You have recently visited Ioannina and have been to the island in the centre of lake Pamvotida. Using information from the guidebook extract below, write an **email message** (80 words) to your Spanish friend, Alejandra, who is visiting Greece this summer, **recommending** the island to her. Sign as Nick/Nicky (not with your real name).

ΤΑΞΙΔΕΥΟΝΤΑΣ	Ιωάννινα	4
 <p>λίμνης Παμβώτιδας όπου υπάρχει ένας μόνο μικρός οικισμός με λίγους κατοίκους. Η περιοχή είναι παρθένα και έτσι δεν αποκλείεται να δείτε ή να ακούσετε διάφορα ήδη υδρόβιων πτηνών. Μπορείτε να περιηγηθείτε στο νησί με τα πόδια,</p>	<p>Ένα από τα αξιοθέατα της πόλης των Ιωαννίνων που πρέπει σπωσδήποτε να επισκεφθείτε είναι το νησί στο μέσο της</p> <p>ακολουθώντας το μονοπάτι, ενώ μοναδικό αξιοθέατο αποτελεί το Μουσείο του Αλή Πασά, που στεγάζεται στην πρώην Μονή Αγίου Παντελεήμονα.</p> <p>Τόσο οι επισκέπτες όσο και οι κάτοικοι της πόλης των Ιωαννίνων πηγαίνουν συχνά στο νησάκι για φαγητό. Το φημισμένο ντόπιο έδεσμα που μπορείτε να βρείτε στα ταβερνάκια του νησιού είναι τα βατραχοπόδαρα, που είναι ιδιαίτερα νόστιμα και εξάγονται στη Γαλλία, αλλά και φρεσκότατα ψάρια, όπως πέστροφες και χέλια.</p>	

ACTIVITY B2.2

Your Dutch friend, Edward, is visiting Florina this summer and wants to go to the Arcturos environmental centre, a non-governmental organization for the protection of the brown bear in Greece. Using information from the website text below, write an **email message** (100 words) to Edward, **presenting** the Acturos environmental centre to him. Sign as Alex (not with your real name).



www.arcturos.gr/el/index.php?option=ozo_content&perform=view&id=26&Itemid=14

ΣΥΜΜΕΤΕΧΩ ΥΠΟΣΤΗΡΙΞΟ E-SHOP SEARCH Αναζήτηση... ΕΛΛΕΝ @

ΑΡΚΤΟΥΡΟΣ

- ΑΡΚΤΟΥΡΟΣ
- ΠΡΟΣΤΑΤΕΥΟΜΕΝΑ ΕΙΔΗ
- ΔΡΑΣΕΙΣ
- ΝΕΑ
- VIDEO GALLERY
- PHOTO GALLERY
- ΕΠΙΚΟΙΝΩΝΙΑ

Επισκεφθείτε το...

Καταφύγιο της Αρκούδας: Βρίσκεται στο Νυμφαίο όπου σε μια περιφραγμένη έκταση 50 στρεμμάτων φιλοξενούνται 13 πρώην αιχμάλωτες αρκούδες. Οι αρκούδες αυτές δεν αναπαράγονται και δεν θα επιστρέψουν ποτέ ελεύθερες στη φύση, αφού απομακρύνθηκαν από τη μητέρα τους πριν προλάβουν να διδαχθούν τους βασικούς κανόνες επιβίωσης. Μπορείτε να επισκεφθείτε για ξενάγηση το Καταφύγιο της Αρκούδας καθημερινά, 10.00-17.00, όλο το χρόνο εκτός από την περίοδο του χειμέρου ύπνου των αρκούδων (Ιανουάριος - Μάρτιος). Οι ξεναγήσεις γίνονται από ειδικευμένο προσωπικό του ΑΡΚΤΟΥΡΟΥ.

Κέντρο Ενημέρωσης για την Καφέ Αρκούδα: Βρίσκεται στο ιστορικό κτίριο της Νικεΐου Σχολής στο Νυμφαίο, όπου παρουσιάζονται πληροφορίες για την εξέλιξη της καφέ αρκούδας, τη γεωγραφική κατανομή της στην Ελλάδα, τη βιολογία, την οικολογία, τους κινδύνους που την απειλούν καθώς και τους τρόπους αντιμετώπισής τους. Μπορείτε να επισκεφθείτε για ξενάγηση το Κέντρο Ενημέρωσης καθημερινά 10.00-17.00, όλο το χρόνο. Οι ξεναγήσεις γίνονται από ειδικευμένο προσωπικό του ΑΡΚΤΟΥΡΟΥ. Τον Ιανουάριο και το Φεβρουάριο το Κέντρο λειτουργεί μόνο το Σαββατοκύριακο.

ACTIVITY 1

Listen to items 1-4 and choose the best photo (A-F). There are two photos you do not need.

- | | | | | | | | | | | | | |
|----|----|--------------------------|----|--------------------------|----|--------------------------|----|--------------------------|----|--------------------------|----|--------------------------|
| 1. | A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |
| 2. | A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |
| 3. | A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |
| 4. | A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |

A.



Danny, 16 months

B.



Dan and Clarissa, 2003

C.



Josie, dressed up for Halloween, 2004

D.



Tom and us, Christmas Eve, 2008

E.



Alexandra in the Bahamas, 2007

F.



Connie, dressed up as a mermaid

Listen again and check your answers.



ACTIVITY 2

Read items 5-7. Listen and choose the best answer (A, B, or C) for each item.

The woman answering the questions...

5. ...spent her holidays with
 A. her whole family. B. her boyfriend. C. lots of friends.
6. ...said that John is
 A. very bright. B. great to be with. C. a little boring.
7. ...said that what she liked most about her trip was
 A. the city itself. B. being with John. C. shopping in Paris.

Listen again and check your answers.

ACTIVITY 3

Read items 8-10. Listen and choose the best answer (A, B, or C) for each item.

8. The speaker is calling to
 A. change the time of a meeting. B. say she won't be able to come to a meeting. C. suggest a day and time for a meeting.
9. The speaker is probably talking to
 A. a waiter. B. a taxi driver. C. a shop assistant.
10. The woman is probably talking to one of her
 A. students. B. customers. C. patients.

Listen again and check your answers.

ACTIVITY 4

Read items 11-15. Listen and choose the best answer (A, B, or C) for each item.

11. What we are listening to is
 A. an informal conversation. B. a formal discussion. C. a radio interview.
12. The speaker kept going back to the doctor's because she was
 A. under stress at work. B. having difficulty sleeping. C. in a lot of pain.
13. After having acupuncture the woman felt better
 A. the very same day. B. the following week. C. the next day.
14. The doctor told the speaker that acupuncture
 A. works for everyone. B. only works for certain people. C. doesn't usually help backache.
15. The woman believes that
 A. all alternative therapies work. B. acupuncture is more effective than other therapies. C. acupuncture is well worth trying.

Listen again and check your answers.

**ACTIVITY 5**

Listen and fill in items 16-20 with the right word.

EX. *The cinema*

16. _____

17. _____

18. _____

19. _____

20. _____

Listen again and check your answers.

ACTIVITY 6

Listen and fill in items 21-25 with the right word.

EX. To help the homeless.

21. To lose _____.

22. To give up _____.

23. To take up _____.

24. To work _____.

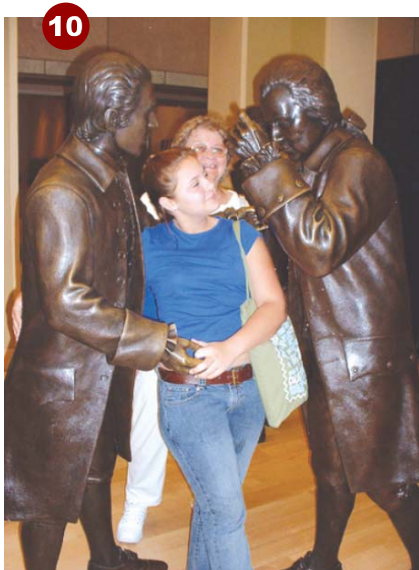
25. To start doing _____.

Listen again and check your answers.

What a journey!



Visiting museums



Weekend activities for children

ΔΡΑΣΤΗΡΙΟΤΗΤΕΣ ΓΙΑ ΠΑΙΔΙΑ

1

ΓΙΑ ΤΑ ΜΑΤΙΑ ΣΑΣ ΜΟΝΟ



Ο τρίτος όροφος του The Mall Athens θυμίζει κινηματογραφικό πλάνο καθώς φιλοξενεί ρούχα και αντικείμενα που χρησιμοποιήθηκαν στα γυρίσματα της 22ης ταινίας του θρυλικού πράκτορα Τζέιμς Μποντ. Αν είστε κι εσείς ένας από τους

αμέτρητους φίλους του πράκτορα των βρετανικών μυστικών υπηρεσιών, έχετε τη δυνατότητα μέχρι και αύριο να δείτε τα κοστούμια των πρωταγωνιστών και



προσωπικά αντικείμενα του Μποντ. Τα εκθέματα συνοδεύονται από σχετικά ενημερωτικά κείμενα, αλλιά

και από φωτογραφίες των πλάνων στα οποία «πρωταγωνιστούν».

The Mall Athens:

**Ανδρέα Παπανδρέου, θέση Ψαθίδι, Μαρούσι,
τηλ. 210-6300000, 6300003**



2

ΘΑΛΑΣΣΙΟΙ ΓΙΓΑΝΤΕΣ

Πώς σάς φαίνεται η ιδέα να λάβετε μέρος σε ένα μυθικό ταξίδι 85 εκατομμυρίων ετών πίσω στο χρόνο; Αν σάς ενδιαφέρει, τότε επισκεφτείτε το Πληντάριο του Ιδρύματος Ευγενίδου για να παρακολουθήσετε τη νέα προϊστορική περιπέτεια «Θαλάσσιοι γίγαντες». Η ταινία περιγράφει τί συνέβαινε στους ωκεανούς την εποχή όπου στην Ξηρά κυριαρχούσαν οι δεινόσαυροι, με ολοζώντανες αναπαραστάσεις, οι οποίες στον τεράστιο θόλο του Πληνταρίου δημιουργούν την αίσθηση ότι τα υπέροχα αυτά πλάσματα θα κολυπήσουν έξω από την ταινία για να βρεθούν ανάμεσά σας! Με τη βοήθεια της τρέχουσας επιστημονικής γνώσης και χρησιμοποιώντας τις δυνατότητες που προσφέρει η υψηλή τεχνολογία θα μεταφερθείτε στις προϊστορικές θάλασσες και, παρέα με μια οικογένεια Δολιχορυγχοπες, θα βουτήξετε σε άγνωστα νερά, γεμάτα αμμωνίτες, προϊστορικούς καρχαρίες, γιγάντια καλαμάρια και άλλα παράξενα πλάσματα. Για τις ημέρες και ώρες των παραστάσεων δείτε την ιστοσελίδα του ιδρύματος www.eugenfound.edu.gr ή τηλεφωνήστε στο 210-9469600.

