

UNIT 1

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
achievable	adj	something that is possible to be completed with success	I set myself achievable goals for the next two months. I feel I can do this!	εφικτός, επιτεύξιμος	19
achievement	n	something important that you succeed in doing by your own efforts	His great achievement is to make all the players into a united team.	κατόρθωμα	14
add to	phr v	to make a feeling or quality stronger and more noticeable	This show will no doubt add to his growing reputation.	προσθέτω, ενισχύω	11
anxious	adj	worried about something	He was a bit anxious about the safety of the machinery.	αγχωμένος	11
childish	adj	behaving in a silly way that makes you seem much younger than you really are - used to show disapproval	I know that sounds very childish and naive, but think about it.	παιδαριώδης, παιδιάστικος	14
comfortable	adj	making you feel physically relaxed, without any pain or without being too hot, cold, etc.	He said he felt very comfortable during the long journey.	άνετος	14
competitive	adj	determined or trying very hard to be more successful than others	Competitive sports encourage children to work together as a team.	ανταγωνιστικός	14
confidence	n	the feeling that you can trust someone or something to be good, work well or produce good results	She had complete confidence in the doctors.	εμπιστοσύνη	14
deafness	n	a condition in which somebody is unable to hear	His deafness didn't stop him from becoming a great musician.	κώφωση	14
delighted	adj	very pleased and happy	His parents were absolutely delighted about the baby.	πανευτυχής, περιχαρής	11
determined	adj	having a strong desire to do something, so that you will not let anyone stop you	Both sides in the dispute seemed determined not to compromise.	αποφασισμένος	11
difference	n	a way in which two or more people or things are not like each other	There is a vast difference between daytime and night-time temperatures in the desert.	διαφορά	14
dreadful	adj	extremely unpleasant	And in any case, what Lucy may have done was surely not so dreadful and will be soon forgotten.	φοβερός, τρομερός	14
energetic	adj	having or needing a lot of energy or determination	If you're feeling energetic , we could go out for a run.	ενεργητικός	14
excitable	adj	becoming excited too easily	A puppy is naturally affectionate and excitable .	ευαίσθητος, ευερέθιστος	19
excitement	n	the feeling of being happy, interested or eager	It was a marvellous sort of excitement , like being young again.	ενθουσιασμός, συγκίνηση	14
fashionable	adj	popular, especially for a short period of time	The store sells fashionable clothes at prices you can afford.	μοδάτος	14

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feel a sense of achievement	coll.	to feel proud of something that you've done	As we climbed the final few metres, we felt a sense of achievement .	νιώθω ικανοποίηση	14
fitness	n	when you are healthy and strong enough to do hard work or play sports	Greater levels of fitness and better team organisation are two of the more obvious modern achievements.	φυσική κατάσταση	14
foolish	adj	a foolish person behaves in a silly way or looks silly; a foolish action, remark, etc. is stupid and shows that someone is not thinking sensibly	Jan realised later that her behaviour had been very foolish .	ανόητος	14
get sth across	phr v	to succeed in making people understand what you are telling them	To get its message across , the company will boost its advertising budget this year to \$220 million.	γίνομαι κατανοητός	11
give sth away	phr v	to tell people a secret by accident	The holiday was meant to be a surprise for the children, but Daniel gave it away .	αποκαλύπτω κατά λάθος	11
give sth up	phr v	quit; stop	I've given up the violin because I don't have enough time to practise.	σταματώ	11
happiness	n	the state of being happy	Pauline was willing to do anything for her children's happiness .	ευτυχία	14
have a sense of adventure	coll.	to be willing to try new things, take risks, etc.	A secret always buoyed her up, gave her a sense of adventure .	είμαι ριψοκίνδυνος	14
have a sense of direction	coll.	to be able to estimate your location or where to go without the help of navigating devices	Don't worry! I have a sense of direction which never failed me, so we will find the right way, I promise!	έχω καλό προσανατολισμό	14
have a sense of freedom	coll.	to feel free	When I climbed that mountain I had an indescribable sense of freedom .	έχω το αίσθημα ελευθερίας	14
have a sense of fun	coll.	to be able to enjoy something and have fun	Kelly doesn't have a sense of fun ! She's always so stiff!	διασκεδάζω	14
have a sense of humour	coll.	to be able to understand humour	It's vital to have a sense of humor in this job.	αίσθηση του χιούμορ	14
have a sense of rhythm	coll.	to be able to dance or play music	My dad does not have a sense of rhythm at all! He is always stepping on my toes!	έχω ρυθμό	14
hopeful	adj	believing that what you hope for is likely to happen	Everyone's feeling pretty hopeful about the future.	ελπιδοφόρος	19
hopeless	adj	if something that you try to do is hopeless, there is no possibility of it being successful	Getting your work published often seems a hopeless task.	απελπιστικός, αποκαρδιωτικός	14
insulted	adj	angry and upset by someone's behaviour or remarks	They offered me \$20 for a whole day's work – I felt really insulted .	προσβεβλημένος	11

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laziness	n	not liking work and physical activity, or not making any effort to do anything	I hate working with Patrick - his laziness is driving me crazy!	τεμπελιά	14
miss out on sth	phr v	to not have the chance to do something that you enjoy and that would be good for you	I feel I'm missing out on having fun with my kids.	χάνω, στερούμαι	11
moved	adj	when somebody is moved, they feel strong emotions, especially of sadness or sympathy	I'm sorry for crying, but I just feel so moved by everyone's kind words.	συγκινημένος	11
not really worth it	phr	used to say that you do not gain anything from an action	I went to a party yesterday, but it was not really worth it .	δεν αξίζει στην πραγματικότητα	16
offended	adj	angry and upset by someone's behaviour or remarks	Some people may find rude jokes funny, but others may be deeply offended .	προσβεβλημένος	11
painful	adj	if a part of your body is painful, it hurts; making you feel very upset, or very difficult and unpleasant for you	This was very painful , and made me cry aloud.	επίπονος	14
painless	adj	causing no pain; not difficult or unpleasant to do	The operation is simple and painless .	ανώδυνος	14
perfect	adj	not having any mistakes, faults or damage	Slovenia is a perfect holiday destination!	τέλειος	17
petrified	adj	extremely frightened, especially so frightened that you cannot move or think	My cousin was petrified during the storm. She's really scared of lightning.	τρομοκρατημένος	11
put sb off doing sth	phr v	to make you dislike something or not want to do something	Don't let your failures put you off trying harder.	αποτρέπω, αποθαρρύνω	11
relieved	adj	feeling happy because you are no longer worried about something	Sahlin appeared relieved at my news.	ανακουφισμένος	11
repetitive	adj	done many times in the same way, and boring	As children we suffered through schoolwork that was dull and repetitive .	επαναλαμβανόμενος , μονότονος	19
scientific	adj	about or relating to science, or using its methods	We believe in investing in scientific research.	επιστημονικός	14
strong-willed	adj	knowing exactly what you want to do and being determined to achieve it, even if other people advise you against it	She was tall, dark-haired and strong-willed , characteristics which were largely repeated in all of Jack's long-term relationships.	αποφασισμένος	11
sympathetic	adj	caring and feeling sorry about someone's problems	My friends were all extremely sympathetic when they heard I'd lost my job.	συμπνετικός	11
take off	phr v	to become popular or successful	I hear the business is really taking off .	έχω επιτυχία, γίνομαι δημοφιλής	20
tense	adj	feeling worried, uncomfortable, and unable to relax	Mary's problems at work were making her tense and irritable.	νευρικός	11
terrified	adj	very frightened	He's absolutely terrified of snakes.	κατατρομαγμένος	audioscript 1.3

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thrilled	adj	very excited, happy, and pleased	She was thrilled to have her picture taken with Mel Gibson.	ενθουσιασμένος	11
tiredness	n	feeling that you want to sleep or rest	My dad works so hard, that I can clearly see his tiredness .	κούραση, κόπωση	14
try sth out	phr v	to test something such as a method or a piece of equipment to see if it is effective or works properly	This is when we work on new bread ideas and recipes and try them out on our brave customers.	δοκιμάζω	11
understanding	adj	sympathetic and kind about other people's problems	I'm sorry I've been so bad-tempered lately. Anyway, thank you for being so understanding .	που δείχνει κατανόηση	11
visible	adj	something that can be seen; an effect that is visible is great enough to be noticed; noticeable	Only the top of his head was visible above the water.	ορατός	14
won't regret	phr	to not feel bad about doing something	Come on! Go with us on that cruise, you won't regret it!	δεν θα το μετανιώσω	17
worth trying	phr	something that deserves an attempt	I didn't manage to finish the task, but it was worth trying because I learned a lot!	αξίζει η προσπάθεια	17
wouldn't recommend	phr	to discourage someone to do something	I wouldn't recommend using a sunbed on a regular basis.	δεν το προτείνω / δεν το συστήνω	17
Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
affect	v	to do something that produces an effect or change in something or in someone's situation; to make someone feel strong emotions	The new tax law doesn't affect me because I'm a student.	επιηρεάζω	8
apparently	adv	used to say that you have heard that something is true, although you are not completely sure about it	Apparently , people with synaesthesia are often not as good as our peers at subjects such as maths or science.	προφανώς, από ό,τι φαίνεται,	12
approve	v	to think that someone or something is good, right or suitable	Catherine's parents now approve of her marriage.	εγκρίνω	12
backup copy	n	a computer file in which you have put all the same information as is in another one so that you can use it if something should happen to the original	Not having a backup copy of your end-of-year essay seems very irresponsible.	αντίγραφο ασφαλείας	audioscript 1.3
conclude	v	to decide that something is true after considering all the information you have	The report concluded that the school should be closed immediately.	ολοκληρώνω, λήγω, τελειώνω	12
cosy	adj	comfortable and friendly	Summer's over and you've slipped back into your cosy , comfortable routine.	άνετος, ευχάριστος	8
dismiss	v	to refuse to consider someone's idea, opinion etc, because you think it is not serious, true or important	It's often too easy to pigeonhole yourself and dismiss things without even trying them.	απορρίπτω	9

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dull	adj	not interesting or exciting	Instead of just moaning about our life being dull , let's do something about it!	βαρετός	9
embark on	phr v	to start something, especially something new, difficult or exciting	We're about to embark on a trip of our lives. We're going to Cuba for three weeks!	ξεκινώ, φεύγω	audioscript 1.1
gift	n	a natural ability	She has the rare gift of being able to laugh at herself.	χάρισμα	12
have two left feet	idiom	to be very clumsy	Jake definitely has two left feet . He's been taking dancing lessons for two years but he still constantly steps on my feet!	είμαι άτσαλος	audioscript 1.6
hurdle	n	a problem or difficulty that you must deal with before you can achieve something	Finding enough money for the project was the first hurdle .	εμπόδιο, δυσκολία	9
nerve-racking	adj	a nerve-racking situation makes you feel very nervous or worried	Frank faced a nerve-racking wait for his medical test results.	αγχωτικός	9
overwhelming	adj	having such a great effect on you that you feel confused and do not know how to react	She found the city quite overwhelming when she first arrived.	σαρωτικός, συντριπτικός	9
pigeonhole	v, n	to unfairly consider a person, activity, etc. as belonging to a particular type or group	It's often too easy to pigeonhole yourself and dismiss things without even trying them.	κατατάσσω κπ/κτ σε κατηγορία, κατηγοριοποιώ	9
pretty	adv	fairly or more than a little	It's my turn now and I've chosen baking. I love it and I'm pretty good at it.	αρκετά	9
reluctantly	adv	in a slow and unwilling way	At first my mum was stubborn, but in the end, she reluctantly agreed to buying me a car.	απρόθυμα	9
seminar	n	a class at a university or college for a small group of students and a teacher to study or discuss a particular subject	In the spring semester Gordon taught two seminars and took on more than a dozen students for independent study projects.	σεμινάριο	12
ups and downs	phr	the mixture of good and bad experiences that happen in any situation or relationship	We have our ups and downs like all couples.	τα πάνω και τα κάτω	9
whinge	v	to keep complaining in an annoying way	He's always whingeing about being underpaid.	παραπονιέμαι, γκρινιάζω, μουντουράω	9
willing	adj	prepared to do something, or having no reason to not want to do it	If you ask William to do anything, he's always willing to help.	πρόθυμος	9
worthwhile	adj	if something is worthwhile, it is important or useful, or you gain something from it	It was all part of a life that made me feel secure in the belief that at last I had found something worthwhile .	που αξίζει, αξιόλογος	9
yucky	adj	very unpleasant	I'm sorry, but I can't eat it. It might be a delicacy but it just looks too yucky !	αηδιαστικός	12

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
achieve a goal	coll.	to successfully complete something or get a good result, especially by working hard	Mollie is determined to achieve her goal of swimming across the lake.	επιτυγχάνω το στόχο μου	28
alone	adj	1) if you are alone in a place, there is no one with you; 2) without any friends or people you know	I felt very alone and there was no one around to help me!	1) μόνος, 2) μοναχός, μοναχικός	26
appeal to	phr	seem attractive and interesting	Cold places don't really appeal to me because I prefer the sun and the warmth.	μου αρέσει	23
at the first sign of (a problem)	coll.	just as something happens	At the first sign of a storm, the boat turned back to shore.	με την πρώτη ένδειξη	28
awestruck	adj	feeling great respect for the importance, difficulty or seriousness of someone or something	I was awestruck by the view when we reached the top of the mountain. It was really beautiful.	έκπληκτος, κατάπληκτος	26
be blown away by	idiom	to feel very surprised, especially about something we like or admire	We were all blown away by the incredible scenery.	μένω άφωνος, εντυπωσιάζομαι	23
be down in the dumps about	idiom	to be very sad about something	Mary was really down in the dumps about cancelling the holiday.	είμαι πολύ στενοχωρημένος	25
be high on my list	idiom	to be considered very important	Learning how to water-ski was high on my list of things to do in Greece.	είναι προτεραιότητά μου	25
be over the moon about	idiom	to be very happy about something	Charlie was over the moon about his trip to Colorado.	είμαι πανευτυχής	25
be scared of heights	phr	to be frightened of heights, or nervous about it	I can't go on fairground rides because I am scared of heights .	έχω υψοφοβία	31
book tickets	coll.	to reserve tickets	Those prices are good. Let's book tickets as soon as we can.	κλείνω εισιτήρια	25
bring in money	coll.	to earn or produce an amount of money	Tourism brings a lot of money into the town and gives people a lot of jobs.	φέρνω έσοδα / χρήματα	28
can't believe it	phr	used when you are very surprised or shocked by something	My friend won a holiday to the New York and she's invited me to go with her! I can't believe it!	δεν το πιστεύω!	31
can't wait	phr	used to emphasise that someone is very excited about something and is eager for it to happen	Only 4 weeks until we go on holiday ... I can't wait!	περιμένω πως και πως, ανυπομονώ	31
cause (severe) damage to	coll.	to do physical harm to something, so that it is broken or injured	The strong winds caused severe damage to the boats in the harbour.	προκαλώ (σοβαρή) ζημιά σε	28
cheap travel	coll.	travelling without much money to spend	There are lots of airlines nowadays that offer cheap travel rates to lots of places.	ταξιδεύω οικονομικά	25
conjure up (a picture of)	phr v	to bring a thought, picture, idea or memory to someone's mind	The word 'Bahamas' conjured up pictures of white sand and blue sea.	φέρνω στο μυαλό (την εικόνα)	25