Ίδρυμα Ευγενίδου:

Λεωφόρος Συγγρού 387, Παλαιό Φάληρο

Weekend activities for children

3

ΙΣΤΟΡΙΑ ΤΗΣ ΕΝΔΥΜΑΣΙΑΣ



Τα εκπαιδευτικά προγράμματα στο Μουσείο Ιστορίας της Ελληνικής Ενδυμασίας έχουν ήδη ξεκινήσει. Το πρόγραμμα «Splash!» για όσους πηγαίνετε στο νηπιαγωγείο, το «Ενδυμασίες σε κάδρο» για όσους πηγαίνετε Α΄ - Γ΄ δημοτικού, το «Φτιάχνοντας το δικό μου πορτρέτο» για όσους πηγαίνετε Δ΄ - Στ΄ δημοτικού και το «Έχοντας για καμβά την παλιά σας μπλούζα... καλλιτεχνήστε!» για τους μεγαλύτερους, στο γυμνάσιο και λύκειο. Αν σας ενδιαφέρει να τα παρακολουθήσετε με την τάξη σας, ενημερώστε τους δασκάλους σας ώστε να επικοινωνήσουν με το Μουσείο.

Μουσείο Ιστορίας της Ελληνικής Ενδυμασίας:
Δημοκρίτου 7, Κοθωνάκι, τηλ. 210-3629513

4

ΖΩΓΡΑΦΙΚΗ ΚΑΙ ΠΑΡΑΜΥΘΙΑ

Ο ήλικος είναι πάντα κακός ήρωας στις ιστορίες; Αν θέλετε να μάθετε την απάντηση και πηγαίνετε στο νηπιαγωγείο, Α΄, Β΄ και Γ΄ δημοτικού επισκεφτείτε το Κέντρο Πολιτισμού «Ελληνικός Κόσμος» την επόμενη



Κυριακή 16 Νοεμβρίου. Στο πρόγραμμα «Ταξίδι στην παραμυθοχώρα από τότε μέχρι τώρα!» θα γνωρίσετε παραμύθια και ήρωες αηλιά και θα βάλετε τη δική σας πινελιά στις ιστορίες τους. Οι μεγαλύτεροι μαθητές, Δ΄, Ε΄ και ΣΤ΄ δημοτικού, μπορείτε να ξεδιπλώσετε το ταλέντο σας στο «Εκπαιδευτικό εργαστήριο ζωγραφικής». Θα δοκιμάσετε διάφορα υλικά και τεχνικές ζωγραφικής, θα μάθετε για τις τάσεις και τα καλλιτεχνικά ρεύματα και θα φτιάξετε τα δικά σας έργα τέχνης. Αύριο, Κυριακή 9 Νοεμβρίου, στον «Ελληνικό Κόσμο» περιμένουν όσους είστε νήπια ή μαθητές της Α΄ και Β΄ δημοτικού οι πιο γνωστοί «Ήρωες του σήμερα και του χθες» στο ομώνυμο εκπαιδευτικό πρόγραμμα. Θα μάθετε ποιά είναι τα κοινά χαρακτηριστικά τους και γιατί κάποιοι από αυτούς, αν και θνητοί, παραμένουν αθάνατοι! Οι

μεγαλύτεροι, Γ΄ έως ΣΤ΄ δημοτικού, μέσα από διασκεδαστικά παιχνίδια και τεχνικές θα μάθετε πώς να αναπτύξετε τις δυνατότητες της μνήμης σας στο πρόγραμμα «Μνήμη και μνημονικό... θέλει κόλλημα να το βρω!» (Για το πρόγραμμα της 9ης Νοεμβρίου καλέστε 212 2540000 και πληκτρολογήστε 0608 ή απευθείας 210 2540608. Για το πρόγραμμα της 16ης Νοεμβρίου πληκτρολογήστε 0609 ή 212 2540000.)

Κέντρο Πολιτισμού «Ελληνικός Κόσμος»: Πειραιώς 254, Ταύρος, τηλ. 212-2540000

ΟΙ ΕΡΕΥΝΗΤΕΣ, Η ΚΑΘΗΜΕΡΙΝΗ, 2011

Safe surfing for children

Δημιουργήστε ένα «ασφαλές διαδικτυακό περιβάλλον για τα παιδιά»

Σήμερα τα παιδιά έρχονται σε επαφή με το Internet από πολύ μικρή ηλικία, καθώς έχουν πρόσβαση από το σπίτι, το σχολείο, τους φίλους, τα κινητά τηλέφωνα, αλλά και από δημόσιους χώρους. Πριν επιτρέψετε στο παιδί σας να χρησιμοποιεί το Internet χωρίς επιβλεψη, φροντίστε να έχετε δημιουργήσει εσείς για το παιδί σας ένα ασφαλές διαδικτυακό περιβάλλον.

Ορισμένα βασικά βήματα για την ορθή και ασφαλή χρήση του Internet είναι να:

- 1 Ενημερώστε το παιδί σας για πιθανούς κινδύνους, ώστε να αντιδρά σωστά σε περίπτωση που βρεθεί αντιμέτωπο με ύποπτο περιεχόμενο.
- 2 Βάλτε κανόνες για τη χρονική διάρκεια και τη συμπεριφορά του παιδιού στο διαδίκτυο.
- 3 Αναπτύξτε σχέση εμπιστοσύνης με το παιδί σας, ώστε να μοιραστεί μαζί σας ό,τι το προβληματίζει.
- 4 Καταγράψτε τις τοποθεσίες που επισκέπτεται το παιδί σας και το χρόνο περιήγησης σε κάθε μία από αυτές.
- 5 Δημιουργήστε ένα νέο λογαριασμό (account) πρόσβασης στον υπολογιστή με ασφαλή κωδικό ειδικά για το παιδί.
- 6 Εγκαταστήστε πρόγραμμα anti-virus για την προστασία του υπολογιστή σας από επικίνδυνο λογισμικό (ιούς κλπ.).
- 7 Εκμεταλλευτείτε όλα τα «εργαλεία» που σας προσφέρει η τεχνολογία, ώστε να θωρακίσετε το διαδικτυακό περιβάλλον του παιδιού (εργαλεία γονικού ελέγχου-parental control - και εργαλεία προστασίας του υπολογιστή).
- 8 Χρησιμοποιείτε μεγάλα και δύσκολα password, τα όποια θα πρέπει να τα αλλάζετε σε τακτά χρονικά διαστήματα.
- 9 Μη φυλάτε τους κωδικούς σας σε κοινή θέα και μην τους αποκαλύπτετε σε τρίτους.

Το διαδίκτυο είναι μια κοινωνία ανθρώπων:

Δημιουργήστε υπεύθυνους χρήστες διαδικτύου



Η πλοήγηση στο διαδίκτυο κρύβει κινδύνους αντίστοιχους με αυτούς κάθε κοινωνίας. Έτσι το παιδί μπορεί να πέσει θύμα απάτης, να έρθει σε επαφή με ακατάλληλο υλικό ή ακόμα και να παρουσιάσει φαινόμενα αντικοινωνικής συμπεριφοράς λόγω εθισμού κυρίως όσον αφορά στα διαδικτυακά παιχνίδια. Για ασφαλή χρήση του Internet από τα

10 Συζητήστε με το παιδί σας τους κινδύνους που μπορεί να υπάρχουν όταν επισκέπτονται chat rooms - διαδικτυακούς χώρους συνάντησης και ανταλλαγής απόψεων - ή blogs - διαδικτυακά ημερολόγια. Εάν συμμετέχει σε τέτοια sites βεβαιωθείτε ότι είναι κατάλληλα για την ηλικία του και δημιουργήστε μαζί με το παιδί σας ένα ψεύτικο όνομα αντί για το πραγματικό του.

11 Εξηγήστε του ότι δεν πρέπει να αποκαλύπτει τα προσωπικά του στοιχεία ή πληροφορίες για την οικογένειά του, τους φίλους του και τη διεύθυνση κατοικίας του. Συμβουλέψτε το να επικοινωνεί μόνο με ανθρώπους που γνωρίζει και να ανοίγει μηνύματα μόνο από γνωστές ηλεκτρονικές διευθύνσεις.

12 Εάν κάποιος άγνωστος του ζητήσει μέσω email τη διεύθυνση του σπιτιού ή του σχολείου του, το παιδί θα πρέπει οπωσδήποτε να σας ενημερώσει. Εάν του ζητηθεί να πάει σε κάποια συνάντηση με ανθρώπους που έχει γνωρίσει σε chat room θα πρέπει επίσης να σας το πει.

13 Καθημερινά θα πρέπει να παρακολουθείτε τη συμπεριφορά του παιδιού σας και να προβληματιστείτε αν παρατηρήσετε ότι κάνει κατάχρηση της πρόσβασης στο Internet, εμφανίζει αντικοινωνική συμπεριφορά, δέχεται τηλεφωνήματα από άτομα που δεν γνωρίζετε, πραγματοποιεί κλήσεις προς άγνωστους αριθμούς ή χρησιμοποιεί τον υπολογιστή κρυφά.



ACTIVITY 1

1.1 Read the text and choose the best answers (A, B, or C) for items 1-2.

- The writer
 - advises readers to work fewer hours.
 - criticizes people who overwork.
 - explains that people who work too hard may need help.
- The writer is probably someone who
 - is trying to relax more.
 - enjoys working a lot.
 - is trying to work harder.

Workaholic

'Workaholics anonymous' is for real. Membership is free and the only qualification you need is the wish to stop working all the time. My favourite thing about it is that they also have meetings online and by phone for people who are too busy to turn up in person!

What's so wrong with being a workaholic anyway? At least it's better-paid than being addicted to more dangerous habits. Instead of getting you into debt, it gets you promotion, extra money and more interesting work. Aren't these things what most people want? Like many who work late into the night, I am a workaholic and proud of it. I know it's not very healthy, but it is preferable to being lazy. It's the latter who are likely to develop more dangerous addictions.

But there is a difference between those who are workaholics because they love their work and can relax at some point and those who are workaholics because they have nothing better to do.

I once saw a colleague get promoted to a job she was not ready for and she began to work around the clock to cover up for the fact that she didn't know what she was doing. The more hours she worked, the worse things became. In six months, she had a nervous breakdown.

Anyway, the point is you have to know whether being a workaholic is good for you and those around you. If you can manage to be a bit of a workaholic and yet still lead an ordinary life outside work, you're fine. If not, maybe you need help.



1.2 Read the text again and choose the best answers (A, B, or C) for items 3-6.

- Workaholics meetings are for people who
 - are too busy.
 - want to work less.
 - enjoy working hard.
- The members of Workaholics Anonymous
 - do not have face-to-face meetings.
 - can talk to each other on the internet.
 - are too busy to talk to each other.
- The writer thinks lazy people
 - have a serious addiction problem.
 - are luckier than workaholics.
 - are in greater danger than workaholics.
- The writer says that one of his colleagues worked very hard
 - but was not effective.
 - and was always upset.
 - and got a lot done.

ACTIVITY 2

Match the underlined words (items 7-11) with words or phrases having a similar meaning in this context (options A-F). There is one option you do not need.

A.	join	B.	receive	C.	see	D.	need	E.	give	F.	test
----	------	----	---------	----	-----	----	------	----	------	----	------

Becoming a blogger

What is a 'blog'? Well, it is an abbreviated word for weblog—a journal in which people can publish their thoughts and opinions on the Internet. Anyone can start a blog. It's straightforward and, in a lot of cases, free.

Steps

1. Find a blogging site. Most of these sites don't **(7)** require much technical know-how.
2. Once you **(8)** sign up, you see a set of ready-made layouts and schemes. Select one. Then add your name, interests, images, etc.
3. Add buttons, images, guest maps, comment boxes for readers' input.
4. Decide on whether or not you want your blog to be private or public. Most blog sites **(9)** offer you the choice to protect your work so that only those you approve of can **(10)** view what you've written.
5. After you've set up your blog, write a few posts to **(11)** try out your blog and make any changes to the layout or style. At first, it will seem tough to know what to write, but once you get into a routine of daily blogging, you will find it gets easier.

ACTIVITY 3

Read the text below and for each gap (12-16) choose the best option (A-F). Use each option once only. There is one option you do not need.

A.	from	B.	for	C.	beyond	D.	at	E.	after	F.	of
----	------	----	-----	----	--------	----	----	----	-------	----	----



The ancient agora in Thessaloniki was the administrative centre of the city during the Roman period. It was built **(12)**_____ the end of the second century AD on the site **(13)**_____ an older agora. In the fifth century, the government moved it to Galerius' Palace. In the sixteenth century, Jews **(14)**_____ Spain came to live in the area. The main entrance to the agora was on Olympou Street (as it is called today). The agora had a row of shops along today's

Philippou Street. Some statues of the Muses were found near the ruins of a building, so the building was probably a theatre.

(15)_____ the fire of 1917, the site was going to be used for the new law courts but it became an archeological site and the name was changed from "Plateia Dikastirion" [Law Courts Square] to "Plateia Archaia Agoras" [Ancient Agora Square].

Today, the area of the agora known as the Odeon is used **(16)**_____ cultural events such as concerts, plays and exhibitions.

ACTIVITY 4

4.1 Read the text about body language and choose the best answer (A, B, or C) for items 17-18.

17. The main aim of this text is to

- A. introduce the reader to body language. B. help the reader get a better job. C. show why handshakes are important.

18. The writer says that body language

- A. is less important than words. B. is the best form of communication. C. tells us a lot about what people are like.

Body Language: Basics

How you move and gesture says as much about you as what comes out of your mouth.

A firm or a limp handshake?

Jenny Smith, 34, an assistant vice-president at a bank in New York, was interviewing candidates for a position which required a person with good people and communication skills.

One candidate in particular stood out, but not in a good way. While she could have been very intelligent, her body language sent out very different messages. Her handshake was more of a finger shake, her eye contact was weak.



To Jenny, what the candidate said didn't matter because her body language said everything: she wasn't suitable for the position. The candidate may have been quite appropriate, but she didn't manage to get that across. So our body language may not do us justice. But there are some signals which are very common and are worth a thousand words.



For example, a handshake can say much more than 'hello, nice to meet you'. The most important part of a handshake is palm-to-palm contact. It's even more important than how strong your handshake is. The palm-to-palm contact makes people seem honest: it seems to say 'I am sincere'. A weak handshake –when the palms don't touch– makes you seem unfriendly, insincere.

But people sometimes use body language to give each other the wrong impression. Somebody who has a firm handshake may be pretending to be sincere, and somebody with a weak handshake may just be a bit shy and nothing more.

Body language can also be overdone. While eye contact gives an impression of friendliness, too much eye contact or eye contact which is too intense can make people feel uncomfortable.



4.2 Read the text again and choose the best answers (A, B, or C) for items 19-25.

19. A firm handshake is considered rather positive, whereas a limp handshake is considered negative.
 A. This is correct. B. It's the other way around. C. According to the text, this is wrong.
20. Jenny Smith, who's mentioned in the text, is
 A. a good communicator. B. an employer. C. an expert in body language.
21. The candidate for the job failed because
 A. she wasn't clever enough. B. she said the wrong things. C. she had bad body language.
22. When you shake someone's hand you should
 A. say 'hello' at the same time. B. hold their hand tight. C. make good contact with their hand.
23. If someone has a firm handshake
 A. they must be sincere. B. they may be friendly. C. they are not honest.
24. When can eye contact be a problem?
 A. When it is too friendly. B. When it lasts too long. C. When we do not feel relaxed.
25. According to the text, our body language
 A. may give other people the wrong impression. B. tells other people what we are really like. C. shows other people what we are thinking.

ACTIVITY 5**5.1** Read the text below quickly and choose the best answer (A, B, or C) for items 26-28.

26. The text was written in order to
 A. trace the history of education in Africa. B. sensitize people to a problem. C. highlight the problems in London schools.
27. The writer appears
 A. critical. B. neutral. C. positive.
28. The best title for the text would be
 A. A Hunger for Books. B. London Schools. C. African Storytellers.

Review Saturday 08.06.08

4



Some years ago I was in Zimbabwe, visiting a friend who was a teacher. He was there "to help Africa", as he put it, but what he found in his school shocked him. The school consisted of four large brick rooms side by side, each with nothing more than a blackboard and a few pieces of chalk. There were no textbooks or no exercise books, and the former headmaster had gone off with the few funds the school had had.

The pupils' ages ranged from six to 26, because some who did not get schooling as children were there to make it up. Some pupils walked many miles every morning, rain or shine and across rivers. The girls had to fetch water and cook before they set off for school and when they got back. They struggled to do homework because there was no electricity in the villages; you can't study easily by the light of a burning log.

But what I noticed most was a real desire to learn and a longing to read. The school 'library' was half a room with nothing more than an encyclopedia and a few old paperbacks. Each of these had been read and re-read a thousand times, and they wanted more. "Please send us books when you get back to London," one man said. "They taught us how to read but we have no books." Everybody I met, everyone, begged for books.

Some time later I gave a talk at a school in North London, a very good school with beautiful buildings and gardens. The children there had a visit from some well-known person every week: these might be



fathers, relatives, even mothers of the pupils; a visit from a celebrity was not unusual for them.

Afterwards I asked the teachers how the library was, and if the pupils read. I heard what I always hear when I go to such schools and even universities. "You know



how it is," one of the teachers said. "A lot of the boys have never read at all, and the library is only half used."

Sadly, we do know how it is. We are in a culture where it is common for young men and women, who have had years of education, to know nothing of the world, to have read nothing, knowing only some speciality or other, for instance, computers. We are in the middle of a revolution brought on by computers and the internet and TV. It is an amazing revolution, but it is also dangerous. The internet has already seduced a whole generation with its stupidities, so that even quite reasonable people can become addicted and find it hard to cut free. But perhaps more importantly, the internet has stopped a whole generation from reading books.

Until recently, everyone would respect learning, education and our great treasure-house of literature, going back to the Egyptians, the Greeks, the Romans. It is all there, this wealth of literature, to be discovered again and again. But if we ever lost all interest in these books, it would be as if they didn't exist. And then how impoverished, how empty we would be.



5.2 Read the text again carefully and choose the best answer (A, B, or C) for items 29-35.

29. The writer's friend was shocked by
 A. the lack of resources. B. the lack of teachers. C. the attitude of the other teachers.
30. The students at the school
 A. varied considerably in age. B. all had part time jobs. C. were unable to do any homework.
31. The library at the school in Zimbabwe
 A. was rarely used by the students. B. had very few books. C. did not allow students to take books out.
32. How did the students at the London school feel about the writer's visit?
 A. They wanted to hear more about Zimbabwe. B. They were enthusiastic about attending her talk. C. They were not particularly excited.
33. When she heard about the library in the London school, the writer was
 A. shocked. B. disappointed. C. not surprised.
34. The writer is particularly angry about the effects of
 A. TV. B. computers. C. the internet.
35. The writer feels we would be impoverished if we
 A. spent less money on education. B. no longer studied ancient cultures. C. were no longer interested in reading.

ACTIVITY 6

For items 36-41, read the extracts from websites provided by an internet search engine. Match the extracts with the topics of the websites (options A-G). There is one option you do not need.