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cope with (a problem)	coll.	to succeed in dealing with a difficult problem or situation	Villagers are finding it difficult to cope with the number of tourists in the summer months.	αντιμετωπίζω (ένα πρόβλημα)	28
day excursion	coll.	a short journey arranged so that a group of people can visit a place, especially while they are on holiday	I like to do day excursions when I am on holiday. You see a lot of places that way!	ημερήσια εκδρομή	25
deserted	adj	empty and quiet because no people are there	It was a lovely place but very deserted . There was nothing to do nearby.	εγκαταλελειμμένος	26
dress up (as sb/ sth)	phr v	to wear special clothes for fun	We went to a fancy dress party and dressed up as pirates.	ντύνομαι, φοράω αποκριάτικη στολή	23
easily accesible	phr	a place, building or object that is easy to reach or get into	Even though it is in the middle of nowhere, the hotel is easily accessible from the road.	εύκολα προσβάσιμος	26
end up (doing sth)	phr v	to be in a particular situation, state or place after a series of events, especially when you did not plan it	We wanted to go for a walk but we ended up sitting in the car watching the rain.	καταλήγω (να κάνω κτ)	25
enter details	coll.	to put information into a computer by pressing the keys	In order to book the rooms, we had to enter our details online.	καταχωρώ στοιχεία (σε Η/Υ)	25
everyday words	coll.	words that are ordinary, usual, used every day	I found it quite easy to pick up everyday words in Spanish while we were there.	λέξεις της καθημερινότητας	25
exotic	adj	something that is exotic seems unusual and interesting because it is related to a foreign country	For me, an exotic place would be the jungle or a desert island.	εξωτικός	26
extremely helpful	coll.	providing help in making a situation much better and easier	The people at the hotel were extremely helpful when I lost my passport.	εξαιρετικά βοηθητικός / χρήσιμος, εξυπηρετικός	25
fall in love with	idiom	to have or develop strong feelings of love for someone or something	We fell in love with the lake in the evening with the lights from the boats reflected in the water.	ερωτεύομαι	25
foreign visitors	coll.	someone who comes for a visit from a different country	I heard that people in that town don't like foreign visitors very much.	αλλοδαποί / ξένοι επισκέπτες	28
gain confidence	phr	to become more confident	I was a bit nervous about rock climbing at first, but as time went by I gained confidence !	αποκτώ αυτοπεποίθηση	30
generally reliable	coll.	possible to be trusted or depended on in general	If you book a tour in advance it is generally reliable and you will get the date you want.	γενικά αξιόπιστος	25
get into the spirit/ swing of things	idiom	to start to feel as happy, excited, etc. as the people around you	We decided to have a barbecue on the beach to get into the spirit of things .	μπαίνω στο κλίμα	25
give up (doing sth)	phr v	to stop doing something, especially something that you do regularly	I'm never going to give up my idea of travelling to different countries.	σταματώ, κόβω μια συνήθεια	25
global warming	coll.	a general increase in world temperatures caused by increased amounts of carbon dioxide around the Earth	Some people say that global warming is caused by the pollution of the world's atmosphere.	υπερθέρμανση του πλανήτη	28

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have access to	phr	to have the right or possibility to enter a place, use something, see someone, etc.	I won't have access to my phone while I am on holiday, so don't message me.	έχω πρόσβαση	23
have an impact on	phr v	the effect or influence that an event, situation, etc. has on someone or something	If I am in bad mood it has an impact on the people around me. They might be annoyed!	έχω αντίκτυπο	28
have fun	coll.	to behave not seriously, showing happiness and enjoyment	I always book a holiday where I know I will have lots of fun .	διασκεδάζω	25
huge impact	coll.	the strong effect or influence that an event, situation, etc. has on someone or something	Tourism can have a huge impact on small towns and villages, it can change them quite a lot.	τεράστιο αντίκτυπο	28
impressive	adj	something that makes you admire it because it is very good, large, important, etc.	The rich variety of animal life we found was very impressive .	εντυπωσιακός	26
incredible	adj	extremely good, large or great	The view from our window was incredible! I couldn't believe how lucky we were.	απίστευτος	23
keep a record	coll.	to regularly record written information somewhere	Throughout our holiday, I kept a record of what we did every day and where we went.	κρατάω αρχείο	25
live up to (sb's expectations)	phr v	if something or someone lives up to expectations, they do as well as they were expected to, do what they promised, etc.	I hope this trip lives up to my expectations!	ανταποκρίνομαι (στις προσδοκίες κτ)	25
local environment	coll.	the natural features of a place	The local environment has suffered as tourism has been growing.	τοπικό περιβάλλον	28
look forward to (sth)	phr v	to be excited and happy about something that is going to happen	I'm really looking forward to going to Japan.	ανυπομονώ	31
make a living	coll.	to earn money	Many families make a living by renting out rooms to visitors.	βγάζω τα προς το ζην	28
make a reservation	coll.	to make an arrangement so that a place in a hotel, restaurant, plane, etc. is kept for you at a particular time in the future	Have you made a reservation at the hotel yet?	κάνω κράτηση	25
make sb feel better	phr v	to make someone feel happier or satisfied	My friends will always make me feel better , even if I'm really sad.	κάνω κπ να νιώσει καλύτερα	31
make sure	coll.	to find out if something is true or to check that something has been done	Make sure you don't forget the charger for your phone.	βεβαιώνομαι, σιγουρεύομαι	25
mass tourism	coll.	the business of providing large numbers of people who are on holiday in one destination at the same time with places to stay, things to do, etc.	Mass tourism means that many popular sights become too busy in the summer months.	μαζικός τουρισμός	28
medieval	adj	connected with the Middle Ages or very old or old-fashioned	The South of France is dotted with medieval towns and villages dating back to the 12th and 13th centuries.	μεσαιωνικός	23

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natural disaster	coll.	a sudden event such as a flood or storm which causes great damage or suffering	Natural disasters such as avalanches unfortunately occur under specific weather conditions.	φυσική καταστροφή	28
on her third attempt	coll.	to manage to do something after two previous failures	She reached the summit on her third attempt!	με την τρίτη προσπάθεια	28
package tour	coll.	a holiday arranged by a company for a fixed price that includes the cost of your hotel and travel	I don't really like package tours . I like to decide what I will do when I am already travelling.	πακέτο διακοπών	25
provide jobs	coll.	to give someone a job, because they need it or want it	Tourism has provided many jobs for people who live in the area.	παρέχω εργασία	28
quality of life	coll.	how good or bad your life is, shown for example by whether or not you are happy, healthy, able to do what you want, etc.	Some residents were complaining that their quality of life was badly affected by all the visitors.	ποιότητα ζωής	28
reach the summit	coll.	to arrive at the top of the mountain	They reached the summit of the mountain after a four-hour climb.	φτάνω στην κορυφή (βουνού)	33
remote	adj	far from towns or other places where people live	I don't think I would like to visit a remote place. I like big cities.	απομακρυσμένος	26
run into problems	coll.	to start to experience difficulties	The climbers ran into problems after leaving base camp, and had to turn back.	αντιμετωπίζω προβλήματα	28
scenery	n	the natural features of a particular part of a country that you can see, such as mountains, forests, deserts, etc.	The scenery in Switzerland with its snowy mountains and beautiful villages was amazing.	σκηνικό, τοπίο	22
severe damage	coll.	physical harm that is done to something, so that it is broken or injured	The number of visitors is causing severe damage to the ancient ruins.	σοβαρή / μεγάλη ζημιά	28
slope	n	an area of steep ground	The cottage was on a slope so cycling down to the sea was easy.	πλαγιά	25
spend time	coll.	to do something over a period of time	We spent most of the time swimming and sunbathing.	περνάω το χρόνο μου	26
spoil the day	phr	to have a bad effect on something so that it is no longer attractive, enjoyable, useful, etc.	I lost my bag at the airport. But I didn't let that spoil my day!	μου χαλάει τη μέρα	30
stream	n	a natural flow of water that moves across the land and is narrower than a river	We paddled in the little stream behind the house and tried to catch the small fish.	ρυάκι	23
stunning	adj	extremely attractive or beautiful	What stunning scenery. I've never seen anything like it before.	εκθαμβωτικός	26
superb	adj	extremely good	The weather was superb – we had sunshine every day for two weeks!	υπέροχος, εξαιρετικός	23

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take a long time	coll.	to need a long period of time to happen	The bus took a long time to get up to the mountain village.	μου παίρνει ώρα	25
take risks	coll.	to do things that involve risks in order to achieve something	All experienced climbers warn people not to take risks on the mountains.	ρισκάρω	28
think twice	coll.	to think very carefully before deciding to do something, because you know about the dangers or problems	I'd certainly think twice about trying to cross the river on that old rope bridge.	το ξανασκέφτομαι	28
think up (an idea/plan)	phr v	to produce a new idea, name, etc. by thinking	Can you think up a way of getting all this stuff into my suitcase?	επινοώ, σκαρφίζομαι	25
travel light	coll.	to travel without taking many possessions	If you are going on an adventure holiday it's important to travel light . You have to carry what you take with you!	ταξιδεύω με λίγες αποσκευές	25
unspoilt	adj	an unspoiled place is one that has not changed for a long time and does not have a lot of new buildings	This waterfall is truly unspoilt . It looks as though no one has ever been here before!	άθικτος, παρθένος	26
user friendly	coll.	easy to use, understand or operate	The hotel's website was really user friendly and easy to use.	φιλικό προς τον χρήστη	25
vast	adj	extremely large	Africa is such a vast continent it would take you months to see it all!	αχανής	23
volcano	n	a mountain with a large hole at the top, through which lava is sometimes forced out	Mt Vesuvius is an active volcano , although it has not erupted for over seventy years.	ηφαίστειο	23
waterfall	n	a place where water from a river or stream falls down over a cliff or rock	We went behind the waterfall , which fell from a height of 30 metres.	καταρράκτης	23
wild	adj	living in a natural state, not changed or controlled by people	I would like to take a trip to a wild location and explore it.	άγριος	26
Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
binge-watch	v	watch multiple episodes of a TV show in a short period of time	Since we didn't have any plans for the evening, we ended up binge-watching Game of Thrones.	βλέπω μια τηλεοπτική σειρά για ώρες	23
boom	n	a quick increase of business activity	The recent boom has created numerous job opportunities.	άνθιση, ανάπτυξη	23
bounce ideas off	coll.	to talk about your ideas with someone in order to get their opinion	When you work in a team you can bounce your ideas off each other.	ανταλλάσσω ιδέες	26
buzz	n	a feeling of excitement or success	I get a real buzz from living in New York.	ενθουσιασμός, έξαψη	27
cloak	n	a warm piece of clothing like a coat without sleeves that hangs loosely from your shoulders	At one moment we see a little boy dressed in a black cloak gliding along.	μανδύας	23

UNIT 2

Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
come across sth	phr v	to meet, find or discover someone or something by chance	I came across an old diary in her desk.	συναντώ τυχαία, βρίσκω	25
conquer	v	to get control of a country by fighting	Julius Caesar conquered Gaul, which we know today as France.	κατακτώ	28
cove	n	part of the coast where the land curves round so that the sea is partly surrounded by land	The last fishing boats left the cove .	όρμος, κολπίσκος	27
curious	adj	wanting to know about something	Puppies are naturally curious .	περίεργος	24
faint-hearted	adj	not trying very hard, because you do not want to do something, or you are not confident that you can succeed	She made a rather faint-hearted attempt to stop him from leaving.	δειλός, άνανδρος	27
get on with sth	phr v	to make progress with a particular activity, plan, etc.	The board leaves the management teams to get on with the day-to-day running of each business.	συνεχίζω, προχωρώ	23
get the travel bug	coll.	to develop a passion for travelling	I first got the travel bug when I went on a couple of school trips.	‘έχω τρέλα με τα ταξίδια’	audioscript 2.4
impression	n	the opinion or feeling you have about someone or something because of the way they seem	When we looked around the school we got a very good impression .	εντύπωση	26
intend to do sth	v	to have something in your mind as a plan or purpose	I intend to spend the night there.	σκοπεύω να κάνω κάτι	audioscript 2.9
niche	n	if you find your niche, you find a job or activity that is very suitable for you	He’s managed to create a niche for himself in local politics.	θέση, άνοιγμα	26
out of this world	phr	extremely good, enjoyable, etc.	The graphics and sound effects are out of this world .	έξοχος	23
overpowering	adj	very strong	Her happiness was overpowering .	συντριπτικός	audioscript 2.9
pen pal	n	someone you make friends with by writing letters, especially someone who lives in another country and who you have never met	I met my pen pal three years ago, on a gaming chat.	φίλος δι’ αλληλογραφίας	audioscript 2.9
presumably	adv	used to say that you think something is probably true	It’s raining, which presumably means that your football match will be cancelled.	κατά πάσα πιθανότητα	23
sniff around	phr v	to examine a place carefully	Curious puppies were sniffing around their new home.	μυρίζω, ψάχνω	audioscript 2.1
too good to be true	coll.	so good that you cannot believe it is real, or you expect something bad to happen	Their relationship had always seemed too good to be true .	πολύ καλό για να είναι αληθινό	audioscript 2.9
tricky	adj	something difficult to deal with or do because it is complicated and full of problems	I can get you tickets for the show but it’ll be tricky .	δύσκολος, πολύπλοκος	audioscript 2.4
venue	n	a place where an organised meeting, concert, etc. takes place	The first thing to do is book a venue .	χώρος εκδηλώσεων	audioscript 2.4

UNIT 3

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
agree with	verb + prep.	to have or express the same opinion about something as someone else	I don't agree with you. Copying your friend's homework is wrong!	συμφωνώ	38
apologise for	verb + prep.	to tell someone that you are sorry that you have done something wrong	She apologised for arriving late to the class.	απολογούμαι	42
appeal to	verb + prep.	if someone or something appeals to you, they seem attractive and interesting	The new after-school coding club appeals to a lot of the students.	ελκύω	42
apply for	verb + prep.	to make a formal request, usually written, for something such as a job, a place at a university or permission to do something	I've applied for that job I saw advertised online.	κάνω / υποβάλλω αίτηση	42
attendance	n	when someone goes to a class	The course involves eight hours' attendance at college each week.	παρακολούθηση, παρουσία	37
be creative	coll.	to be very good at using your imagination to make things	You're very creative ! I could never make my own clothes.	είμαι δημιουργικός	37
be punctual	phr	arriving, happening, or being done at exactly the time that has been arranged	Jack's very punctual and never arrives late for work.	είμαι ακριβής / συνεπής	43
be responsible	coll.	to be sensible and able to make good judgments, so that you can be trusted	You can leave your children with Billy. He's very responsible .	είμαι υπεύθυνος	47
be self-employed	coll.	to work for yourself and not be employed by a company	I enjoy being self-employed . I couldn't work for anybody else.	είμαι ελεύθερος επαγγελματίας	39
be your own boss	coll.	to work for yourself rather than being employed by someone else	As I'm my own boss , I can choose when I take time off.	είμαι αφεντικό του εαυτού μου	37
become more independent	phr	to be confident and able to do things by yourself in your own way, without needing help or advice from other people	He's become more independent since he moved away from home.	γίνομαι πιο ανεξάρτητος	43
become more self-confident	phr	to become sure that you can do things well	The more experience Eva gets, the more self-confident she becomes .	αποκτώ περισσότερη αυτοπεποίθηση	43
believe in	verb + prep.	to think that something is effective or right	The school believes in letting students learn at their own pace.	πιστεύω σε	42
benefit from	verb + prep.	to have an advantage out of something	Many students are benefiting from the new gym facilities.	ωφελούμαι από	42
business idea	n + n	a concept that can be used for financial gain	She came up with the business idea when she was working with children.	επιχειρηματική ιδέα	42
catch up on emails	phr v	to look through all the emails because you have not been able to do it until that time	It took me four hours to catch up on my emails after I got back from holiday.	τσεκάρω την ηλεκτρονική αλληλογραφία μου	39

UNIT 3

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
catch up on sleep	phr v	to get some sleep because you have not been able to do it until that time	Don't interrupt me. I need to catch up on some sleep .	συμπληρώνω ύπνο	39
choose between	verb + prep.	to decide between one thing or another	She can't choose between the two courses. They both look interesting.	επιλέγω ανάμεσα σε	42
coding skills	n + n	an ability to write computer programs	The students gained coding skills that will be useful in their future jobs.	δεξιότητες κωδικοποίησης (για Η/Υ)	42
collaborate	v	to work together with a person or group in order to achieve something	The students often collaborate with each other in classroom activities.	συνεργάζομαι	37
come up with a plan	phr v	to think of a plan	His father came up with a plan to find him a job.	συλλαμβάνω ένα σχέδιο	39
come up with an idea	phr v	to think of an idea	His father came up with an idea about the party.	καταλήγω σε μια ιδέα	39
cope with	verb + prep.	to succeed in dealing with a difficult problem or situation	A lot of students find it hard to cope with the stress of exams.	τα βγάζω πέρα	43
cope with pressure	phr	to succeed in dealing with pressure	It's a very demanding job but he's good at coping with pressure .	διαχειρίζομαι την πίεση	43
depend on	verb + prep.	to need something or someone in order to be successful	A teacher can always depend on a couple of students to give the right answer.	εξαρτώμαι	42
detention	n	a punishment in which children who have behaved badly are forced to stay at school for a short time after the others have gone home	When the students were very rude to the teacher, the whole class was kept in for detention .	τιμωρία	39
distraction(s)	n	something that stops you paying attention to what you are doing	I can't study at home. There are too many distractions .	περισπασμός	37
drawback	n	disadvantage	The only drawback to a school camping trip is the weather.	μειονέκτημα	37
earn trust	phr	to deserve trust	An employee needs to earn trust from the manager before asking for more responsibility.	κερδίζω την εμπιστοσύνη	43
experiment	n	a process in which you test a new idea or method to see if it is useful or effective	The school is running an experiment in free language classes.	πείραμα	37
financial reward	adj + n	a reward in the form of money	There aren't many financial rewards in this job but it is satisfying.	οικονομική απολαβή	41
find solutions	phr	to resolve problems	Faced with so many problems, it's important to find solutions that work for everybody.	βρίσκω λύσεις	43
gear up	phr v	to prepare for something	The school is setting up the stage as it gears up for its annual concert.	ετοιμάζομαι	37

UNIT 3

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
get on with friends	phr v	if friends get on, they like each other and have a friendly relationship with each other	I get on with my friends now, but it wasn't always like that.	έχω φιλικές σχέσεις	39
get on with people	phr v	if people get on, they like each other and have a friendly relationship with each other	Her friendly personality means that she gets on with most people .	τα πάω καλά με κόσμο	39
grade(s)	n	a mark that a student is given for their work or for an examination	She got an excellent grade in her final exam.	βαθμός	39
handout	n	a piece of paper with information, which is given to people who are attending a lesson	The teacher gave each student a handout with that night's homework on it.	έντυπο	39
have a good salary	coll.	to receive a good wage	He's got a good salary as a translator.	έχω ένα καλό μισθό, αμείβομαι καλά	39
have a lot of pressure	coll.	to have too many things to do and feel anxious about it	Doctors have a lot of pressure to see as many patients as they can.	πιέζομαι	39
have control over your own time	coll.	to be able to manage your own time	I have control over my own time . I choose what hours to work.	διαχειρίζομαι το χρόνο μου	39
have time off	coll.	to officially be allowed not to be at work or studying	We always have time off in the summer when we can relax away from our work.	παίρνω άδεια	39
improve communication skills	phr	to get better at communicating with people	Dealing with different customers has helped improve her communication skills .	βελτιώνω τις επικοινωνιακές δεξιότητές μου	43
insist on	verb + prep.	to say firmly and often that something is true, especially when other people think it may not be true	The teacher insists on giving us homework every lesson.	επιμένω	42
keep up with a hobby	phr v	to continue to practise a skill so that you do not lose it	I find it hard to keep up with my hobbies because I have so many!	συνεχίζω το χόμπι μου	48
keep up with an activity	phr v	to follow the tempo of an activity	I've started several language courses but I find it hard to keep up with the grammar.	συμβαδίζω	48
lead to	verb + prep.	to cause something to happen	Good study skills can lead to successful exam performance.	οδηγώ	42
learn teamwork	phr	to learn how to work effectively in a group	Learning teamwork is important in a large or a small organisation.	μαθαίνω να εργάζομαι ομαδικά	43
learn the value of money	phr	to find out how to respect money especially because you have to earn it yourself	Now that Liam's started earning he's learning the value of money .	μαθαίνω την αξία του χρήματος	47
learning space	n + n	an area where you can learn	The new classrooms provide the perfect learning space .	χώρος μάθησης	47
life lessons	n + n	a lesson that you get from life experiences	One life lesson I've learned is that money isn't everything.	μαθήματα ζωής	41

UNIT 3

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
make judgements about situations	phr	the ability to make sensible decisions about situations	Without experience she isn't in the right position to make judgements about situations .	κρίνω καταστάσεις	43
make up for lost time	phr v	to do a lot of something in an eager way because you have not had a chance to do it before	We haven't seen each other for ages so we had better make up for lost time !	αναπληρώνω το χαμένο χρόνο	39
make up for missed lessons	phr v	catch up with the material that was covered during the classes you missed	She's getting some private classes to make up for the lessons she missed at school.	αναπληρώνω μαθήματα που χάθηκαν	39
organise your time	phr	to plan what you have to do	She organises her time well by making a list of what she has to do and when.	οργανώνω το χρόνο μου	43
pilot scheme	n	a small project which is carried out as a test to see if an idea will be successful	The new after-school club is part of a pilot scheme that may see more clubs in the future.	πιλοτικό πρόγραμμα	37
pocket money	n + n	a small amount of money that parents regularly give their children	The parents give their children a small amount of pocket money each week.	χαρτζιλίκι	41
refer to	verb + prep.	to mention or speak about someone or something	Coders are sometimes referred to as the architects and builders of the digital age.	αναφέρομαι σε	audioscript 3.10
rely on	verb + prep.	to trust or depend on someone	Thanks for the advice. I knew I could rely on you.	βασίζομαι σε	42
result in	verb + prep.n	to make something happen	Regular studying generally results in higher grades.	καταλήγω, έχω ως αποτέλεσμα	42
run out of energy	phr v	to no longer have energy	I have a lot of sports classes on one day. I might run out of energy and feel tired.	ξεμένω από ενέργεια	39
run out of ideas	phr v	to no longer have ideas	Let's end the meeting for today. I think we've run out of ideas .	ξεμένω από ιδέες	39
sibling(s)	n	a brother or sister, or both	How can siblings , raised in the same family, be so different?	αδερφός ή αδερφή, αδέρφια	36
specialise in	verb + prep.	to limit all or most of your study to a particular subject	After my law degree, I'd like to specialise in online crime.	εξειδικεύομαι σε	42
succeed in	verb + prep.n	to have the result or effect something was intended to have	She's the first person in her family to succeed in going to university.	επιτυγχάνω	42
support	n, v	to help someone by being sympathetic and kind to them	Without the support of the teachers, many students would struggle.	υποστηρίζω, υποστήριξη	37
syllabus	n	a plan that states exactly what students at school should learn in a particular subject	There are two plays by Shakespeare on this English syllabus .	ύλη	37
take decisions	phr	to make an important or formal decision	When the manager took the decision to reduce the number of employees, many were upset.	παίρνω αποφάσεις	43

UNIT 3

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
timetable	n	a list of the times of classes in a school	Each student receives a copy of the new timetable on the first day of term.	πρόγραμμα	37
win-win situation	adj + n	a win-win situation is one that will end well for everyone involved in it	Local businesses and residents benefit from the shops – it's a win-win situation .	επωφελής κατάσταση	37
work as a team	coll.	to work on something as a group of people, not individually	I prefer working as a team because I like working with other people.	δουλεύω ομαδικά	40
work full-time	coll.	to work for all the hours of a week during which it is usual for people to work	If you work full time you'll earn more money but have less free time; whereas if you work part-time, it's the opposite.	εργάζομαι με πλήρες ωράριο	36
work independently	coll.	to work on your own	Working independently means not having someone telling you what to do.	εργάζομαι ανεξάρτητα	39
work part-time	coll.	to work for only part of each day or week	If you work full time you'll earn more money but have less free time; whereas if you work part-time , it's the opposite.	εργάζομαι με μειωμένο ωράριο	41
work shifts	coll.	one of the set periods of time during each day and night when a group of employees are at work before being replaced by another group of employees	Nurses have to work shifts , sometimes at night, sometimes in the daytime.	εργάζομαι σε βάρδιες	39
Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
a bout of sth	phr	a short period of time during something bad happens	A bout of extremely bad weather resulted in some schools closing for several days.	κρίση, κρούσμα	37
be a bit of a pain	phr	to be irritating	My brother is a bit of a pain always when I'm trying to concentrate on something.	γίνομαι ενοχλητικός	37
be sold on sth	phr	to support and be keen on something	I'm totally sold on the idea of home schooling.	πείθομαι	37
grumpy	adj	slightly angry and easily annoyed	Don't look so grumpy ! You can have my piece of cake if you want it so bad.	γκρινιάρης	audioscript 3.3
mind you	phr	used to add more information to what you have just said, especially something that explains or contrasts with it	Claire's house is huge. Mind you , it must be a nightmare to clean.	να ξέρεις όμως	audioscript 3.8
neighbouring	adj	near the place where you are or the place you are talking about	The fair attracted hundreds of people from the neighbouring towns and villages.	γειτονικός	37
pave the way for sth	phr	to make a later event or development possible by producing the right conditions	Their unique approach paved the way for an extraordinary leap into the deep earth.	δείχνω το δρόμο, ανοίγω το δρόμο	36
progressive	adj	supporting new or modern ideas and methods, especially in politics and education	Progressive teachers are keen on the idea of 'cyber schools'.	προοδευτικός	37

UNIT 3

Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
shortage	n	a situation in which there is not enough of something	There's a real shortage of people with excellent coding skills.	έλλειψη	audioscript 3.10
solidify	v	to make an agreement, plan, attitude, etc. more definite and less likely to change	The emerging technologies should solidify a bit by the time you enter the job market.	παγιώνω, εδραιώνω	audioscript 3.1

UNIT 4

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
agricultural	adj	related to farming	Many agricultural workers work long hours.	αγροτικός	51
amenities	n	something that makes a place comfortable or easy to live in	The hotel is in the town centre close to shops and local amenities .	ανέσεις, υποδομές	51
apartment block	comp n	a large building containing many apartments	They live in an apartment block with six two-bedroomed flats.	πολυκατοικία	53
apartment complex	comp n	a group of apartment blocks	I am excited about moving to that apartment complex . There is a swimming pool all the residents can use.	συγκρότημα κατοικιών	53
at any rate	prep phr	used when you are stating one definite fact in a situation that is uncertain or unsatisfactory	The buses leave every ten minutes – at any rate that's what I've been told.	ούτως ή άλλως, σε κάθε περίπτωση	56
at first sight	prep phr	the first time that you look at someone or something, before you notice any details	At first sight there didn't appear to be much damage.	με την πρώτη ματιά	56
at least	prep phr	not less than a particular number or amount	It will take you at least ten minutes to get there.	τουλάχιστον	56
at risk	prep phr	in a situation where you may be harmed	We shouldn't do anything that puts our health at risk .	σε κίνδυνο	56
at the top of your voice	prep phr	as loudly as you can	She shouted 'Help' at the top of her voice to attract their attention.	με όλη τη δύναμη της φωνής σου	56
by all means	prep phr	used to mean 'of course' when politely allowing someone to do something or agreeing with a suggestion	Yes, by all means bring Adam to the party.	βεβαίως, ασφαλώς,	56
by far	prep phr	used to say that something is much better, worse, etc. than anything else	This is by far the most beautiful city I have ever visited.	με διαφορά	61
by hand	prep phr	done or made by a person rather than a machine	We had to wash our clothes by hand when the washing machine broke.	χειροκίνητα, στο χέρι	56
by surprise	prep phr	unexpectedly	The test took me by surprise . I thought it was next week!	αναπάντεχος	56
by yourself	prep phr	without help from anyone	You can't move the furniture by yourself . It's too heavy.	μόνος σου	56
catch a cold	coll	to become infected with some virus	Don't go out without your coat. You might catch a cold .	κρυολογώ, αρρωσταίνω	58
catch a train	coll	to be in time to get on a train before it leaves	If you hurry you'll catch the train that leaves in ten minutes.	προλαβαίνω το τρένο	58
catch the light	coll	to shine thanks to the reflection from the sun	Her hair caught the light when she turned her head. It looked beautiful.	αντανακλώ στο φως	58

UNIT 4

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
city walls	comp n	an upright flat structure made of stone or brick, that divides one city from another	The city walls were built around the city to protect it.	τα τείχη της πόλης	51
construction	n	the process of building things such as houses, bridges, roads, etc.	Many local residents oppose the construction of a new airport.	κατασκευή	61
country cottage	comp n	a small house in the country	The country cottage is very small and pretty – perfect for a short break.	αγροικία	53
deteriorating	adj	becoming worse	The deteriorating condition of the flats means that some inhabitants often don't have power or water.	που επιδεινώνεται / χειροτερεύει	51
driverless	adj	a driverless vehicle is controlled by equipment in the vehicle, rather than by a human driver	In a driverless car, a sensor navigates the vehicle without any human help.	αυτοοδηγούμενος, χωρίς οδηγό	51
entrance gate	comp n	a door or gate that you go through to enter a place	Tickets for the castle are sold at the entrance gate .	πύλη εισόδου	51
express	adj	an express train or bus does not stop at many places and can therefore travel more quickly	We're taking the express train so that we get there faster.	ταχεία, εξπρές	53
fake	n, adj	made to look like a real material or object in order to deceive people; not real and seeming to be something it is not, in order to deceive people	The shop assistant realised that the customer had tried to pay with a fake debit card.	ψεύτικος, πλαστός	50
for a start	prep phr	used to emphasise the first of a list of facts or opinions you are stating	It wasn't a great day out. For a start , the weather was terrible.	για αρχή, αρχικά	56
for good	prep phr	permanently	She's leaving the city for good to start a new life in the country.	για πάντα	56
for one thing	prep phr	used to introduce a reason for what you have just said; used to give one reason for something	We didn't buy the flat. For one thing , it was too small.	καταρχήν	56
for real	prep phr	seriously, not just pretending	After two trial runs we did it for real .	στ' αλήθεια	56
for the most part	prep phr	used to say that something is generally true but not completely true	Things, for the most part , had gone well.	σε γενικές γραμμές	56
foul	adj	very unpleasant	The weather has been foul all week.	απαίσιος, άσχημος	51
handy	adj	useful	The house in the town centre is very handy for all the local shops.	χρήσιμος	53
housing crisis	comp n	a situation in which there are a lot of problems with the houses or conditions that people live in	The housing crisis is causing problems for many people who can't find an affordable place to live.	κρίση στο στεγαστικό τομέα	53