A.	A hotel	B.	What's on TV	C.	Cheap flights	D.	Clothes
E.	Financial advice	F.	Sports	G.	Weather		

36.	The award-winning Copthorne Tara is nestled close to many tourist attractions offering comfortable accommodation. Check for best rates and make online reservations today.	
37.	Large female chain offering the latest styles of the season and fashion essentials in sizes 8-22. Tall, petite and maternity available at selected ...	
38.	Martin Lewis's free site saves you money. Beat the system on credit cards, shopping, special offers, mortgages, council tax, interest rate payments, ...	
39.	Current conditions and forecasts for the UK and the world. Includes background material about climate change, glossary, calculators, ...	
40.	Offers live match reports and breaking news along with player interviews, features and columnists.	
41.	Schedules for all major channels, including features, film review database, guide to digital technology and reminder function.	

ACTIVITY 8

Read this extract from a letter. For each gap in items 47-50 choose the best option (A-H). Use each option only once. There is one option you do not need.

A.	refundable	B.	departing	C.	received	D.	returned	E.	reserved
----	------------	----	-----------	----	----------	----	----------	----	----------

Dear Jane

Apartment 2 - 16 Rue de la Prod'Homie - 66190 - Collioure - France

Thank you very much for your travelling booking form with the 25% deposit of £230.00. I confirm that Prud'Homie has now been **(47)** _____ for you and your family arriving on the 16/08 and **(48)** _____ on the 23/08, and that I have updated the website accordingly.

Please, can you send the final balance of £890.00 by the 12/07, which is 6 weeks before your arrival date? Included in this price is the **(49)** _____ bond of £150. When I have **(50)** _____ the funds, I will be in touch with you with further information about the town and your apartment.

Thank you for booking Prud'Homie and I look forward to hearing from you.

Best wishes
Angela

ACTIVITY 9

Change the words in Column A so that they can complete sentences 51-55 in Column B below.

COLUMN A		COLUMN B
person	51.	She has a very pleasant _____.
intelligent	52.	He writes with _____ and humour.
different	53.	What's the _____ between talent and genius?
strong	54.	He has twice the _____ of someone his age and half the body fat.
honest	55.	Remember that _____ is the basis of every healthy relationship.

ACTIVITY 10

Find the missing words (56-60) in the puzzle by completing sentences about household gadgets and equipment. One letter is given.

WORD PUZZLE

56. These clothes are still wet. Why don't you put them in the _____?
57. Your trousers look creased – why don't you give them an _____?
58. After supper, put the plates and glasses straight into the _____-washer.
59. I've got some dirty clothes – shall I put them in the _____ machine?
60. The carpet looks dusty – could you go and fetch the vacuum _____?


							F						
					56.		R						
						57.	I						
						58.	D						
59.							G						
				60.			E						

ACTIVITY B1.2

Imagine you have just visited the Museum of Greek Children's Art with your family. Your pen-friend, James, who is interested in art, is coming to Greece this summer with his parents. Using the text from the ad below, write an **email message** to him (80 words), **saying why he should visit** the museum. Sign as Marios or Maria (not with your real name).

Εικαστικές Κυριακές οικογενειακώς

Το εργαστήριο του Μουσείου Ελληνικής Παιδικής Τέχνης διοργανώνει τις "Εικαστικές Κυριακές οικογενειακώς". Παιδιά και γονείς μαζί, εμπνέονται από έργα ζωγραφικής και κατασκευές παιδιών από τις συλλογές του Μουσείου Ελληνικής Παιδικής Τέχνης και ζωγραφίζουν στο εργαστήριο.







Πιο συγκεκριμένα:

Παιδιά και γονείς μαζί εξερευνούν τα έργα και τις κατασκευές της έκθεσης «Αν τα δέντρα μιλούσαν...» και ζωγραφίζουν ένα «ομαδικό» δάσος στο εργαστήριο του Μουσείου. Με την καθοδήγηση της υπευθύνου εικαστικού,

συζητούν για περιβαλλοντικά θέματα, παίζουν και μαθαίνουν τεχνικές ζωγραφικής. Οι συμμετέχοντες στο εργαστήριο παίρνουν δώρο εικαστικό υλικό:

- την αφίσα «Σημειώσεις για την παγκόσμια ημέρα περιβάλλοντος»
- το παιχνίδι τέχνης «Το δέντρο με την τεχνική του κολλάζ».

Δεν χρειάζεται κράτηση θέσης. Τηρείται σειρά προτεραιότητας. Περιορισμένος αριθμός συμμετοχών : 25 άτομα συνολικά Κόστος συμμετοχής: ένας ενήλικας και ένα παιδί 7 €, γονείς και δυο παιδιά 12 € Όλα τα υλικά παρέχονται από το Μουσείο.

ACTIVITY B2.2

Your English friend, Jean, and her family have just visited Athens and they would like to go to the Acropolis Museum with you. Using the text from the announcement below, write an **email message** to your friend (100 words) **saying that you like the idea**, and **recommending what you can see and do** at the museum. Sign as Chris (not with your real name).

Μια μέρα στο Μουσείο Ακρόπολης

www.theacropolismuseum.gr/default.php?pname=themParousiaseis&la=1

Επίσκεψη Συλλογές Εκπαίδευση Το Μουσείο Γραφείο Τύπου Εισιτήρια

Μια μέρα στο Μουσείο Ακρόπολης

Μια μέρα στο Μουσείο Ακρόπολης

Το Μουσείο Ακρόπολης ξεκίνησε την εφαρμογή ενός προγράμματος δράσεων με τίτλο «Μια μέρα στο Μουσείο Ακρόπολης» για να μπορούν μικροί και μεγάλοι να ζήσουν ευχάριστα μια ολόκληρη μέρα στους χώρους του.

Το Μουσείο προσκαλεί τις οικογένειες να γνωρίσουν τη θεά Αθηνά και τα σύμβολά της, μέσα από 3 διαφορετικά παιχνίδια αναγνώρισής της στους εκθεσιακούς χώρους. Το Μουσείο εγκατέστησε ειδικές οδηγίες σε συγκεκριμένα σημεία για να μπορούν παιδιά και γονείς να αναζητήσουν τα 12 εκθέματα που περιλαμβάνει το παιχνίδι. Παράλληλα, συνεχίζεται το πρόγραμμα συντήρησης και αποκατάστασης για τις Καρυάτιδες του Ερεχθείου με χρήση τεχνολογίας λέιζερ. Οι επισκέπτες έχουν την ευκαιρία να παρακολουθήσουν επιτόπου σε βίντεο τους συντηρητές του Μουσείου να καθαρίζουν τα γλυπτά. Κάθε Παρασκευή η έκθεση του Μουσείου είναι ανοιχτή μέχρι τις 10 μ.μ. Το εστιατόριο προσφέρει υγιεινά παιδικά γεύματα και, από τις 8 μ.μ. έως τα μεσάνυχτα, ιδιαίτερα ελληνικά πιάτα σε προσιτές τιμές με θέα τη φωτισμένη Ακρόπολη.

ACTIVITY 1

Listen to items 1-4 and choose the best photo (A-F). There are two photos you do not need.

- | | | | | | | | | | | | |
|-------|--------------------------|----|--------------------------|----|--------------------------|----|--------------------------|----|--------------------------|----|--------------------------|
| 1. A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |
| 2. A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |
| 3. A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |
| 4. A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |

A.



B.



C.



D.



E.



F.



Listen again and check your answers.



ACTIVITY 2

Read items 5-7. Listen and choose the best answer (A, B, or C) for each item.

5. What you are listening to is

A. a speech.	B. an anecdote.	C. a news item.
--------------	-----------------	-----------------
6. Where were the professors when they heard the announcement?

A. On the train.	B. On the platform.	C. In the waiting room.
------------------	---------------------	-------------------------
7. Why were the professors at the station?

A. To meet a friend.	B. One of them had to travel.	C. To have coffee.
----------------------	-------------------------------	--------------------

Listen again and check your answers.

ACTIVITY 3

Read items 8-10. Listen and choose the best answer (A, B, or C) for each item.

8. What's the purpose of Margaret's call to Diana?
 - A. To tell her about her daughter's wedding.
 - B. To tell her she's come back from Aberdeen.
 - C. To apologize for being unable to come to dinner.
9. What is the purpose of this telephone call?
 - A. They want Nicolas to take part in a survey.
 - B. They want Nicolas to sign up for the library.
 - C. They want Nicolas to run for office.
10. Why does Jane call Bill?
 - A. She wants him to take her to the hospital.
 - B. She wants him to take care of her daughter.
 - C. She wants him to help her with some clients.

Listen again and check your answers.

ACTIVITY 4

Read items 11-12. Listen and choose the best answer (A, B, or C) for each item.

11. What we are listening to is a

A. debate.	B. an informal discussion.	C. an interview.
------------	----------------------------	------------------
12. The speakers are talking about

A. giving your phone number to a stranger.	B. going out on a first date.	C. a man the female speaker met.
--	-------------------------------	----------------------------------

Listen again and check your answers.



Read items 13-15. Listen and choose the best answer (A, B, or C) for each item.

13. The woman talking thinks it's wrong

A. to eat meat.

B. to expect a man to pay on a date.

C. to impose your opinion.

14. The male speaker

A. agrees with the woman.

B. has a different opinion.

C. seems disinterested.

15. The male speaker says

A. meat is bad for you.

B. he is against cruelty to animals.

C. he doesn't like the taste of meat.

Listen again check your answers.

ACTIVITY 5

Listen and fill in items 16-20 with the right word.

EX. *An encyclopaedia*

16. _____

17. _____

18. _____

19. _____

20. _____

Listen again and check your answers.

ACTIVITY 6

Listen and fill in items 21-25 with the right word.