UNIT 4

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
hydro-electric	adj	using water power to produce electricity	The hydro-electric power station will produce electricity from water.	υδροηλεκτρικός	51
imposing	adj	large, impressive and appearing important	The tall church in the town square is an imposing building.	επιβλητικός, μεγαλοπρεπής	51
in case	prep phr	to talk about things that we do so that we are prepared for a future situation.	We'd better leave now in case the bus is late.	σε περίπτωση που	55
in control	prep phr	having the ability to make someone do what you want and make something happen in the way you want	She's a great manager. She's always in control whatever the problem.	που έχει τον έλεγχο	56
in danger	prep phr	in a situation where you may be harmed	The roof on that building is in such a bad condition that the residents could be in danger .	σε κίνδυνο	56
in difficulty	prep phr	if you are in difficulty, you are in a situation in which you have problems	The bus company is in difficulty because it isn't making enough money.	σε δυσχέρεια	56
in fact	prep phr	used when you are adding something, especially something surprising, to emphasise what you have just said	I know the mayor well. In fact , we live in the same street.	στην πραγματικότητα	56
in flames	prep phr	burning in a way that is difficult to control	By the time the fire fighters arrived, the house was in flames .	παρανάλωμα του πυρός	56
in good time	prep phr	if you do something in good time, you do it early enough to be ready for a particular time or event	I'll arrive home in good time for dinner.	έγκαιρα	56
in order	prep phr	if something is in order, it is correct or right	At the end of the day she likes to leave everything in order in her office.	σε σειρά, σε τάξη	56
in person	prep phr	if you do something in person, you go somewhere and do it yourself	You'll have to sign for your parcel in person .	αυτοπροσώπως	56
in place	prep phr	in the correct position and ready to be used	The chairs for the concert are nearly all in place .	στη θέση του	56
in reach	prep phr	if you are in reach of doing something it means that soon you will be able to succeed	She knows that her dreams of buying a new house are in reach .	προς επίτευξη	56
in sight	prep phr	inside the area that you can see	The dog ate everything in sight . Even my shoes!	που είναι στο οπτικό μου πεδίο	56
in tears	prep phr	crying	The children were in tears at the end of the sad film.	κλαίγοντας	61
increasingly	adv	more and more all the time	The town is becoming increasingly popular with walkers.	ολοένα και περισσότερο	50
inhabitant	n	one of the people who live in a particular place	There are more than ten million inhabitants in this city.	κάτοικος	51

UNIT 4

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
inner-city	adj	the part near the middle of a city, especially where the buildings are in a bad condition and the people are poor	The inner-city schools have children from some of the poorest areas.	κέντρο πόλης (υποβαθμισμένη περιοχή)	53
insulated	adj	covered with a material that stops electricity, sound, heat, etc. from getting in or out	The house is well insulated against the cold.	μονωμένος	51
issue	n	a subject or problem that is often discussed or argued about, especially a social or political matter that affects the interests of a lot of people	Providing enough housing is a major issue in some towns.	θέμα, ζήτημα	51
leisure complex	comp n	a place where you can play sports	Residents of all ages can join in healthy activities at their local leisure complex .	συγκρότημα αναψυχής	53
lose interest	coll	to no longer be interested in doing something	I watched the first few episodes of the new TV series but soon lost interest .	χάνω το ενδιαφέρον	58
lose patience	coll	to stop being patient and get angry	I'm losing patience . If the class isn't quiet in one minute I'll keep you all behind after school!	χάνω την υπομονή μου	58
lose sleep	coll	to worry about something	It's only a practice exam so don't lose sleep over it.	χάνω τον ύπνο μου	58
lose touch	coll	if two people lose touch, they gradually stop communicating	We lost touch with our neighbours when we moved away. We don't see them anymore.	χάνω επαφή, σταματώ να επικοινωνώ	58
lose track (of time)	coll	to not pay attention to something (eg. to the time)	I lost track of time and missed the last bus home.	χάνω την αίσθηση του χρόνου	58
lose your temper	coll	to suddenly become very angry so that you cannot control yourself	Dan hasn't got any patience and quickly loses his temper .	χάνω την ψυχραιμία μου	58
make a fuss	coll	to complain or become angry about something, especially when this is not necessary	I don't know why Jess made a fuss in the café. I thought the soup was fine.	κάνω φασαρία	58
make a mess	coll	to do something badly	When we had builders in our house they made a mess .	τα κάνω μούσκεμα, τα κάνω θάλασσα	58
make a/any difference	coll	have an important influence on something	It doesn't make any difference to me what time you arrive.	κάνω τη διαφορά	58
make an excuse	coll	to invent a reason to explain an action and to hide your real intentions	Oscar made an excuse and left the party.	βρίσκω μια δικαιολογία	58
make somebody's day	coll	to make someone very happy	Seeing you so happy has made my day .	χαροποιώ, φτιάχνω τη μέρα κπ	58
make the most of it	coll	to accept a situation that is not very good, and do whatever you can to make it better	We've only got a few hours here. Let's make the most of it!	επωφελούμαι	58

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
make up your mind	coll	to decide which of two or more choices you want, especially after thinking for a long time	I've made up my mind . I'm leaving tomorrow.	αποφασίζω	58
man-made	adj	man-made materials and substances are not natural	The design of the park included a small man-made lake.	τεχνητός	51
market square	comp n	a large open area in the centre of a town or city, usually in the shape of a square	Every Saturday, people meet in the market square to shop and sit in the cafés.	εμπορικό κέντρο, η Αγορά	53
network	n	a system of lines, tubes, wires, roads, etc. that cross each other and are connected to each other	A high-speed rail network brings workers from the countryside into the city.	δίκτυο	51
noise pollution	comp n	noise from cars, planes, etc. which has a bad effect on people's lives	I live near the airport and the planes flying overhead cause a lot of noise pollution .	ηχορύπανση	54
on fire	prep phr	if you are on fire it means that you succeed every time and no one can stop you	My team have won their last three matches. They're on fire right now!	έχει ρέντα	56
on foot	prep phr	if you go somewhere on foot, you walk there	It takes about 30 minutes on foot but only 10 minutes by car.	με τα πόδια	56
on hold	prep phr	if something is on hold, it is going to be done or dealt with at a later date rather than now	Their travel plans are on hold until they save some money.	σε αναμονή	56
on purpose	prep phr	deliberately	You make it sound as if I did it on purpose !	επίτηδες	56
on show	prep phr	shown to the public	The plans for the new leisure complex will go on show next week.	προς κοινοποίηση	56
on the move	prep phr	be travelling from one place to another	I always take my mobile with me when I'm on the move .	σε κίνηση	56
on the whole	prep phr	used to say that something is generally true	On the whole , we've been very happy since we moved to this area.	γενικά	56
on time	prep phr	at the correct time or the time that was arranged	The train arrived right on time .	στην ώρα μου, ακριβώς	56
on your mind	prep phr	if something is on your mind, you keep thinking or worrying about it	Jack seems to have something on his mind .	στο μυαλό σου, που σε απασχολεί	56
out of breath	prep phr	have difficulty breathing after hurrying	Sam rushed home and was out of breath by the time he got indoors.	λαχανιασμένος	56
out of danger	prep phr	no longer be in danger	She was very ill after the accident but she's out of danger now.	εκτός κινδύνου	56
out of date	prep phr	if information is out of date, it is not recent and may no longer be correct	This bus timetable is out of date . We'll have to get a new one.	ξεπερασμένος, άκυρος	

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
out of order	prep phr	if a machine or piece of equipment is out of order, it is not working	You can't use the toilets because they're out of order . They're not working.	εκτός λειτουργίας	56
out of place	prep phr	not in the correct or usual position	The flat was very tidy. Nothing was out of place .	εκτός τόπου	56
out of sight	prep phr	outside the area that you can see	She watched the train leave until it was out of sight .	εκτός οπτικού μου πεδίου	56
overcrowded	adj	filled with too many people or things	This block of flats is overcrowded , with some families having to share facilities.	υπερπλήρης	53
pedestrians	n	people who are walking, especially along a street or other place used by car	They closed the road to traffic; it's now pedestrians only.	πεζοί	51
picturesque	adj	a picturesque place is pretty and interesting in an old-fashioned way	Tourists come to take pictures of the small fishing village with its picturesque harbour.	γραφικός	50
play area	comp n	a place for children to play	There's a play area next to the school where local children can get some exercise and fresh air.	παιδική χαρά	53
power station	comp n	a building where electricity is produced to supply a large area	The power station provides the energy supply for the whole of this area.	εργοστάσιο παραγωγής ηλεκτρικής ενέργειας	53
province	n	one of the large areas into which some countries are divided, and which usually has its own local government	Chengdu is the capital of the Sichuan province in China.	επαρχία	51
public space	comp n	a place that is accessible and open to people	The park is a useful public space where people can relax without the noise of traffic.	δημόσιος χώρος	53
public transport	comp n	means of transport that are available for everyone to use	When we go into the city centre we always use public transport because it's cheaper and easier than driving.	δημόσιες συγκοινωνίες	54
remote	adj	far from towns or other places where people live	We prefer living in a remote location without any neighbours or noise.	απομακρυσμένος	53
resident	n	someone who lives or stays in a particular place	The residents who live in the village are very proud of its history.	κάτοικος	50
residential	adj	a residential part of a town consists of private houses, with no offices or factories	This is a quiet, residential neighbourhood.	αστικός, κατοικημένος	51
road markings	comp n	white lines painted on roads in order to provide guidance to drivers and pedestrians	If the road markings aren't clear, drivers will soon get lost in the city centre.	οδική σήμανση	51
sea levels	comp n	the average height of the sea	If the sea levels continue to rise, there will be a good chance of flooding in coastal areas.	στάθμη της θάλασσας	51
secure	adj	locked or guarded so that people cannot get in or out or steal anything	This house isn't very secure – we must get some new locks.	ασφαλισμένος, ασφαλής	53

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
shop fronts	comp n	the outside part of a shop that faces the street	The shop fronts at the shopping complex are really big and beautifully decorated.	βιτρίνα	53
shopping complex	comp n	shopping centre	The new shopping complex offers a range of shops and cafés with lots of parking.	συγκρότημα εμπορικών καταστημάτων	53
simulated	adj	not real, but made to look, sound or feel real	There was a simulated nuclear explosion at the power station.	τεχνητός, προσποιητός	51
skyline	n	the shape made by hills or buildings against the sky	The New York skyline has become famous around the world.	ορίζοντας	51
subterranean	adj	beneath the surface of the Earth	A subterranean passage allows pedestrians to avoid traffic and move around underneath the city.	υπόγειος	51
take charge	coll	to take control of a group of people, an organisation or an activity	The teacher came in and took charge of the situation.	παίρνω τον έλεγχο, αναλαμβάνω	58
take control	coll	to have the power to make the decisions about a company	His son is taking control of the family business soon.	παίρνω τον έλεγχο	58
take your breath away	coll	to be extremely beautiful or exciting	The view from the top of the mountain will take your breath away .	που σου κόβει την ανάσα	58
tell a joke	coll	to say something to make people laugh, especially a funny story or trick	Jack told a joke but nobody laughed.	λέω ανέκδοτο	58
tell a lie	coll	to say something that is not true; to lie	Emma got into trouble with her parents for telling a lie .	ψεύδομαι, λέω ένα ψέμα	58
tell the difference	coll	to be able to recognise how two things are different	I can't tell the difference between the twins. They look the same.	εντοπίζω τη διαφορά	58
tell the truth	coll	to say something that is true	It's always better to tell the truth than tell a lie.	λέω αλήθεια	58
tourist spot	comp n	a place where tourists like to go	This busy tourist spot attracts a lot of visitors in the summer months.	τουριστικό σημείο	53
town hall	comp n	a public building used for a town's local government	All of the local meetings are scheduled at the town hall .	δημαρχείο	53
town planners	comp n	experts who plan cities so that roads, houses, services, etc. are organised effectively	Thanks to the vision of the town planners , this poor town has been transformed into a lively, attractive place to live.	πολεοδόμοι	53
town square	comp n	a large open area in the centre of a town usually in the shape of a square	The central location of the town square makes it ideal for markets and concerts.	κεντρική πλατεία	53
traffic jam	comp n	a long line of vehicles on a road that cannot move or moves very slowly	Due to an accident on the motorway we were stuck in a traffic jam for nearly four hours.	μποτιλιάρισμα	53

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
traffic sign	comp n	a sign on the road that gives a warning or instruction to drivers	We nearly turned into the street until we saw the traffic sign that told us it was closed.	πινακίδα	53
urban	adj	relating to towns and cities	Unemployment in urban areas is often higher than in the countryside.	αστικός	55
water levels	comp n	the average height of the water in a given container	Water levels were extremely high after the storm and many people's homes were flooded.	στάθμη υδάτων	51
weather conditions	comp n	whether it is raining or sunny	If the weather conditions continue to worsen, we'll have to stay indoors today.	καιρικές συνθήκες	51
well-connected	adj	if a town is well-connected it means that it is joined with a nearby city with road network and public transport	Our small town is well-connected with a good bus and train service.	που έχει καλή οδική σύνδεση	53
winding	adj	with many turnings	We followed a winding path up the mountain.	στριφογυριστός	53
Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
autonomous	adj	having the ability to work and make decisions by yourself without any help from anyone else	Autonomous cars or planes aren't as far from becoming reality as many people think.	αυτόνομος	51
be flooded by sth	coll	to receive so many letters, complaints, etc. that you cannot deal with them all	We were flooded by angry calls from people who bought our product and couldn't get it to work.	κατακλυσμένος από	51
be surrounded by sth	coll	to have a lot of a particular kind of things near you	Living in a countryside, you are surrounded by nature.	περικυκλωμένος από	audioscript 4.1
cool off	phr v	to return to the normal temperature after being hot	After the intensive workout, Marcus had to take a shower to cool off .	ηρεμώ	audioscript 4.11
efficiency	n	the quality of doing something well and effectively, without wasting time, money or energy	I was impressed by her speed and efficiency .	αποδοτικότητα	51
out and about	phr	active; doing the things you usually do	The town centre is busy especially at the weekends, people are always out and about .	έξω για δουλειές	audioscript 4.2
put off	phr v	to make you dislike something or not want to do something	The remoteness of the house put off almost all of the prospective buyers.	αποτρέπω, αποθαρρύνω	audioscript 4.4
renewable	adj	renewable materials, sources of energy, etc. will continue to exist or will grow again and are therefore never used up	Both groups favour investment in energy efficiency and renewable energy sources.	ανανεώσιμος	51
severe	adj	very serious	Many people feel the punishment should have been more severe .	αυστηρός, σοβαρός	51
sprawl	v	to lie or sit with your arms or legs stretched out in a lazy or careless way	He sprawled out on the sofa.	απλώνομαι	51

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
amusement	n	the feeling you have when you think something is funny	Debbie looked at her brother in amusement as he slipped in a muddy puddle on the football pitch.	διασκέδαση, θυμηδία	70
appearance	n	the way someone or something looks to other people	She may not have the usual appearance of a basketball player as she's not very tall, but she's really good.	εμφάνιση	70
application	n	a formal, usually written, request for something such as a job, place at university or permission to do something	Have you filled in the application form for the football summer camp yet?	αίτηση	70
assistance	n	help or support	The referee asked for assistance from the medical team when the player fell over and hurt her leg.	βοήθεια	70
athlete	n	someone who competes in sports competitions, especially running, jumping and throwing	Robert has won lots of running competitions. He's a great athlete .	αθλητής	66
attract: spectators, fans, viewers	v + n coll	to make someone interested in something, or make them want to take part in something	Esports tournaments often attract more viewers than traditional sporting events.	ελκύω: θεατές, οπαδούς, τηλεθεατές	67
badminton	n	a game that is similar to tennis but played with a shuttlecock (a small feathered object) instead of a ball	Have you heard of badminton ? It's a game for two or four players in which you hit a small object with feathers on it over a net.	μπάντμιντον	audioscript 5.3
baseball	n	an outdoor game between two teams of nine players, in which players try to get points by hitting a ball and running around	Baseball is an American game in which two teams try to get points by hitting a ball and running around four bases, or corners, of a large square area of field.	μπέιζμπολ	76
beat: an opponent, the rival team	v + n coll	to get the most points, votes, etc. in a game, race or competition	We were so happy when we beat the rival team. We didn't expect to win as every year they usually win.	νικώ: αντίπαλο, την αντίπαλη ομάδα	67
behaviour	n	the things that a person or animal does	The coach was really disappointed in the team's behaviour after they argued with the other team during the football match.	συμπεριφορά	70
boast	v	to talk too proudly about your abilities, achievements or possession; if a place, object or organisation boasts something, it has something that is very good	Have you ever heard a sports fan boasting , 'We thrashed the other team today!' or 'We're top of the league at the moment'?	υπερηφανεύομαι, καυχιέμαι	65
comfort	n	a feeling of being physically relaxed and satisfied, so that nothing is hurting you, making you feel too hot or cold, etc.	I like to watch sports from the comfort of my living room. I don't understand people who stand in the cold and rain for hours watching their teams play.	άνεση	70

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
commitment	n	the hard work and loyalty that someone gives to an organisation, activity, etc.	In order to be the best at a sport, you need to show real commitment . That means turning up to every training session and spending your free time practising.	δέσμευση	75
compete for: a title, a trophy, prize money, a gold medal	v + n coll	to take part in a competition or sports event to win a title, a trophy, prize money, a gold medal, etc.	The Olympic athletes are all competing for a gold medal .	συναγωνίζομαι για: ένα τίτλο, ένα έπαθλο, ένα χρηματικό έπαθλο, ένα χρυσό μετάλλιο	66
concentration	n	the ability to think about something carefully or for a long time	Esports demand quick reactions and a high level of concentration . You need to be very focused on what you're doing.	συγκέντρωση	70
connection	n	the way in which two facts, ideas, events, etc. are related to each other, and one is affected or caused by the other	The connection between a healthy diet and physical performance is well known.	σύνδεση	70
count on (sb)	phr v	to depend on someone or something, especially in a difficult situation	You can always count on David to know what to do in a crisis.	βασίζομαι σε (κπ)	67
decision	n	choice or judgment that you make after a period of discussion or thought	Eleanor has made the decision to give up professional tennis after a very successful career.	απόφαση	64
defeat: an opponent, the rival team	v + n coll	to win a victory over someone in a war, competition, game, etc.	In order to win the championship, he needs to defeat his opponent .	κερδίζω, συντρίβω: αντίπαλο, την αντίπαλη ομάδα	67
delight: spectators, fans, viewers	v + n coll	to give someone great satisfaction and enjoyment	The excellent performance by both tennis players delighted spectators .	ευχαριστώ, ικανοποιώ: θεατές, οπαδούς, τηλεθεατές	67
demand: coordination, training, teamwork	v + n coll	if one thing demands another, it needs that thing in order to happen or be done successfully	Tennis demands very good hand-eye coordination .	απαιτώ: συντονισμό, προπόνηση, συνεργασία	67
design	n	the way that something has been planned and made, including its appearance, how it works, etc.	I don't like the design of these trainers. I think they look quite ugly.	σχέδιο	70
disappoint: spectators, fans, viewers	v + n coll	to make someone feel unhappy because something they hoped for did not happen or was not as good as they expected	The news that the star player would not be playing in today's match disappointed fans .	απογοητεύω: θεατές, οπαδούς, τηλεθεατές	67
disapprove	adj	to think that someone or their behaviour, ideas, etc. are bad or wrong	At first, Melanie's parents disapproved of her playing football, but now they think it's great.	αποδοκιμάζω	70

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
discourage	v	to persuade someone not to do something, especially by making it seem difficult or bad	Our coach discourages us from eating fast food as she wants us to be as fit and healthy as possible.	αποθαρρύνω	70
discovery	n	a fact or thing that someone finds out about, when it was not known about before	Historians made the discovery that in fact, people had been playing the sport for centuries.	ανακάλυψη	70
dishonest	adj	not honest, and so deceiving or cheating people	It's really dishonest to cheat when you're playing a game.	ανέντιμος, ανειλικρινής	70
embarrassment	n	the feeling you have when you are embarrassed	Alice's face turned red with embarrassment when she fell over during the final race of her school's sports day.	ντροπή, αμηχανία	70
encouragement	n	when you encourage someone or something, or the things that encourage them	The player was met with cheers of encouragement from the crowds, as he stepped forward to take the penalty.	ενθάρρυνση	70
enter: a championship, tournament, competition	v + n coll	to arrange to take part in a race, competition, examination, etc., or to arrange for someone else to take part	You have to pass a fitness test before you can enter this tournament .	παίρνω μέρος σε: ένα πρωτάθλημα, ένα τουρνουά, ένα διαγωνισμό	67
entertainment	n	things such as films, television, performances, etc. that are intended to amuse or interest people	My ideal kind of entertainment is going to watch a sporting event with friends.	διασκέδαση	70
exhaustion	n	extreme tiredness	After running the marathon, he felt weak with exhaustion .	εξάντληση	70
expectation	n	what you think or hope will happen	I can't believe our team won! It was beyond all our expectations .	προσδοκία	70
fan	n	someone who likes a particular sport or performing art very much, or who admires a famous person	Thousands of football fans watched the big match on TV last night.	οπαδός	64
frustration	n	the feeling of being annoyed, upset or impatient, because you cannot control or change a situation, or achieve something	Paul experienced feelings of frustration and disappointment, when after hours of training he wasn't picked for the school rugby team.	απογοήτευση	70
get (sb) down	phr v	to make someone feel unhappy and tired	It really gets me down when we lose a match.	απογοητεύω (κπ)	73
get back to (sb)	phr v	to talk to someone or telephone them later in order to answer a question or give them information	Can I get back to you about the time of the training session? I'll have to ask the coach.	επιστρέφω (ένα τηλεφώνημα), απαντώ	73
get round to doing (sth)	phr v	to do something that you have been intending to do for some time	I still haven't got round to buying some new trainers. I've just had no time.	στρώνομαι	73
get the hang of it	phr	learn how to do something or use something	The average beginner probably takes a couple of weeks to get the hang of it .	εξοικειώνομαι	68

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
get through (sth)	phr v	to be successful in a test or competition, or to make sure that someone or something is successful	I don't know how I'm going to get through this match, I feel really ill.	τα βγάζω πέρα, ολοκληρώνω	73
get together	phr v	if people get together, they meet in order to spend time with each other	One of my favourite things is getting together with friends in the park and kicking a ball around.	συναντιέμαι	73
get up	phr v	to get out of your bed after sleeping, or to make someone get out of their bed	I have to get up at 6 a.m. to go to my swimming training.	σηκώνομαι	73
guidance	n	help and advice that is given to someone about their work, education or personal life	The gym instructors provide guidance on how to use the gym equipment.	καθοδήγηση	audioscript 5.8
hockey	n	a game played on grass by two teams of 11 players, with sticks and a ball	My favourite sport is hockey . It's a game played on grass, between two teams who use long curved sticks to hit a ball.	χόκεϊ	75
hold: a championship, tournament, competition	v + n coll	to have a meeting, party, election, etc. in a particular place or at a particular time	This year, the athletics championship will be held in Manchester.	διεξάγω: ένα πρωτάθλημα, τουρνουά, διαγωνισμό	67
hurdles	n	a series of small fences that a person or horse has to jump over during a race	My favourite race is the 400-metre hurdles where runners have to jump over small fences called hurdles.	εμπόδια	audioscript 5.3
I was a natural.	phr	having a particular quality or skill without needing to be taught and without needing to try hard	I was a natural and from that point on I was hooked.	ήμουν γεννημένος για, είχα έμφυτο ταλέντο	68
I was hooked.	phr	if you are hooked on something, you enjoy it very much and you want to do it as often as possible	I was a natural and from that point on I was hooked .	κολλάω, δεν μπορώ να σταματήσω	68
illegally	adv	not allowed by the law	The police arrested some men who were selling football tickets illegally on the street outside the stadium.	παράνομα	70
illogical	adj	not sensible or reasonable	The pre-race superstitions and rituals that some athletes have seem illogical to most people, but they help the athletes feel more confident.	παράλογος	70
immoral	adj	morally wrong	Some people lose a match on purpose in order to make money. Not only is this illegal, but in my opinion, it is also immoral .	ανήθικος	70
impatient	adj	annoyed because of delays, someone else's mistakes, etc.	My brother gets really impatient when he has to wait for his turn to play a video game. He really annoys me when he keeps asking if it's his go yet.	ανυπόμονος	70

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
impolite	adj	not polite	In the UK it is considered impolite to point at people.	αγενής	70
improvement	n	a change or addition that improves something	The only way to get better at a sport and to see real improvement is to practise regularly and have a healthy lifestyle.	βελτίωση	70
inexpensive	adj	cheap – used to show approval	Although Chloe's new trainers look like they cost a lot, they were actually quite inexpensive .	φθηνός	70
invisible	adj	something that is invisible cannot be seen	Harry's drone is so small that it's practically invisible when he's flying it high up in the sky.	αόρατος	70
involve: coordination, training, teamwork	v + n coll	if an activity or situation involves something, that thing is part of it or a result of it	Rugby involves good teamwork . A team cannot win a match if the players don't work together well.	περιλαμβάνω, σχετίζομαι με: συντονισμό, προπόνηση, συνεργασία	67
irrelevant	adj	not useful or not relating to a particular situation, and therefore not important	I'm sorry, but how good you are at esports is irrelevant . You have to be over eighteen to enter this tournament and you're only sixteen.	άσχετος	70
irresponsible	adj	doing careless things without thinking or worrying about the possible bad results	It's irresponsible to go rock climbing without all the proper safety equipment. You could have an accident.	ανεύθυνος	70
It is addictive.	phr	an activity that is addictive is so enjoyable that you do not want to stop	Go for it! It's such a great feeling, but it is addictive!	Είναι εθιστικό.	68
It was a bit of a let-down.	phr	if something is a let-down, it is a disappointment	When I opened the parcel it was a bit of a let-down.	Ήταν κάπως απογοητευτικό	68
jinx	v	to bring bad luck	Equally, an action performed while the team lost will be considered bad luck and will be avoided in future for fear of jinxing the team.	γρουσουζεύω	65
knock (sb) out	phr v	to defeat a person or team in a competition so that they can no longer take part	They knocked the other team out of the championship, which means they will be playing in the finals next week.	αποκλείω, βγάζω νοκ άουτ	67
misbehave	v	to behave badly, and cause trouble or annoy people	The children often misbehave in their sports lesson because the teacher isn't very strict and so they do what they like.	έχω άσχημη συμπεριφορά, παρεκτρέπομαι	70
misleading	adj	likely to make someone believe something that is not true	Some adverts for snack bars are misleading . They make them look like they're healthy snacks but actually, they're full of sugar!	παραπλανητικός	70

UNIT 5

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
misunderstand	v	to fail to understand someone or something correctly	How did they misunderstand my instructions? I thought I was very clear when I told them to wear trainers not shoes!	παρεξηγώ , δεν καταλαβαίνω	70
motivation	n	eagerness and willingness to do something without needing to be told or forced to do it	After losing all their matches, the team lost interest in training and there was a general lack of motivation .	κίνητρο	70
nil	n	the number zero, used in sports results	They beat us three nil .	μηδέν	65
nonsense	n	ideas, opinions, statements, etc. that are not true or that seem very stupid	Collecting nonsense words is an interesting pastime.	ανοησία	70
nonverbal	adj	not using words	During a game, players use nonverbal communication such as hand gestures and facial expressions to communicate with their teammates.	μη φραστικός	70
opponent	n	someone who you try to defeat in a competition, game, fight or argument	Sarah knew her opponent well. She had competed against her in lots of other competitions.	αντίπαλος	67
performance	n	how well or badly a person, company, etc. does a particular job or activity	Her performance in the gymnastics competition was excellent. All the judges gave her high marks.	απόδοση	64
prepare for a: championship, tournament, competition	v + n coll	to make yourself mentally or physically ready for something that you expect to happen soon	It takes months of training for athletes to prepare for a competition .	προετοιμάζομαι για ένα: πρωτάθλημα, τουρνουά, διαγωνισμό	67
production	n	when something is produced through a natural process	Doing exercise results in the production of certain chemicals in our brain that make us feel happy.	παραγωγή	70
qualification	n	if you have a qualification, you have passed an examination or course to show you have a particular level of skill or knowledge in a subject	If you want to be a sports therapist, you need to go to college and get the appropriate qualification .	πιστοποίηση	75
qualify for a: championship, tournament, competition	v + n coll	to reach the necessary standard to enter or continue in a competition or sports event	You have to have more than ten points to qualify for a championship .	προκρίνομαι σε ένα: πρωτάθλημα, τουρνουά, διαγωνισμό	67
question	n	if there is some question about something, there is doubt about it, or people feel uncertain about it	There's no question that they are the better team.	αμφιβολία	70