EX. *Menu*

21. _____

22. _____

23. _____

24. _____

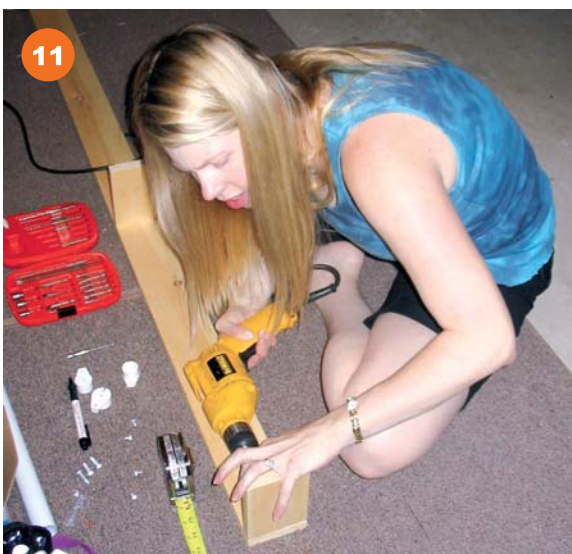
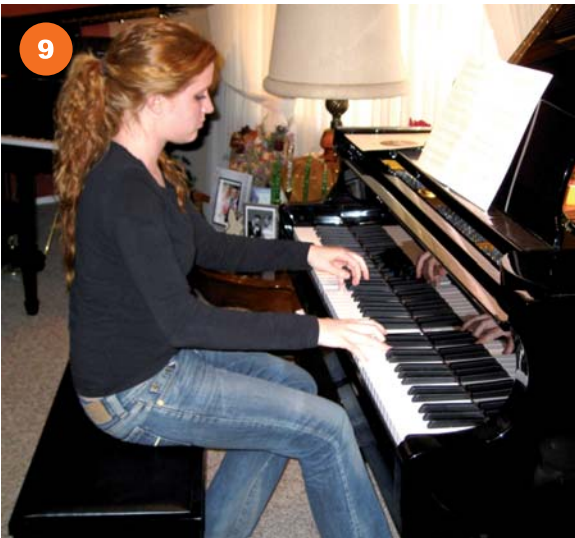
25. _____

Listen again and check your answers.

In the kitchen



Hobbies



A weekend in Metsovo

TEXT 1

TEXT 2

ΑΠΟΔΡΑΣΕΙΣ

23



Το Μέτσοβο είναι ένας ορεινός προορισμός για όλες τις εποχές: ολάνθιστο την άνοιξη, δροσερό και απολαυστικό το καλοκαίρι, πολύχρωμο το φθινόπωρο, μαγευτικό το χειμώνα!

Ξεκινήστε την περιήγησή σας στον ξεχωριστό αυτό τόπο από το Λαογραφικό Μουσείο. Ένα υπέροχο αρχοντικό που κτίστηκε με την προσωπική φροντίδα του Ευάγγελου Αβέρωφ για τον ίδιο τον Τσοσίτσα έχει μετατραπεί σε ένα μουσείο το οποίο αφηγείται την καθημερινή ζωή των αστών της Ηπείρου κατά τον 18ο και 19ο αιώνα. Μοναδικές αγιογραφίες, χαλιά και τοπικές ενδυμασίες πλαισιώνουν αντικείμενα που μαρτυρούν τις λεπτομέρειες της καθημερινότητας. Πώς τηγάνιζαν αυγά οι Ηπειρώτες; Πώς σιδέρωναν οι πλούσιες της εποχής στα ταξίδια τους; Όλες οι απαντήσεις στις προθήκες του μουσείου και στις αναλυτικές διηγήσεις του ξεναγού που σας υποδέχεται στην είσοδο.

Κοντά στην πλατεία του Μετσόβου βρίσκεται η Πινακοθήκη του Ιδρύματος Αβέρωφ. Ένας χώρος τέχνης που θα τον ζήλευαν πολλές πρωτεύουσες. Η μόνιμη έκθεσή της είναι ένα πανόραμα της ελληνικής ζωγραφικής των δύο τελευταίων αιώνων: Λύτρας, Βολανάκης, Προσαλέντης, Ιακωβίδης, Παρθένης, Μαλέας, αλλά και Μόραλης, Σορόγκας, Τέτσης, Φασιανός. Μέσα στα όρη και τα... άγρια βουνά! Πέραν της μόνιμης έκθεσης, η Πινακοθήκη διοργανώνει πολύ σημαντικές περιοδικές εκθέσεις, ενώ ταυτόχρονα λειτουργεί και ένα παιδικό καλλιτεχνικό εργαστήριο. Ενημερωθείτε μόλις φτάσετε για το πρόγραμμά της, είναι μία εμπειρία που δεν πρέπει να χάσετε!

Μη παραλείψετε μία βόλτα στον Αβερώνφειο Κήπο, με την εκκλησία της Αγίας Παρασκευής στο μέσον του, στον οποίο φυτεύτηκαν και φροντίζονται αντιπροσωπευτικά δείγματα όλης της χλωρίδας της Πίνδου.

Το Μέτσοβο είναι ο κατάλληλος τόπος για να μυηθείτε και στην τέχνη του οίνου. Μπορείτε να ξεναγηθείτε σε ένα από τα ομορφότερα οινοποιεία της Ελλάδας, το Κατώγι Αβέρωφ, το οποίο μετά την πρόσφατη ανακαίνισή του έχει μετατραπεί σε πολυδιάστατο θεματικό οινικό πάρκο. Στον ομώνυμο ξενώνα, μπορείτε να κοιμηθείτε σε λευκά ή ερυθρά δωμάτια, ανάλογα με το κρασί που προτιμάτε, να απολαύσετε έργα τέχνης και να διαβάσετε βιβλία με θέμα το κρασί, και να δοκιμάσετε ηπειρώτικες νοστιμιές μπροστά στο τζάκι.

Γαστρονομικός παράδεισος

Το σκαρφαλωμένο στα βουνά Μέτσοβο είναι ένας γαστρονομικός παράδεισος! Ξεκινήστε από τα μοναδικά τυριά του. Το σεβρ με μαύρο πιπέρι, το κλασικό καπνιστό μετσοβόνο, η γραβιέρα μετσόβου και φυσικά η, σπάνια πια, παρμεζάνα είναι αληθινοί γαστρονομικοί πρεσβευτές της περιοχής. Εξαιρετικά κρέατα από τα πολυάριθμα κοπάδια που βόσκουν στην Πίνδο, λουκάνικα πικάντικα και μη και, βέβαια, οι διάσημες ηπειρώτικες πίτες.



Πώς θα φτάσετε

Οδικώς: Με το δικό σας όχημα έχετε δύο επιλογές. Μέσω Τρικάλων, (Εθνική Οδός Αθηνών-Λαμίας, Δομοκός, Καρδίτσα, Τρίκαλα, Καλαμπάκα), 415 χιλιόμετρα και περίπου 5 ώρες οδήγησης. Δεύτερη επιλογή, μέσω Ιωαννίνων (Εθνική Οδός Αθηνών-Πατρών, Ρίο - Αντίρριο, Ιωάννινα), 490 χιλιόμετρα και περίπου 6 ώρες οδήγησης.

Με το ΚΤΕΛ υπάρχουν οι εξής επιλογές:

Αθήνα – Τρίκαλα με ανταπόκριση Μέτσοβο, πληροφορίες στο ΚΤΕΛ Τρικάλων, τηλ. 24310 73131.

Αθήνα – Ιωάννινα, με ανταπόκριση Μέτσοβο, πληροφορίες στο ΚΤΕΛ Ιωαννίνων, τηλ. 26510 26280.

Αεροπορικώς: Υπάρχουν καθημερινές πτήσεις για τα Ιωάννινα της Ολυμπιακής και της Aegean, με διάρκεια μίας ώρας. Από τα Ιωάννινα το Μέτσοβο απέχει 30 λεπτά οδικώς.

Picnic safety tips

TEXT 1

Ασφαλές πικνίκ

- Απαραίτητα είδη για το πικνίκ σας, το εμφιαλωμένο νερό και τα αναψυκτικά. Ακόμη πιο απαραίτητο το δροσερό κρασί και το θερμός με το ζεστό καφέ. Προσοχή στα περισσεύματα από ένα πικνίκ. Μην διατηρήσετε ξανά σε ψυγείο, τρόφιμα που έχουν σταθεί έξω από αυτό για 4 ή παραπάνω ώρες.
- Φροντίστε να έχετε μαζί σας χαρτοπετσέτες, μωρομάντιλα, ρολά χαρτί και νερό για χρήση καθαριότητας.
- Προσοχή στην καθαριότητα των χεριών σας, στην εξοχή, όταν τα φέρνετε σε επαφή με το φαγητό. Υγρά μαντιλάκια ή απολυμαντικό για τα χέρια που δεν χρειάζονται νερό, είναι απαραίτητα εφόδια για τη σάκα του πικνίκ.
- Προσοχή στον ήλιο. Δέστε στο κεφάλι των παιδιών φωτεινά μαντήλια και φορέστε κι εσείς τα όμορφα ψάθινα καπέλα σας. Όσο δροσερός κι αν είναι ο καιρός, η παρατεταμένη έκθεση του κεφαλιού στον ήλιο μπορεί να προκαλέσει ηλίαση.
- Προσοχή στα φαγητά που περιέχουν αλλαντικά, κρέας, ψάρι, θαλασσινά, γαλακτοκομικά προϊόντα ή σάλτσες με βάση τα αυγά όπως μαγιονέζα. Μεταφέρετέ τα με ασφάλεια μέσα σε φορητό ψυγείακι με μόνωση και ειδικές παγοκύστες.
- Αποφύγετε τα ωμά φαγητά.
- Φροντίστε όλα τα κρεατικά, που θα καταναλωθούν σε ένα πικνίκ, να είναι καλά μαγειρεμένα και όχι με το αίμα τους.
- Μην αφήσετε τα φαγητά να σταθούν κάτω από ζεστό ήλιο για περισσότερο από 1 ώρα. Μην καταναλώσετε τροφές που έχουν σταθεί εκτός ψυγείου για περισσότερο από 4 ώρες.