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
rearrange	v	to change the position or order of things; to change the time of a meeting, etc.	Can we rearrange your appointment for next Thursday?	κανονίζω εκ νέου	70
referee	n	someone who makes sure that the rules of a sport such as football, basketball or boxing, are followed	I think the referee made the right decision when he gave the penalty to the other team.	διαιτητής	65
relieve	v	to reduce someone's pain or unpleasant feelings	For many, a live sporting event is the only place they feel comfortable high fiving strangers and showing their feelings so openly in public. It can be a great way to relieve stress and improve personal well-being.	ανακουφίζω	65
remote control	n	a thing you use for controlling a piece of electrical or electronic equipment without having to touch it, for example for turning a television on or off	He had the remote control in his hand and he was channel-hopping, listlessly.	τηλεχειριστήριο	68
repayment	n	when you pay back money that you have borrowed	Canceled checks show when repayments were made.	αποπληρωμή, εξόφληση	70
require: coordination, training, teamwork	v + n coll	to need something	All sports require training of some kind.	χρειάζομαι, απαιτώ: συντονισμό, προπόνηση, συνεργασία	67
riding	n	the sport or activity of riding horses	Isobel's family owns three horses and they often go riding at the weekends.	ιππασία	75
rival	n, adj	a person, group, or organisation that you compete with in sport, business, a fight, etc.	Sitting at a computer for hours just doesn't compare with the adrenaline high you get from knocking out a rival team in a competition.	αντίπαλος	65
root for	phr v	to support a sports team or player by shouting and cheering	Ironically, the two sets of fans are far from being different. They are identical in their passion, their spirit, and their devotion – the only real distinction between them is the team they're rooting for .	υποστηρίζω	65
rowing	n	the sport or activity of making a boat move through water with oars	You need strong arm muscles for rowing as you need a lot of power to move a boat through water using only wooden oars.	κωπηλασία	75
show off	phr v	to try to make people admire your abilities, achievements or possessions – used to show disapproval	My brother loves showing off on the football pitch. He's always doing fancy kicks in front of the crowd.	καυχιέμαι, κάνω επίδειξη	67

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
spectator	n	someone who is watching an event or game	Spectators have to show their tickets at the gate before they're allowed in to the stadium to watch the match.	θεατής	67
sprinting	n	running very fast for a short distance	Only the fastest runners compete in the sprinting races, such as the 100 metres.	σπριντ, ταχύτατο τρέξιμο	75
superior	adj	better, more powerful, more effective, etc. than a similar person or thing, especially one that you are competing against	In psychology, this is known as the 'in group' and 'out group' principle, and sports fans are no different. This principle leads members of the 'in group' (the home fans) to feel superior to those of the 'out group' (the fans of the rival team).	ανώτερος	65
supporter	n	someone who likes a particular sports team, and often goes to watch them play	My granddad's been a supporter of his team for forty-five years. He never misses a match!	υποστηρικτής	65
surfing	n	the activity or sport of riding over the waves on a special board	In the summer we always go to the coast to go surfing . I love the feeling of riding the waves on my surfboard.	σέρφινγκ	
take (sth) on	phr v	to agree to do some work or to be responsible for something	I'm feeling excited and nervous because I've just taken on the role of team captain for our school hockey team.	αναλαμβάνω	75
take part in a: championship, tournament, competition	v + n coll	to be involved in an activity, sport, event, etc. with other people	Our school always takes part in a regional sports competition .	συμμετέχω σε ένα: πρωτάθλημα, τουρνουά, διαγωνισμό	65
teammate	n	someone who works in the same team as you	Tom is one of my teammates . We play on the same basketball team.	συμπαίκτης	67
tennis	n	a game for two people or two pairs of people who use rackets to hit a small soft ball backwards and forwards over a net	Do you want to play a game of tennis ? I've just had a new racket for my birthday and I really want to try it out.	τένις	66
the stakes are higher	phr	if the stakes are high when you are trying to do something, you risk losing a lot or it will be dangerous if you fail	I guess it's because the stakes are higher now as I'm competing at a higher level.	διακυβεύονται πολλά, ο πόντος είναι ψηλότερα	68
trade	n	the activity of buying, selling or exchanging goods within a country or between countries	The country's trade in sports clothing has doubled since 2007.	εμπόριο	70
turn (sth/sb) down	phr v	to refuse an offer, request or invitation	She turned down a place in the school netball team because she wanted to concentrate on her studies.	απορρίπτω (κτ / κπ)	67
unbelievably	adv	in an amount or to a degree that is unusual or surprising	Unbelievably , they scored three more goals in the last ten minutes of the match.	όσο απίστευτο και αν ακούγεται, παραδόξως	75

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
undoubtedly	adv	used for saying that something is definitely true	They are undoubtedly the most famous sisters in tennis.	αναμφίβολα	75
unexpectedly	adv	used to describe something that happens suddenly and surprisingly	We were all surprised when Lara came first in the race unexpectedly .	απρόσμενα	70
unfamiliar	adj	not known to you	I was totally unfamiliar with the equipment they were using, as I'd never been to a gym before.	που δεν είναι εξοικειωμένος / οικείος	70
unmotivated	adj	not very keen to do something or achieve something, especially because you do not find it interesting or exciting	It's always hard to get unmotivated people to do more exercise.	αδιάφορος, που δεν έχει κίνητρο	75
unrealistic	adj	unrealistic ideas or hopes are not reasonable or sensible	Competing in the Olympics is an unrealistic goal for Rachel, as she has missed a lot of training because of her injury earlier this year.	μη ρεαλιστικός, ουτοπικός	75
unsuccessful	adj	not having a successful result or not achieving what you wanted to achieve	After three unsuccessful attempts, he has finally won the world title.	ανεπιτυχής	75
win: a title, a trophy, prize money, a gold medal, a championship, a tournament, a competition	v + n coll	to get something as a prize for winning in a competition, or to be the best or most successful in a competition, game, election, etc.	The winner of the esports tournament not only gets the title of champion, but also wins prize money .	κερδίζω: ένα τίτλο, έπαθλο, βραβείο, χρήματα, χρυσό μετάλλιο, πρωτάθλημα, τουρνουά, διαγωνισμό	67
work out	phr v	to make your body fit and strong by doing exercises	I work out at the gym every Saturday morning. My favourite piece of equipment is the rowing machine.	γυμνάζομαι	67
yell	v	to shout or say something very loudly, especially because you are frightened, angry or excited	Whether they're cheering in the stadium, yelling at the referee from the sofa, or singing their team's victory song, sports fans exist all over the world.	ουρλιάζω, φωνάζω	65
Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
attachment	n	belief in and loyalty towards a particular idea, organisation, etc.	The long-term attachment to a particular sport or team appears to develop around the age of eight or nine, and the sport or team a person decides to follow is largely influenced by their social circle rather than their personal participation in a sport.	δέσιμο, προσκόλληση	65

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Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
demonstrate	v	to show or prove something clearly	It demonstrates the strong sense of identity fans feel with their club.	επιδεικνύω	64
devotion	n	the strong love that you show when you pay a lot of attention to someone or something	Alanna has always shown intense devotion to her children.	αφοσίωση	65
genuine	adj	a genuine feeling, desire, etc. is one that you really feel, not one you pretend to feel	The reforms are motivated by a genuine concern for the disabled.	γνήσιος	65
routine	n	the usual order in which you do things, or the things you regularly do	The first time you do any new jump or routine , it's a challenge.	ρουτίνα	audioscript 5.8
self-conscious	adj	worried and embarrassed about what you look like or what other people think of you	The effect of being in a crowd of spectators enjoying the same activity allows people to become less self-conscious and more confident.	αμήχανος, ανασφαλής	65
sense of identity	phr	a feeling of knowing who you are and how you belong to a community	It demonstrates the strong sense of identity fans feel with their club.	αίσθημα ταυτότητας	65
superstitious	adj	when someone believes that some objects or actions are lucky or unlucky, or that they cause events to happen, based on old ideas of magic	People who may not be superstitious in any other aspect of their life will claim that wearing a certain item of 'lucky' clothing will make their team play better.	προληπτικός	64

UNIT 6

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
accelerate	v	to speed up	The car accelerated quickly. It was going very fast in no time.	επιταχύνω	89
accuracy	n	the ability to do something in an exact way without making a mistake	The accuracy of his answers to the quiz questions meant that his team won the competition.	ακρίβεια	84
arrival	n	when someone or something arrives somewhere	The arrival of the star was greeted by thousands of flashbulbs from the press.	άφιξη	84
at the last minute	prep phr	at the last possible time, just before it is too late	I'd said I wasn't going to the party but I changed my mind at the last minute .	την τελευταία στιγμή	81
be in the middle of doing sth	v phr	to be busy doing something	I was in the middle of baking a cake when my friend rang.	είμαι στη μέση (κάποιας δουλειάς)	81
be in time (for sth)	v phr	to be in the perfect moment for something	Fortunately, I arrived in time for the photo session.	είμαι στην ώρα μου, εγκαίρως	81
be on the point of doing sth	v phr	to be going to do something very soon	Phil was on the point of taking the photo when he realised that the sun was in the wrong direction.	είμαι στα πρόθυρα του να κάνω κτ	81
be on time	v phr	to arrive somewhere punctually	Veronica always likes to be on time for her appointments – she hates being late.	είμαι ακριβώς στην ώρα μου	81
be running late	v phr	to arrive, go somewhere, or do something late	Dave was running late because of several unplanned things that had happened that day.	καθυστερώ	81
begin with	phr	used to introduce the first and most important point you want to make; during the first part of a process or activity	To begin with , we have to make sure that the conference centre is available for our dates.	κατ' αρχάς, πρώτα απ' όλα	81
behavioural	adj	connected to behaviour	Small animals often show behavioural patterns that are similar to those of humans.	συμπεριφορικός	84
blur	n	a shape that you cannot see clearly	I saw the blur of the cars as they passed quickly in front of me.	θολούρα	78
by the time	prep phr	before or not later than a particular time	By the time we arrived at our destination, it was dark.	μέχρι την στιγμή, ως την ώρα	81
combination	n	two or more different things that exist together or are used or put together	It is said that success is a combination of luck and hard work.	συνδυασμός	82
confident	adj	sure that something will happen in the way that you want or expect	The headteacher was confident of the school's success in the exams, since they had done so well up till now.	σίγουρος, γεμάτος αυτοπεποίθηση	84
daily	adv	happening or done every day	There are daily flights to New York.	καθημερινός	84

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
deadly	adj	likely to cause death	It's important to know which wild mushrooms are safe to eat because some of them are poisonous and can be deadly .	θανατηφόρος	84
deep - depth - deepen	adj - n - v	depth: the distance from the top surface of something such as a river or hole to the bottom of it	What is the depth of the pond? Is it about 1.5 metres?	βαθύς - βάθος - βαθαίνω	84
dramatically	adv	in a great and sudden way	The number of wild foxes has dramatically increased in recent years.	δραματικά	84
educator	n	a teacher or someone involved in the process of educating people	A well-known educator has recently published an article about education for the 21st century.	εκπαιδευτής	84
enthusiasm	n	a strong feeling of interest and enjoyment about something and an eagerness to be involved in it	We went along to the local diving club, full of enthusiasm .	ενθουσιασμός	84
environmental	adj	concerning or affecting natural environment	Sarah is interested in environmental problems such as air pollution.	περιβαλλοντικός	84
every other (day/ week, etc.)	phr	each second day/week, etc.	It's best to feed the goldfish every other day otherwise they will eat too much.	κάθε δεύτερη (μέρα / εβδομάδα, κτλ.)	81
exciting	adj	making you feel excited	My first experience of surfing was really exciting - the wind, the waves and the feeling of speed.	συναρπαστικός	84
expand	v	to become larger in size, number or amount, or to make something become larger	The population of most towns and cities expanded in the 20th century.	επεκτείνομαι, αναπτύσσομαι	82
failure	n	a lack of success in achieving or doing something	It's important to learn how to deal with failure as well as success.	αποτυχία	84
functional	adj	designed to be useful rather than beautiful or attractive	Some modern buildings seem to be purely functional , rather than pleasing to the eye.	λειτουργικός	84
high - height - heighten	adj - n - v	height: how tall someone or something is	I am the same height as my mother now.	ψηλός - ύψος - ψηλώνω	84
in good time	prep phr	if you do something in good time, you do it early enough to be ready for a particular time or event	Carmen always arrives in good time at the station so that she can buy a coffee and a magazine.	έγκαιρα	81
in no time	prep phr	very quickly or soon	The children finished off the food in no time - and then they wanted more!	αμέσως	81
industrial	adj	relating to industry or the people working in it	The factories are situated in an industrial area of the town.	βιομηχανικός	84
inhabitant	n	one of the people who live in a particular place	That Scottish island has only got two hundred inhabitants .	κάτοικος	84

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
keep up the momentum	phr v	to keep increasing, developing or being more successful	Once you have started a project, it's important to keep up the momentum and not slow down.	συνεχίζω, διατηρώ τη δυναμική	audio script 6.3
long - length - lengthen	adj - n - v	length: the measurement of how long something is from one end to the other	The hotel pool is fifteen metres in length .	μακρύς - μήκος - επιμηκύνω	84
miniature	n	much smaller than normal	Next to the beach there's a miniature railway that all the children love.	μικροσκοπικός, μινιατούρα	78
narrative	adj, n	a description of events in a story, especially in a novel	Her first novel had an excellent narrative structure and great characters.	αφήγηση, διήγηση	78
naturalist	n	someone who studies plants or animals	The amount of wildlife in that area attracts a number of naturalists , plus other visitors.	φυσιογνώστης	84
neutralise	v	to prevent something from having any effect	If you are bitten by a snake, it's important to neutralise the poison as soon as possible.	εξουδετερώνω	78
occasionally	adv	sometimes, but not regularly and not often	I'm afraid I only see my friends abroad occasionally , since they live far away.	περιστασιακά	84
on a daily basis	prep phr	the way that something happens every day, or the way that something is organised or done every day	Our dogs require a long walk on a daily basis .	σε καθημερινή βάση	79
perspective	n	a way of thinking about something, especially one which is influenced by the type of person you are	The novel is written from a child's perspective .	οπτική	79
poisonous	adj	containing poison or producing poison	He was bitten on the ankle by a poisonous snake.	δηλητηριώδης	84
predator	n	an animal that kills and eats other animals	Small animals are constantly at risk of attack from their predators .	θηρευτής	78
prey	n	an animal that is hunted and eaten by another animal	Lions spend several days hunting their prey .	θήραμα	79
project	v, n	to cause an image to appear on screen	The images of skyscrapers that were projected onto the screen were very powerful.	προβάλω	82
revolve	v	to move around like a wheel	The restaurant revolves slowly, so you get a 360° view of the city as you eat.	περιστρέφομαι, γυρίζω γύρω γύρω	82
separate	adj	not joined	I like that my brother and I have separate rooms. It's good to have our own space.	ξεχωριστός	82
sequence	n	the order that something happens or exists in, or the order it is supposed to happen or exist in	It's important to follow the instructions in the correct sequence .	σειρά, ακολουθία	78
shortage	n	a situation in which there is not enough of something that people need	At the moment, there is a shortage of skilled technicians.	έλλειψη	84
sooner or later	phr	used to say that something is certain to happen at some time in the future, though you cannot be sure exactly when	She's not saying anything now but sooner or later , she will have to say what is on her mind.	αργά ή γρήγορα	81

UNIT 6

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
speed up	phr v	to move or happen faster, or to make something move or happen faster	The images were all speeded up so that it looked like it happened within the space of a few minutes.	πάω πιο γρήγορα	audio script 6.3
stick at	phr v	to continue doing something in a determined way in order to achieve something	In order to learn a skill properly, you have to stick at it.	δεν αποκλίνω, συνεχίζω ασταμάτητα	audio script 6.3
strong – strength – strengthen	adj - n - v	strength: the physical power and energy that makes someone strong	It requires a lot of strength to lift your two suitcases.	δυνατός - δύναμη - ενδυναμώνω	84
struggle	n	trying extremely hard to achieve something, even though it is very difficult	The life of many small animals consists of a daily struggle for survival.	πάλη	78
survival strategies	n phr	ways to survive	Fortunately, many animals have developed a certain number of effective survival strategies .	στρατηγικές επιβίωσης	78
target	n	an object, person or place that is deliberately chosen to be attacked	The target of their criticism was the wastage caused through outdated fishing techniques.	στόχος	78
territory	n	land that is owned or controlled by someone/something	Every animal likes to mark out their territory , the place that belongs to them.	περιοχή	79
throughout	prep	during all of a particular period, from the beginning to the end	Throughout his whole life, the artist failed to achieve the recognition he did after his death.	καθ' όλη τη διάρκεια	audio script 6.3
variety	n	a lot of things of the same type that are different from each other in some way	Fruit is eaten by a huge variety of animals and birds.	ποικιλία	84
weight – weigh	n - v	weight: how heavy something is when you measure it	I'd say the weight of that box of books is about twenty kilos.	βάρος - ζυγίζω	84
wide – width – widen	adj - n - v	width: the distance from one side of something to the other	The children learnt to swim a width of the swimming pool before they went on to lengths.	πλατύς - πλάτος - φαρδαίνω, πλαταίνω	84
Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
defend	v	do something in order to protect someone or something from being attacked	Everyone was shouting at me, and I never got a chance to defend myself.	αμύνομαι, υπερασπίζομαι	78
food for thought	idiom	something that makes you think carefully	Seeing their exploits, we are also forced to consider whether we have the guts to take on the world as they do. Definitely food for thought .	αφορμή για προβληματισμό	79
getaway	n	a short holiday away from home, or a place where people go for a short holiday	These are ideal weekend getaways and begin at around \$500 a person, including air fare.	απόδραση	79
grasshopper	n	an insect that has long back legs for jumping and that makes short loud noises	The children sat in their corner of the back room and grumbled over their grasshoppers .	ακρίδα	79

UNIT 6

Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
grasshopper mouse	n	a tiny mouse living in grasslands	The tiny grasshopper mouse looks around desperately.	ποντίκι που συναντάται σε αγρούς	79
hawk	n	a large bird that hunts and eats small birds and animals	California growers have found that enlisting the aid of hawks and owls is relatively simple.	γεράκι	79
it's all go	phr	used to say that a situation is very busy and full of activity	It's all go around here while we prepare for the music festival tomorrow.	σε πυρετώδεις προετοιμασίες	audio script 6.10
mythical	adj	existing only in an ancient story; imagined or invented	Mythical creatures like the Minotaur appear in so many stories about the ancient times.	μυθικός	82
on average	phr	based on a calculation about how many times something usually happens, how much money someone usually gets, how often people usually do something, etc.	On average , men are taller than women by several inches.	κατά μέσο όρο	79
publicity	n	the attention that someone or something gets from newspapers, television, etc.	It's important to get good publicity for the school.	δημοσιότητα	audio script 6.7
riches	n	expensive possessions and large amounts of money	He was enjoying his new-found riches without thinking about how long they would last.	πλούτη	audio script 6.5
storyboard	n	a set of drawings that are done before a film is made in order to show what will happen in it	As this necessary background information was being gathered, the next step was to create storyboards .	εικονογραφημένο σενάριο	79
swoop	n	the act of moving suddenly down through the air, especially in order to attack something	Suddenly, one of the hawks spots its prey and starts on its downward swoop .	βουτώ, επιτίθεμαι	79

UNIT 7

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
according to	adj + prep	as stated by someone	According to the experts, reading at night can help us sleep.	σύμφωνα με	98
A-list	n	all the most popular or famous film stars, musicians, etc.	The A-list celebrities might be famous and popular but they often don't have much privacy.	ελίτ	audio script 7.5
appeal	n	a quality that makes people like something	The film has great appeal – both young and old people love it.	απήχηση, ενδιαφέρον	93
ashamed of	adj + prep	feeling very sorry and embarrassed because of something you have done	Gemma was ashamed of her behaviour and apologised to her parents.	που νιώθει ντροπή	98
at a guess	prep phr	used when saying that you are making a guess	I'm not sure what's on at the cinema. At a guess , it's the latest Disney film.	υποθέτω	98
at ease	prep phr	feeling relaxed, especially in a situation in which people might feel a little nervous	I was nervous when I met the film director but she soon made me feel at ease .	άνετα, χαλαρά	98
at first	prep phr	in the beginning, especially when this contrasts with what happened later	At first , Henry was shy and hardly spoke. Now he's much more relaxed.	αρχικά	98
at length	prep phr	if you talk at length about something, you talk about it for a long time	We've already discussed that book at length in class.	διεξοδικά, αναλυτικά	98
at short notice	prep phr	when you get information about something not long before it is going to happen	Thanks for agreeing to see us at short notice .	τελευταία στιγμή	98
at times	prep phr	sometimes	Life can be very difficult at times .	μερικές φορές	98
attached to	adj + prep	to like someone very much, because you have known them for a long time	After spending so much time with the children she became very attached to them.	δεμένος, προσκολλημένος	98
aware of	adj + prep	if you are aware of something, you notice it, especially because you can see, hear, feel or smell it	She was aware of the children watching her.	έχω επίγνωση, γνωρίζω	98
be absorbed in	phr	to be so interested that you do not pay attention to other things	Julia was lying on the sofa, absorbed in her book and didn't hear the doorbell.	προσηλωμένος, αφοσιωμένος	audio script 7.5
boast about	phr	to talk too proudly about your achievements	I know he did really well on the test, but there is no need to boast about it! That's quite annoying!	κομπάζω, υπερηφανεύομαι	97
brilliant at	adj + prep	extremely clever or skilful	The student is brilliant at solving maths puzzles.	πανέξυπνος, ευφυέστατος	98
by choice	prep phr	if you do something by choice, you do it because you want to do it and not because you are forced to do it	She lives alone by choice , not because she has to.	κατ' επιλογή	98
by day/night	prep phr	during the day/night	Authors often write by night and sleep by day.	τη μέρα / τη νύχτα	98

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
by email	prep phr	with the use of electronic mail	I'll send you the details by email .	μέσω ηλεκτρονικού ταχυδρομείου / email	98
by rail/sea/air	prep phr	to travel using train/boat/plain	We prefer to travel by rail because the trains are comfortable.	με το τρένο / μέσω θαλάσσης / αεροπορικώς	98
by rights	prep phr	used to describe what should happen if things are done fairly or correctly	By rights we should share the profits as I gave you the idea for the book.	κατά κανόνα	98
capable of	adj + prep	having ability needed to do something	The students are capable of producing great stories.	ικανός να	98
cast	v	to choose which people will act particular parts in a film	The film producer cast a local student as the main character.	επιλέγω κάποιον για ένα ρόλο	97
cheer (sb) up	phr v	to make someone feel less sad	We feel a bit sad after the film so we're going for a pizza to cheer ourselves up.	χαροποιώ, ενθαρρύνω	95
clever at	adj + prep	skilful at doing a particular thing	You're very clever at finding suitable films for the children.	έξυπνος, επιδέξιος, ικανός	98
complicated plot	phr	a plot is complicated when the events that form the main story are difficult to understand, because many parts or details are involved	We didn't understand what was happening because of the complicated plot .	περίπλοκη πλοκή / υπόθεση	95
congratulate on	phr	to tell someone that you are happy because they have achieved something	I congratulated her on her role in the film. She was really good!	συγχαίρω, δίνω συγχαρητήρια	97
daydream	v	to think about something pleasant, especially when this makes you forget what you should be doing	What are you daydreaming about? We've got lots to do today.	ονειροπολώ, ονειρεύομαι	93
dedicated to	adj + prep	someone who is dedicated works very hard at what they do because they care a lot about it	The actor is dedicated to encouraging children to read more.	αφοσιωμένος	98
deliver	v	to say something formally	The new president delivered a speech to the people who had voted for him.	βγάζω (λόγο), δίνω (διάλεξη, ομιλία κτλ.)	93
deny	v	to say that something is not true	I don't usually like horror films. But I can't deny , it was a great film!	αρνούμαι	97
e-book	n	a book that you read on a computer screen or on a special small computer that you can hold in your hands, and that is not printed on paper	It's great to download e-books as I can read them anywhere on my phone.	ηλεκτρονικό βιβλίο	95
ending	n	the way that a story finishes	The best stories finish with a surprise ending .	τέλος, κατάληξη	95
escapism	n	activities or entertainment that help you forget about bad or boring things for a short time	Books can be a great form of escapism from the real world.	φυγή (από την πραγματικότητα)	93
experienced in	adj + prep	possessing skills or knowledge because you have done something often or for a long time	She's been a journalist for years and is very experienced in her job.	έμπειρος	97

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
eye-catching	adj	something eye-catching is unusual or attractive in a way that makes you notice it	The book has an eye-catching illustration on the front cover.	εντυπωσιακός, που τραβάει το βλέμμα	95
fall for (sth)	phr v	to be tricked into believing something that is not true	She's too intelligent to fall for his lies.	την πατάω	95
figure (sth or sb) out	phr v	to understand why someone behaves in the way they do	I can't figure out why he wanted to leave her. She's so nice.	καταλαβαίνω, ανακαλύπτω	95
film adaptation	n + n	a film that is based on a book or play	The crime writer is working on a film adaptation of his latest novel.	κινηματογραφική μεταφορά	audio script 7.5
film maker	n	someone who makes films, especially a director or producer	Some say he's the best film maker in Hollywood because he's won so many awards for his films.	δημιουργός ταινιών (σκηνοθέτης ή παραγωγός ταινιών)	95
final scene	phr	the last part of a play or a film during which there is no change in time or place	I was shocked by the final scene of the film. I wanted the film to end happily.	τελική σκηνή	95
for a reason	prep phr	because of something	I'm hiding the diary for a reason . I don't want anybody to read it.	δικαιολογημένα, για κάποιο λόγο	98
for instance	prep phr	for example	For instance , in many jobs, people can work from home.	για παράδειγμα	98
for short	prep phr	used as a shorter way of saying a name	Her name is Emily but her friends call her Em for short .	εν συντομία	98
for sure	prep phr	used to emphasize that something is true	We'll win the game, for sure . Our team's much better than theirs.	σίγουρα, αδιαμφισβήτητα	98
genre	n	a particular type of art which has certain features that all examples of this type share	He loves films and novels in the horror genre .	είδος	96
genuinely	adv	used for emphasising a particular quality	Jake was genuinely interested in writing stories.	ειλικρινά, αληθινά	93
give in	phr v	to finally agree to do or accept something that you had at first opposed, especially because someone has forced or persuaded you to	He insisted that I watch the new spy film with him and eventually I gave in .	ενδίδω, υποκύπτω	95
go blank	phr	if your mind goes blank, or if you go blank, you are suddenly unable to remember something	When she opened her notebook to start her story, her mind went blank and she wrote nothing.	μπλοκάρω, αδειάζει το μυαλό μου	93
go for (sth)	phr v	to choose something	We always go for action films when we watch films at home because they're exciting.	διαλέγω, επιλέγω	95
happy ending	phr	when a story finishes in a positive way	It was an interesting story that finished with a happy ending .	ευτυχής κατάληξη	95
horrified at	adj + prep	very upset	Ben was horrified at the thought of disappointing his friends.	τρομοκρατημένος	98

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
illustrations	n	pictures in a book, especially ones that help you to understand it	Our new text book is filled with illustrations and colour photos.	εικονογραφήσεις	95
in conclusion	prep phr	used in a piece of writing or a speech to show that you are about to finish what you are saying	In conclusion , I would like to say how much we enjoyed your talk.	συμπερασματικά, εν κατακλείδι	98
in general	prep phr	usually or in most situations	In general , only a very small number of authors become famous.	γενικά	98
in particular	prep phr	especially	I enjoyed the book, in particular the scene near the river.	συγκεκριμένα, ειδικότερα	98
in progress	prep phr	happening now, and not yet finished	A book launch is in progress in the local book shop.	σε εξέλιξη	98
in theory	prep phr	something that is true in theory is supposed to be true, but might not really be true or might not be what will really happen	In theory , schools should have enough money to buy new books each year.	θεωρητικά	98
insist on	phr	to keep doing something, especially something that is inconvenient or annoying	The teacher insists on giving us homework every lesson.	επιμένω	97
interested in	adj + prep	giving a lot of attention to something because you want to find out more about it	The students were interested in starting their own online businesses.	με ενδιαφέρει	98
involved in	adj + prep	to take part in an event	Harry was involved in an accident on his way home from school.	εμπλεκόμενος	98
laugh out loud	phr	to laugh heartily	He's one of my favourite writers and his books make me laugh out loud .	ξεκαρδίζομαι, γελάω δυνατά	audio script 7.12
leave out (sth)	phr v	to not include something	The editor left out some scenes from the book, which she didn't think were suitable for children.	αποκλείω, αφήνω απέξω	95
let-down	n	disappointment	I was disappointed that the end of the book was such a let-down .	απογοήτευση	audio script 7.5
limited to	adj + prep	to happen only in a particular area of activity	With three children, I'm limited to working during school hours.	περιορισμένος	98
look up	phr v	if a situation is looking up, it is improving	Things are looking up for Jess. Her first novel is finally going to be printed.	φτιάχνω, βελτιώνομαι	95
main character	phr	a leading person in a book, play, film, etc.	Who plays the main character in that film? He's a brilliant actor.	βασικός χαρακτήρας	95
make-believe	adj	when you imagine or pretend that something is real or true	Children love to hear stories of a make-believe world.	φανταστικός, προσποιητός	93
memorable	adj	very good, enjoyable or unusual, and worth remembering	We wanted to organise a memorable day with all the family.	αξιομνημόνευτος, αξιόλογος	93

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
mind goes blank	phr	if your mind goes blank, you are suddenly unable to remember something	When she opened her notebook to start her story, her mind went blank and she wrote nothing	μπλοκάρω, αδειάζει το μυαλό μου	93
novel	n	a long written story in which the characters and events are usually imaginary	The novel <i>Jane Eyre</i> by Charlotte Brontë was published in 1847.	μυθιστόρημα	95
on demand	prep phr	TV on demand allows its users to watch TV shows and movies whenever they want	With TV on demand we can now watch our favourite programmes whenever we want.	κατά παραγγελία	98
on loan	prep phr	if something is on loan, it has been borrowed	I've got four books on loan from the library.	υπό τη μορφή δανείου, για προσωρινή χρήση	98
on my/your/our way	prep phr	travelling towards a particular place	We're on our way and will be there in ten minutes.	καθ'οδόν	98
on screen	prep phr	in films	His first appearance on screen was in a sci-fi film.	τηλεοπτικός ή κινηματογραφικός	98
on second thoughts	prep phr	used to say that you have just changed your mind about something	We'll get that book for school tomorrow - no on second thoughts , we'll get it today.	τώρα που το ξανασκέφτομαι	98
paperback	n	a book with a stiff paper cover	His recent novel is now available in paperback .	χαρτόδετο βιβλίο	95
passage	n	a short part of a book	The teacher read a passage from the book and the students discussed it.	απόσπασμα	95
persuade	v	to make someone do something, especially by giving them reasons why they should do it, or asking them many times to do it	I'm glad you persuaded me to read that book. I really enjoyed it.	πείθω	97
predictable	adj	if something is predictable, you know what will happen - sometimes used to show disapproval	The plot of the book is so predictable - you just know what's going to happen.	προβλέψιμος	audio script 7.5
print	v	to produce many printed copies of a book	The book is going to be printed in ten different languages.	εκτυπώνω, εκδίδω	95
publisher	n	a person or company whose business is to arrange the writing, production and sale of books, newspapers, etc.	After being editor for a year, he became publisher of an international newspaper.	εκδότης, εκδότρια	95
rave reviews	phr	strong praise for a new play, book, etc., especially in a newspaper or magazine	The media loved the film and gave it rave reviews .	διθυραμβικές κριτικές	95
realise	v	to suddenly begin to understand something	When did you realise you wanted to become a writer?	συνειδητοποιώ	95
refuse	v	to say firmly that you will not do something that someone has asked you to do	I refuse to write poetry. I don't like it and I prefer to write short stories.	αρνούμαι	97