TEXT 2

- Φροντίστε να είστε κοντά σε κατοικημένη περιοχή ή σε περιοχή όπου συχνάζουν εκδρομείς. Αποφύγετε τα απομονωμένα μέρη, ειδικά όταν το πικνίκ σας αποτελείται μόνο από τα μέλη της οικογενείας σας και όχι μεγαλύτερη παρέα.
- Κλειδώνετε πάντα το αυτοκίνητο και μην το αφήνετε ανοιχτό, για να απολαύσετε ίσως μουσική, όταν δεν βρίσκεστε κοντά. Μην αφήνετε ποτέ τοάντες μέσα στο αυτοκίνητο ακόμη κι αν είναι άδειες χωρίς πολύτιμο περιεχόμενο. Αποτελούν πάντα πρόκληση για τους ανεπιθύμητους «επισκέπτες».
- Ερευνήστε καλά το χώρο που διαλέξατε για να στήσετε το τραπέζι του πικνίκ. Καλύτερα να έχει χώμα κάτω από τα πόδια και όχι ψηλά χόρτα που μπορεί να κρύβουν φωλιές από μέλισσες ή ακόμη και ερπετά.
- Προσοχή στα τσιμπήματα από έντομα. Έχετε πάντα μαζί σας τα είδη πρώτης ανάγκης για τσιμπήματα από μέλισσα ή άλλο έντομο. Η φαρμακοποιός σας θα σας βοηθήσει να εξοπλίσετε ένα καλό φαρμακείο για το αυτοκίνητο.
- Θυμηθείτε πως αν κάψετε καφέ μέσα σε αλουμινόχαρτο, ο καπνός θα απομακρύνει τις μέλισσες. Φροντίστε να έχετε πάντα υπό έλεγχο της εστίες φωτιάς, στην εξοχή, και να τις σβήνετε καλά πριν απομακρυνθείτε.
- Διατηρείτε πάντα το χώρο, που κατασκηνώσατε για το πικνίκ σας, καθαρό. Κατά τη διάρκεια του πικνίκ, φροντίστε οι τροφές να είναι καλυμμένες, ώστε να μην προσελκύουν έντομα, όπως μυρμήγκια και σφήγγες. Πριν φύγετε, μαζέψτε σε μεγάλες σακούλες όλα τα απορρίμματα και πάρτε τα μαζί σας, ώστε να τα πετάξετε σε ειδικό κάδο. Εάν ανάψετε φωτιά, θα πρέπει να είστε σίγουροι ότι έσβησε σωστά, πριν απομακρυνθείτε από το χώρο.



ACTIVITY 1

Read the text below and decide if statements 1-6 are True (A), False (B), or Not Stated (C).

Some facts about rice

- The first rice was probably grown in East and South Asia as long as 15,000 years ago, when people began to settle in river deltas where they found wild rice.
- Today, rice is grown practically everywhere, except the Antarctica! It is cultivated on flooded and on dry land, in the tropical rain forests of Africa and in the arid deserts of the Middle East, on coastal plains and on the Himalayan mountains.
- In the year 2003, the world produced about 589 million tons of paddy rice of which the vast majority - 534 million tons - is grown in Asia.
- It takes between 3 and 6 months for a rice plant to reach maturity, depending on variety and location.
- The amount of rice people eat varies. In Myanmar, people eat an average of half a kilogram of rice every day. The average European consumes much less, only about 3 kg per year.
- Rice is the national dish in three of the world's biggest countries: China, India and Indonesia.
- Rice is used for many purposes, apart from eating. It is used for making straw and rope, paper, wine, crackers, milk, beer, cosmetics, packing material, and even toothpaste.
- Brown rice is unpolished whole grain rice.
- Compared with white rice, brown rice is more nutritious because it contains bran, which is a source of fibre, oils, B vitamins, and important minerals, which are all good for you.

STATEMENTS

A.TRUE

B.FALSE

C.NOT STATED

1. The text informs us about the origin of rice.
2. Rice can be grown anywhere on earth.
3. Most of the world's rice is grown in Asia.
4. There are thousands of kinds of rice.
5. Rice needs at least three months to grow.
6. In China they eat more rice than in any other country in the world.

ACTIVITY 2

Match the underlined words in the text above (items 7-11) with the best synonym (A-F). There is one option you do not need.

A.	came	B.	carried out	C.	talked to	D.	happened	E.	made known	F.	created
----	------	----	-------------	----	-----------	----	----------	----	------------	----	---------

SPECIAL OLYMPICS Hellas

The 20th anniversary

Special Olympics Hellas celebrated its 20th anniversary this year. The President of the Hellenic Republic Karolos Papoulias attended the ceremony on Monday at 6.30 p.m., at the "Peace and Friendship" Stadium in Neo Faliron. He [7] addressed the 2,007 athletes and wished them strength and courage not only for the games but for all the other important moments of their lives.

The athletes, [8] arrived from every corner of Greece and Cyprus to compete in the games which [9] took place in Marathon, Rafina, Nea Makri, Athens and Piraeus. Supporting them were their parents, their coaches and the Special Olympics volunteers.

As Special Olympics Hellas President Yanna Angelopoulou [10] announced at a big press conference on Wednesday, 'this anniversary and the events bring us face to face with heroes. The 2,007 athletes of the Panhellenic Special Olympics are the real heroes of life!'

The games were [11] held with the support of the 5,000 Greek individuals and companies that responded to the telethon, the TV 'marathon', organized by ERT, a state television station.



ACTIVITY 3

Read the text below and for each gap (12-16) choose the best option (A-F). There is one option you do not need.

A.	early	B.	rich	C.	quickly	D.	social	E.	catchy	F.	fluently
----	-------	----	------	----	---------	----	--------	----	--------	----	----------



Shakira

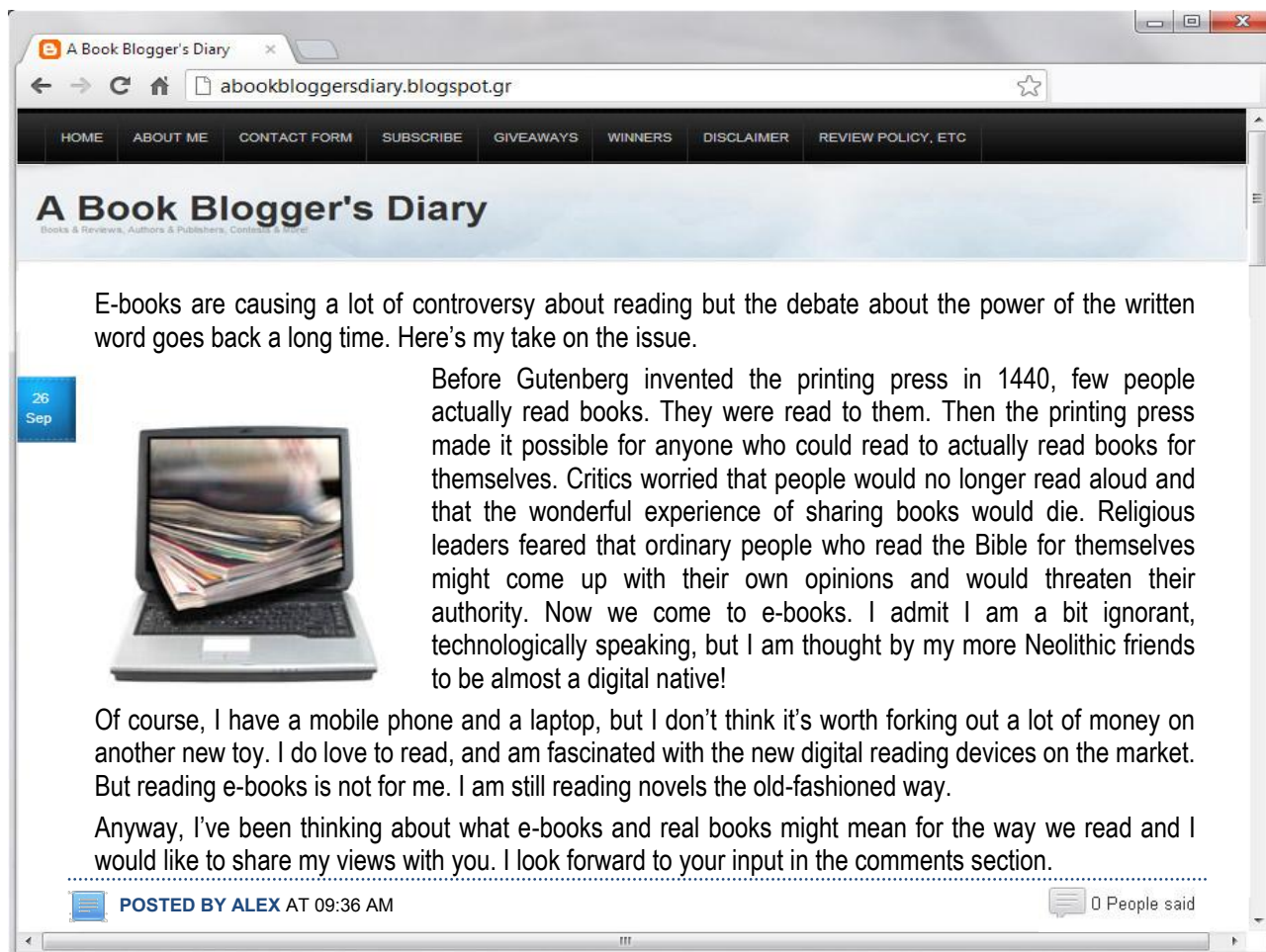
Shakira began her singing career in Colombia, where she was born and (12) _____ became famous in Latin America in the (13) _____ 1990s. Her first language is Spanish, but she also speaks (14) _____ English and Portuguese. Shakira showed her talent as a teenager at school, where she sang rock and roll, as well as Latin and Arabic songs. Shakira is also well-known for her (15) _____ work and especially her work for the poor. She has performed at a large number of charity concerts such as the Live 8. Shakira's (16) _____ 'Waka Waka (This Time for Africa)', was chosen as the official song for the 2010 FIFA World Cup.



ACTIVITY 4

4.1 Read the text below and choose the best answer (A, B, or C) for items 17-19.

17. Another title for this would be:
 A. From real books to e-books B. The power of the printed word C. Becoming a digital native
18. The aim of the text is to
 A. amuse the reader. B. express an opinion. C. report research.
19. What would the writer like readers to do after reading this text?
 A. Buy an e-book. B. Read a novel. C. Write a reply.



4.2 Read the text again, and decide if statements 20-25 are True (A), False (B), or Not Stated (C).

STATEMENTS

- 20. People have been discussing e-books for a long time.
- 21. Printed books gave people more freedom.
- 22. Books made people more critical of the church.
- 23. The printing press created more jobs.
- 24. The writer's friends think he knows little about technology.
- 25. The author reads both e-books and real books.

A. TRUE

B. FALSE

C. NOT STATED

	A. TRUE	B. FALSE	C. NOT STATED
20.			
21.			
22.			
23.			
24.			
25.			



5.2 Read the text again carefully and choose the best answer (A, B, or C) for items 29-35.

29. The 'noisy group' consisted of people
 A. going hunting in the woods. B. following the same direction in the woods. C. visiting from South America.
30. Max pointed out to the group that
 A. they were talking too loudly. B. they had disturbed the wildlife. C. they were damaging the woodland environment.
31. After sitting under the tree, the writer started to
 A. breathe more deeply. B. focus more. C. hear more clearly.
32. Where did Max develop his tracking skills?
 A. In Kenya. B. In the USA. C. In Mexico.
33. Shadowhawk is a company that
 A. helps police with murder enquiries. B. tracks missing people. C. runs training courses.
34. Max nodded
 A. because they had learned something. B. because everyone in the group had returned. C. to show them the direction of the stream.
35. After his experience, the writer says he
 A. wants to try tracking in Africa. B. intends to continue tracking. C. will visit many different British woods.

ACTIVITY 6

For items 36-41, match the short extracts with the different types of magazine (options A-H). There is one option you do not need.

A.	A celebrity magazine	B.	A computer magazine	C.	A fashion magazine	D.	A food magazine
E.	A gardening magazine	F.	A music magazine	G.	A school newsletter	H.	A travel magazine

36.	Among this week's off-runway action was a ceremony honouring retiring maestro Valentino. The designer, who had just presented his last ever haute couture show, received the honour from the mayor of Paris ...	
37.	Cyberbullying is a growing trend that is more harmful than typical playground bullying because your home is no longer your refuge. You escape the classroom only to find text messages and emails from your tormentors when you arrive home.	
38.	Elsewhere in Europe, the rail network is also forging ahead, with a new high-speed line in eastern France and the terrific overnight service to Barcelona.	
39.	No one would have applauded the 37-year-old actress' success more loudly than her former <i>Shameless</i> co-star and husband James McAvoy , who's currently riding high in Hollywood with Oscar-tipped World War II drama <i>Atonement</i> .	
40.	This is my signature dish; we sell at least 30 portions a night. It's a real special-occasion dish, which can be prepared well in advance.	
41.	The optical drive is not integrated, but in all else--especially battery life--this business portable is top-notch.	

ACTIVITY 7

Read the text below and choose the best option (A, B, or C) for items 42-46.

42. Which section mentions a cheap place to stay in October?
 A. Dalmatian Coast, Croatia. B. Reclining, Mykonos. C. Island hopping, The Aeolians.
43. Which section mentions an activity holiday?
 A. Dalmatian Coast, Croatia. B. Reclining, Mykonos. C. Shopping, St Tropez.
44. Which section mentions a particular restaurant?
 A. Reclining, Mykonos. B. Island hopping, The Aeolians. C. Shopping, St Tropez.
45. Which section mentions a place that is too hot in the summer?
 A. Dalmatian Coast, Croatia. B. Reclining, Mykonos. C. Shopping, St Tropez.
46. Which section mentions a place that has no cars?
 A. Dalmatian Coast, Croatia. B. Island hopping, The Aeolians. C. Shopping, St Tropez.

Dalmatian Coast, Croatia

Yachts are expensive and environmentally unfriendly – the new eco-chic way to explore the Dalmatian coast is from your own sea kayak. Dubrovnik's medieval walls and the lovely harbours and deserted beaches of the Elafiti Islands are best viewed from a canoe. The temperature is far too high to be comfortable in the peak season, so you need to wait until it drops but the sea is still warm. Dubrovnik-based Adria Adventure offers sea kayak tours, and the Hotel Bellevue is the ideal place to stay in Dubrovnik.



Reclining, Mykonos

Mykonos is back in fashion, but the notorious meltemi winds can be a real problem in high summer. Later in the season, they are much calmer and you can spend your time lying on the beach without being blasted by the sand. The best address is the Hotel Belvedere, but the best bargain is the Mykonos Grace, which is good value in September, but even better a month later.

Island hopping, The Aeolians

Sicily's magnificent seven islands regularly attract Oscar-winners like Robert de Niro and Russel Crowe, and are also Hollywood stars in their own right. Salina was the location for *Il Postino*, while Stromboli was chosen for Roberto Rossellini's classic. September is the time to go island-hopping without the crowds, as the ferry companies are still operating and the tourists have gone. Don't miss Panarea, where the only way of getting around is on foot, and make sure you include Salina, the greenest island in the chain.

Shopping, St Tropez



St Tropez is a nightmare in high season, but come the end of August, it soon returns to being the chic French Provençal fishing town of 1960s legend.

You can wander through its narrow streets in peace and drop into its fashionable boutiques without the crowds. It's also much easier to get a meal at glamorous places such as Alain Ducasse's spoon, or to drop into bars like Nikki Beach for a drink. The best places to stay are the elegant La Ponche Hotel or Le Beauvallon, a 10 minute boat ride across the bay in St Maxime.

ACTIVITY 8

Fill in the gaps in items 47-50 with the best option (A-E). Use each option only once. There is one option you do not need.

A.	go	B.	come	C.	get	D.	drop	E.	bring
----	----	----	------	----	-----	----	------	----	-------

47. I must have left it at your place. Let me know if you _____ across it.

48. The milk's started to _____ off. I'll go and get some more.

49. Do _____ by whenever you are in the neighbourhood. I'd love to see you.

50. At the beginning of next year we are going to _____ in a new management system.

ACTIVITY 9

Change the words in Column A so that they can complete sentences 51-55 in Column B below.

COLUMN A	COLUMN B	
rain	51.	The weather in England has changed. It's not as _____ as it used to be.
lived	52.	I know that you play the guitar beautifully, and that's great. But, you're not a professional, right? What do you do for a _____?
clothing	53.	I can't go to the interview in these _____! They're dirty and shabby. They won't take me seriously.
hunting	54.	Some _____ kill animals just for fun. What kind of a hobby is that? I think it's absolutely wrong.
fish	55.	As we sat there, watching the _____ boats go off into the sunset, I felt so romantic!

ACTIVITY 10

For each pair of questions (56-60), choose ONE word that can make a compound noun to complete the sentence.

56. a) I've had _____ ache for a couple of days, so I'm going to see the dentist.

b) This new _____ paste tastes really fresh and minty.

57. a) In the summer it's really hot so we need _____ conditioning.

b) The letter will get there faster if you send it via _____ mail.

58. a) The _____ line in the newspaper said 'MORE SNOW CHAOS'.

b) The _____ master of our school observes every teacher's lessons regularly.

59. a) The tax changes will affect over 10 million _____ holds in this country.

b) I hate cleaning and dusting - almost any form of _____ work, really.

60. a) I bought this new _____ water camera and took some great photos of fish.

b) The trains in this city travel mostly _____ ground. You rarely see them.

WORD
PUZZLE

ACTIVITY B1.1

You are one of the young **reporters** for the local magazine "Our Town" and have been asked to write a text (80 words) about your school, St Andrews, which you are very proud of. **Present your school**, using the library text below as a model.

OUR TOWN

April 2011

OUR PUBLIC LIBRARY



Our public library sits on a cozy corner in the town. Built 3 years ago, it is a big and attractive building. On the ground floor, one can find books for children and adults while on the second floor there is a Learning Lab equipped with computers. Our library also includes music CDs, DVDs, videos and audio cassettes. There is space to browse amongst the bookshelves and always somewhere quiet to sit and read.

MY SCHOOL



ACTIVITY B2.1

Write one more article about St Andrews School for the same magazine. Imagine that you have interviewed 15 students, who go to this school, and these students would like to see some **changes made**, so that their school becomes more modern. In your short **article** (100 words), **report** their views. Use the notes on the right. You took them when interviewing the students.

NOTE PAD

- *A new gym*
- *A separate playground for younger students*
- *A computer lab with video projector*
- *Teachers who are friendlier and closer to students*

ACTIVITY B1.2

You had an exam at school and did very well. Write an **email** to your friend Kate (about 80 words) to **tell** her the good news and **inform** her about what you did *before* the exam because it helped you. Use some of the ideas from the text below (the column on the left). Sign as Alex.

Το κλειδί της επιτυχίας

ΠΡΙΝ ΤΙΣ ΕΞΕΤΑΣΕΙΣ

Τι κάνουμε το βράδυ πριν τις εξετάσεις;

Είναι πολύ σημαντικό να κοιμηθούμε καλά. Ένα ζεστό μπάνιο, ένα ζεστό τσάι, απαλή μουσική, λίγη κουβέντα στο τηλέφωνο με έναν καλό φίλο για κάτι ευχάριστο θα μας χαλαρώσουν.



Τι κάνουμε το πρωί των εξετάσεων;

Τρώμε ένα ελαφρύ πρωινό και αποφεύγουμε το διάβασμα της τελευταίας στιγμής γιατί εντείνει το στρες. Κάνουμε κάτι ευχάριστο (π.χ. ακούμε μουσική) και σκεπτόμαστε θετικά. Λέμε στον εαυτό μας: «Θα τα καταφέρω. Έχω προετοιμαστεί και θα γράψω καλά». Φθάνουμε στον προορισμό μας 10-15 λεπτά νωρίτερα για να προετοιμαστούμε ψυχολογικά. Αποφεύγουμε να μιλάμε αρνητικά για τις εξετάσεις –πόσο δύσκολες θα είναι, πόσες πιθανότητες αποτυχίας έχουμε...

ΚΑΤΑ ΤΗ ΔΙΑΡΚΕΙΑ ΤΩΝ ΕΞΕΤΑΣΕΩΝ

Πώς οργανωνόμαστε την ώρα των εξετάσεων;

Διαβάζουμε τις οδηγίες προσεκτικά. Αν έχουμε άγνωστες λέξεις προσπαθούμε να μαντέψουμε τι σημαίνουν από τα συμφραζόμενα. Αν διαβάζοντας τις ερωτήσεις μας έρθει στο μυαλό κάτι σημαντικό, το σημειώνουμε στο πρόχειρο εκείνη τη στιγμή για να μην το ξεχάσουμε μετά. Διαβάζουμε όλες τις ερωτήσεις σε κάθε τμήμα της εξέτασης πριν ξεκινήσουμε. Αρχίζουμε από τα εύκολα και προχωρούμε αργότερα στα δύσκολα. Οργανώνουμε τον χρόνο μας και τοποθετούμε το ρολόι μας σε σημείο που να μπορούμε να βλέπουμε την ώρα, χωρίς όμως να μας γίνει έμμονη ιδέα. Αφήνουμε οπωσδήποτε λίγο χρόνο στο τέλος για να διαβάσουμε ξανά τις απαντήσεις, να διορθώσουμε λαθάκια, κλπ.

ACTIVITY B2.2

Your friends are preparing for exams. Use ideas from the text above (the column on the right) and write a **message** (about 100 words) to post **on your blog** to help them. Give them advice about **what to do** and **what not to** while taking an exam.

ACTIVITY 1

Listen to items 1-4 and choose the best photo (A-F). There are two photos you do not need.

- | | | | | | | | | | | | | |
|----|----|--------------------------|----|--------------------------|----|--------------------------|----|--------------------------|----|--------------------------|----|--------------------------|
| 1. | A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |
| 2. | A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |
| 3. | A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |
| 4. | A. | <input type="checkbox"/> | B. | <input type="checkbox"/> | C. | <input type="checkbox"/> | D. | <input type="checkbox"/> | E. | <input type="checkbox"/> | F. | <input type="checkbox"/> |

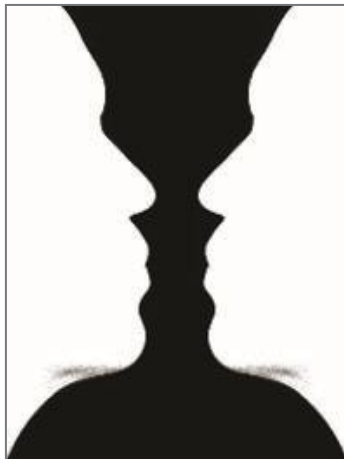
A.



B.



C.



D.



E.



F.



Listen again and check your answers.



ACTIVITY 2

Read items 5-7. Listen and choose the best answer (A, B, or C) for each item.

5. The woman speaking is probably
 - A. a teacher.
 - B. a manager.
 - C. a doctor.
6. Where do you think the event is taking place?
 - A. In an office.
 - B. In a bar.
 - C. In a restaurant.
7. What is the purpose of the conversation?
 - A. A speaking test.
 - B. A guided tour.
 - C. An interview for a job.

Listen again and check your answers.

ACTIVITY 3

Read items 8-10. Listen and choose the best answer (A, B, or C) for each item.

8. This radio announcement is about a German athlete who won
 - A. the Marathon.
 - B. a long-distance race in Greece.
 - C. a field race in Athens and Sparta.
9. This radio announcement is about
 - A. an annual international book exhibition.
 - B. a Greek book exhibition in Madrid, Spain.
 - C. a Spanish book exhibition in Madrid.
10. The international puppet and mime festival
 - A. features productions from all over Europe.
 - B. is hosted in Kilkis this year.
 - C. will start on October 10th this year.

Listen again and check your answers.

ACTIVITY 4

Read items 11-15. Listen and choose the best answer (A, B or C) for each item.

11. Is there such a thing as the National Museum of Language?
 - A. Yes and it's in the heart of Washington DC.
 - B. Yes, but the building, which in Seattle Washington, is not yet completed.
 - C. Yes, there is one in the USA, but it hasn't yet opened to the public.
12. What do museums usually exhibit?
 - A. Artefacts of historical value.
 - B. Physical things.
 - C. Works of art.
13. What do visitors do in a language museum like this?
 - A. Find out how the English language has developed.
 - B. Discover all kinds of information about language.
 - C. Explore how different languages work.



14. What will this museum eventually contain?
- Printed and electronic information about language.
 - Books and journals about speech patterns.
 - Interactive materials of spoken language.
15. What may be a very special experience in this museum?
- To be allowed to imitate speech from various languages of the world.
 - To carry out language research with stored speech samples.
 - To hear the accents and dialects of people from all over the world.

Listen again and check your answers.

ACTIVITY 5

Listen and fill in items 16-20 with the right word.

EX. shorts

16. _____
17. _____
18. _____
19. _____
20. _____

Listen again and check your answers.

ACTIVITY 6

Listen and fill in items 21-25 with the right word.

QUESTIONS	ANSWERS
EX. Did August Wilson live a long time ago?	No. He's a <i>contemporary</i> playwright.
21. Have his plays raised much controversy?	No, actually they have won several _____.
22. When was his talent recognized?	Right after his _____ play.
23. What's the title of his last play?	The _____ _____.
24. What are some important concerns of the play?	The history of the _____ in the USA.
25. Do critics think that Wilson is worthy of the American theatrical tradition?	Some critics think he's as _____ _____ Tennessee Williams and Arthur Miller.

Listen again and check your answers.

Give us a kiss



City scenes





Safe swimming

Έξι κανόνες για ασφαλείς βουτιές στη θάλασσα

Για να απολαύσετε τις χαρές της θάλασσας θα πρέπει να τηρείτε ορισμένους κανόνες, οι οποίοι θα καταστήσουν ασφαλή την κολύμβηση.

Ιδού μερικά από αυτά που δεν πρέπει να ξεχνάμε

1. **Μην κολυμπάτε ποτέ με γεμάτο στομάχι.** Το γεμάτο στομάχι καθιστά το κολύμπι επικίνδυνο, ιδιαίτερα για τα παιδιά.
2. **Μην κολυμπάτε όταν αισθάνεστε αδιαθεσία.** Πολλά δυστυχήματα στη θάλασσα έχουν αιτία το γεγονός ότι κάποιος μπήκε στη θάλασσα έχοντας κάποιο πρόβλημα (ζάλη, πονοκέφαλο, πυρετό, κ.λπ.). 
3. **Μην αφήνετε ποτέ τα παιδιά να κολυμπούν χωρίς εποπτεία.** Αυτό ισχύει πολύ περισσότερο όταν τα παιδιά είναι μικρά και οι παραλίες άγνωστες.
4. **Κολυμπάτε πολύ προσεκτικά όταν βρίσκεστε σε άγνωστες θάλασσες.** Πολλά ατυχήματα προκαλούνται από βουτιές σε άγνωστα μέρη ή από κολύμπι σε περιοχές με απότομα βαθιά νερά, ρεύματα κ.λπ.
5. **Αποφεύγετε να κολυμπάτε σε απόμακρες παραλίες** που δεν γνωρίζετε και ιδιαίτερα όταν δεν υπάρχουν στο χώρο και άλλα άτομα, τα οποία μπορούν να προσφέρουν κάποια βοήθεια σε ώρα ανάγκης. 
6. **Αποφεύγετε το νυχτερινό κολύμπι.** Η κολύμβηση τη νύχτα, ακόμη και υπό το φως της πανσέληνου εγκυμονεί σημαντικούς κινδύνους, αφού η ορατότητα είναι περιορισμένη και η επικοινωνία περιορίζεται μόνο στην ομιλία και τις φωνές.

Συγγραφέας: Αναστάσιος Σπαντιδέας
Παθολόγος, M.D., FCCP, διδάκτωρ Πανεπιστημίου Αθηνών

<http://www.healthview.gr/>

Healthy eating IQ

Έχετε διατροφικό IQ;

Τέσσερα DOs για να αναβαθμίσετε έξυπνα το καθημερινό μενού σας:



ΞΕΧΑΣΤΕ ΤΟ «ΣΗΜΑ ΚΑΤΑΤΕΘΕΝ»

Όσοι αγοράζουν με κριτήριο τη μάρκα έχουν 13% λιγότερες πιθανότητες να τσεκάρουν τις θρεπτικές πληροφορίες που αναγράφονται στο προϊόν, από αυτούς που αγοράζουν διαφορετικές μάρκες προϊόντων. Οι βιομηχανίες αλλάζουν κατά καιρούς τις συνταγές τους κι έτσι μπορεί να παίρνετε παραπάνω θερμίδες, ζάχαρη και λίπος απ' όσο νομίζετε, γι' αυτό να κοιτάτε πάντα τις ενδείξεις πριν αγοράσετε.



ΒΕΛΤΙΩΣΤΕ ΤΗ ΛΙΣΤΑ ΣΑΣ

Χωρίστε τη λίστα σας σε κατηγορίες, όπως δημητριακά, ζυμαρικά, φρούτα, αντί να γράφετε συγκεκριμένα αναλώσιμα. Αυτοί που αποφασίζουν τι θα αγοράσουν όταν βλέπουν τα προϊόντα έχουν περισσότερες πιθανότητες να διαλέξουν υγιεινότερα πράγματα.

ΒΑΛΤΕ «ΧΡΩΜΑ» ΣΤΗ ΔΙΑΤΡΟΦΗ ΣΑΣ

Το κόκκινο και το κίτρινο τείνουν να σας ανοίγουν την όρεξη, γι' αυτό συνηθίζουμε να στρεφόμαστε προς αυτές τις αποχρώσεις. Σίγουρα οι ντομάτες και το καλαμπόκι είναι υγιεινά, αλλά μπορείτε να πάρετε ακόμα περισσότερες θρεπτικές και αντιοξειδωτικές ουσίες αν προσθέσετε μοβ (μελιτζάνες) και πράσινα (μπρόκολο) φαγητά στο μενού σας.

ΣΗΚΩΘΕΙΤΕ ΑΠΟ ΤΟΝ ΚΑΝΑΠΕ

Αλλάξτε συνήθειες. Ξεφορτωθείτε τον τεράστιο δίσκο σας και καθήστε στο τραπέζι για κάθε σας γεύμα, χωρίς να βλέπετε τηλεόραση. Όταν είστε μπροστά στην τηλεόραση, τρώτε πάντα περισσότερο, αφού η όρεξη παρατείνεται όταν μασάτε με αποσπώμενη προσοχή. Αντί γι' αυτό, συγκεντρωθείτε στην απόλαυση του φαγητού. Αυτό δεν είναι το ζητούμενο;



Glamour, 2006

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