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
respectful of	adj + prep	showing respect	The children were very respectful of their new teacher and behaved well.	που δείχνει σεβασμό	98
ripped	adj	badly torn	Her trousers were ripped at the knees when she fell over.	σκισμένος	97
script	n	the written form of a play	My best friend is writing a script for a radio play.	σενάριο	96
scriptwriting	n	the activity of writing scripts	You love films and you enjoy writing. Why don't you try a course in scriptwriting ?	συγγραφή σεναρίων	97
series	n	a set of television programmes that have the same characters, and are usually broadcast every week or several times a week	A new comedy series is starting on TV tonight.	τηλεοπτική σειρά	95
similar to	adj + prep	almost the same as something else	Your story idea is very similar to mine.	παρόμοιος	98
slow at	adj + prep	taking a longer time than others	Evie is slow at reading and takes much longer than her friends to finish a book.	αργός	98
special effects	phr	an unusual image or sound that has been produced artificially to be used in a film or television programme	The special effects in action films are often very good, with lots of unusual sounds and images.	ειδικά εφέ	95
special effects	n	unusual images or sounds that have been produced artificially to be used in a film or television programme	The special effects were a bit disappointing. They didn't look very impressive!	ειδικά εφέ	95
spooky	adj	strange or frightening in a way that makes you think of ghosts	The darkly lit room created a spooky atmosphere.	ανατριχιαστικός, τρομακτικός	93
successful in	adj + prep	a successful person is very well known and respected	She's very successful in her work as a publisher and owns several magazines.	επιτυχημένος	98
surprised at	adj + prep	having a feeling of surprise	I was surprised at the bad language in the film.	έκπληκτος	98
take in (sth)	phr v	to understand and remember new facts and information	I can't take in the fact that you're now a famous writer.	καταλαβαίνω	95
threaten	v	to be likely to have bad effect on something	Do you think now more people buy ebooks that this will threaten the book industry? I think people will still read print books too.	απειλώ	97
typical of	adj + prep	having the usual features	His behaviour is typical of somebody who is having a difficult time.	χαρακτηριστικός, αντιπροσωπευτικός	98
unexpected twist	phr	change in a situation which is surprising because you were not expecting it	We were surprised by the unexpected twist in the plot. We had no idea that would happen.	απροσδόκητη τροπή	95
universe	n	a world or an area of space that is different from the one we are in	Our understanding of the universe and the planets and stars in it is improving day by day.	σύμπαν	93

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Core Vocabulary		Part of Speech	Definition	Example	Greek Translation	Page
weak storyline	phr	the main set of related events in a story that is not amusing or interesting		The novel has a weak storyline that isn't interesting and doesn't hold the reader's attention.	αδύναμη πλοκή / ιστορία	95
Extra Vocabulary		Part of Speech	Definition	Example	Greek Translation	Page
apprehensive	adj	worried or nervous about something that you are going to do, or about the future		I was a bit apprehensive about watching the film version of the book.	αγχωμένος	audio script 7.5
be into sth	phr	to like and be interested in something		My mum is really into drama books.	μου αρέσει	93
come up with sth	phr v	to think of an idea, answer, etc.		One company came up with an idea to print short stories on paper, like a receipt you'd get in a shop.	σκέφτομαι, επινοώ	audio script 7.5
comic	adj	amusing you and making you want to laugh		I think there were some great comic moments in the film.	κωμικός	104
complement	v	to make a good combination with someone or something else		Today we'll look at how a certain melody can complement a well-written script.	συμπληρώνω, εξισορροπώ	audio script 7.5
contrary to	adj	conflicting with; opposed to		Contrary to all my expectations, the film was very true to the book.	αντίθετα με	audio script 7.5
drive sb mad	phr	make someone feel very annoyed		Do you always have to be late for everything? Honestly, you drive me mad!	τρελαίνω, εξοργίζω	audio script 7.5
enhance	v	to improve something		A good melody in a film can enhance an actor's performance.	βελτιώνω	audio script 7.5
flames	n	hot bright burning gas that you see when something is on fire		Huge flames have completely destroyed the building.	φλόγες	94
forward	v	to send letters, information, etc. to someone		I don't need to go through all the reviews. My agent just forwards me anything of interest.	προωθώ	audio script 7.5
freaked out	adj	very anxious, upset or afraid		I'm never really freaked out when watching horror films.	φρικαρισμένος	93
get into sth	phr v	to start doing something or being interested in something		A few years ago I started getting into horror stories.	αρχίζω να ενδιαφέρομαι	92
haunted	adj	a haunted building is believed to be visited regularly by the soul of a dead person		I love all those spooky tales of haunted houses and zombies.	στοιχειωμένος	93
have sentimental value	adj	be important because of your feelings or memories relating to them		This book has sentimental value for me.	έχω συναισθηματική αξία	audio script 7.5

UNIT 7

Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
jump on the bus	phr	get on the bus	Have you ever jumped on the bus or train and realised you've left your latest paperback at home or forgotten to download something to read?	ανεβαίνω / μπαίνω στο λεωφορείο	audio script 7.5
make out	phr v	to say that something is true when it is not	Jake started making out that he was ill, but I think he just didn't want to go to the party.	σκαρφίζομαι, επινοώ	audio script 7.5
nasty	adj	nasty behaviour or remarks are extremely unkind and unpleasant	Reading the nasty comments about his latest performance really crippled his self-esteem.	κακός, μοχθηρός	95
reinforce	v	to give support to an opinion, idea or feeling, and make it stronger	A good soundtrack can reinforce dramatic developments in films.	ενισχύω	audio script 7.5
rubbish at	adj	not skilful at a particular activity	You haven't read my texts, have you? You're rubbish at checking your messages!	δεν το 'χω, δεν είμαι καλός στο	audio script 7.5
self-confidence	n	sure that you can do things well, that people like you, etc.	Too much criticism is damaging to your self-confidence .	αυτοπεποίθηση	audio script 7.5
suspense	n	a feeling of excitement or anxiety when you do not know what will happen next	I get such an adrenaline rush from the suspense in horror films.	αγωνία	93
switch off	phr v	to relax for a short time	For me, horror stories are the best way to switch off .	'κλείνω το διακόπτη', χαλαρώνω	93
warn sb against	phr v	to advise someone not to do something because it may have dangerous or unpleasant results	My parents warned me against going into acting, but I ignored their advice and I don't regret it now.	προειδοποιώ	97
wind down	phr v	to rest and relax after a lot of hard work or excitement	Reading books is a good way to wind down after a hard day at work.	χαλαρώνω	93

UNIT 8

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
admiration	n	a feeling of great respect and liking for something or someone	I'm full of admiration for what my parents have achieved in their professional lives.	θαυμασμός	109
anti-social	adj	anti-social behaviour is violent or harmful to other people, or shows that you do not care about other people	Luke was getting into trouble for his anti-social behaviour.	αντί-κοινωνικός	109
appreciate	v	to understand how good or useful someone or something is	Do your friends appreciate all the time you spend helping them?	εκτιμώ	110
arrogant	adj	behaving in an unpleasant or rude way because you think you are more important than other people	The way she behaved towards her fellow students was very arrogant and superior.	υπερόπτης, αλαζόνας	109
be good fun	phr	to be pleasant and enjoyable	Cherry is good fun and makes me laugh.	έχω πλάκα, είμαι διασκεδαστικός	111
bear (sth) in mind	phr	to remember a fact or piece of information that is important or could be useful in the future	Bear in mind that, when you go into the exam, you need to focus on what you have learnt over the years.	έχω στο μυαλό μου	112
belief	n	the feeling that someone or something is good, important or right	It's important that you have belief in yourself.	πίστη	110
build up your strength	phr	to develop physical power	By walking and going to the gym, you can build up your strength .	αυξάνω τη δύναμή μου, δυναμώνω	112
carry on (doing sth)	phr v	to continue doing something	They carried on with the concert despite the loud thunder outside.	συνεχίζω	112
cheerful	adj	happy, or behaving in a way that shows you are happy	Sometimes it's difficult to remain cheerful when things are going wrong, but I try!	χαρωπός	109
clear (sth) up	phr v	to explain or solve something	Can we clear up these few points before we have our meeting next week?	ξεκαθαρίζω	112
come across (as)	phr v	if someone comes across in a particular way, they seem to have particular qualities	She comes across as bossy but really she just enjoys organising people.	δίνω την εντύπωση, δημιουργώ εντύπωση	112
compulsory	adj	something that is compulsory must be done because it is the law or because someone in authority orders you to	Maths and English are usually compulsory but other subjects like music and art are not.	υποχρεωτικός	110
cooperative	adj	willing to cooperate	Our teacher said we were a very cooperative and helpful class.	συνεργάσιμος	109
courageous	adj	brave	I thought Malcolm was very courageous when he rescued the dog from the river.	γενναίος	109
courteous	adj	polite and showing respect for other people	I was impressed by how courteous the local schoolchildren were when we visited them.	ευγενής	109
crash course	phr	a course in which you learn a lot about a particular subject in a very short period of time	I had to do a crash course in computer technology before I could get the job.	ταχύρρυθμο μάθημα	107

UNIT 8

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
creepy	adj	making you feel nervous and slightly frightened	The film had some really creepy music and I felt a bit scared.	τρομακτικός, φοβιστικός	111
defensive	adj	behaving in a way that shows you think someone is criticising you even if they are not	If you criticise her at all, she gets very defensive and doesn't want to listen.	αμυντικός	109
demanding	adj	needing a lot of ability, effort or skill	Looking after a small puppy is very demanding – they need constant attention!	απαιτητικός	109
discipline	n	the ability to control your own behaviour, so that you do what you are expected to do	If you want to get all your studying done on time, you need a certain amount of discipline .	πειθαρχία	109
duo	n	two people who perform together	They are a really funny comedy duo . They work well as a pair!	δυάδα, ντουέτο	110
eccentric	adj	behaving in a way that is unusual and different from most people	Some of the most interesting people are a bit eccentric and like to be different from other people.	εκκεντρικός	109
exhilarating	adj	making you feel happy, excited and full of energy	The fast ride on the speedboat was exhilarating .	απολαυστικός, αναζωογονητικός	110
fill sb in (on sth)	phr v	to tell someone about recent events, especially because they have been away from a place	I'll fill you in on what we decided to do, if you've got a few minutes.	ενημερώνω	112
flamboyant	adj	behaving in a confident or exciting way that makes people notice you	He's a pop star, wears outrageous clothes and is a flamboyant character!	επιδεικτικός, κραυγαλέος	109
flexibility	n	the ability to change or be changed easily to suit a different situation	Flexibility is an important quality to have when you're trying to make arrangements with others.	ευελιξία, προσαρμοστικότητα	109
get along (with)	phr v	to have a friendly relationship with somebody	It isn't difficult to get along with Simon since he's so friendly.	τα πάω καλά (με)	112
get over (sth)	phr v	to begin to feel better after a very upsetting experience	Fortunately, she's got over the break-up of her favourite band now.	ξεπερνώ	112
get rid of	phr	to take action so that you no longer have something unpleasant that you do not want	Get rid of any doubts you have and focus on success.	ξεφορτώνομαι	audio script 8.3
hang out (with)	phr v	to spend a lot of time with particular people	Who is Ben hanging out with at the moment?	συχνάζω	112
have a chat	phr	to talk in a friendly informal way, especially about things that are not important	Texting is great but sometimes having a chat face-to-face is better!	κάνω ψιλοκουβεντούλα	109
have a lot in common with	phr	to have the same interests, attitudes, etc. as someone else	As soon as Keri came to our school and I got to know her, I realised I had a lot in common with her.	έχω πολλά κοινά με	109
have a negative effect (on)	phr	to influence something in a bad manner	If you don't have enough sleep it can have a negative effect on your progress at school.	έχω αρνητική επίπτωση	112

UNIT 8

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
have a word with (sb)	phr	to argue	My dad had a word with my sister about the state of her room – and for once it's tidy!	κουβεντιάζω	109
have difficulty with	phr	if you have difficulty doing something, it is difficult for you to do	If you have difficulty with the maths problems, just ask for advice.	δυσκολεύομαι	109
have nothing to do with	phr	if you have nothing to do with someone or something, or if someone or something has nothing to do with you, you are not involved or connected with it	Looks have nothing to do with a person's character.	δεν έχω καμία σχέση με	109
have nothing to lose	phr	if you have nothing to lose, it is worth taking a risk because you cannot make your situation any worse	Alex thought he had nothing to lose and he might as well enter the competition.	δεν έχω τίποτα να χάσω	112
have serious doubts about	phr	to have a strong feeling of being not sure whether something is true	They had serious doubts about the boy's honesty.	έχω σοβαρές αμφιβολίες σχετικά με	109
head (in a direction)	v	to go or travel towards a particular place, especially in a deliberate way	It's time we were heading for home I think.	κατευθύνομαι	107
honesty	n	the quality of being honest	The girl who found the wallet and handed it in to the police station was praised for her honesty .	τιμότητα, εντιμότητα	109
immature	adj	someone who is immature behaves or thinks in a way that is typical of someone much younger – used to show disapproval	Tom doesn't act his age and seems rather immature .	ανώριμος	109
irresponsible	adj	doing careless things without thinking or worrying about the possible bad results	If you behave in an irresponsible way, then you won't be allowed on the next school trip.	ανεύθυνος	109
keep (sb) waiting	phr	to make someone wait before you meet them or see them	David is always on time for his appointments and never keeps people waiting .	κάνω (κτ) να περιμένει	109
keep (sth) in mind	phr	to remember a fact or piece of information that is important or could be useful in the future	I didn't know that Harry was busy with exams but I'll keep it in mind when I start planning my party.	έχω στο μυαλό μου, θυμάμαι	109
keep (sth) tidy	phr	to keep something neatly arranged in the right place	I find it so hard to keep my room tidy but my parents keep on telling me to do something about it.	διατηρώ (κτ) σε τάξη, κρατώ (κτ) τακτοποιημένο	109
keep a secret	phr	to not tell anyone about a secret that you know	I wouldn't tell Felix because I know he can't keep a secret and he'll tell everyone.	κρατάω μυστικό	109
keep in touch	phr	to have the latest information or knowledge about someone	I like to keep in touch with my cousins in America.	κρατάω επαφή	109
keep your mouth shut	phr	to not tell other people about a secret	I don't like knowing secrets because I find it difficult to keep my mouth shut .	κράτα το στόμα σου κλειστό, μην μιλάς	109
look up to (sb)	phr v	to admire or respect someone	I look up to anyone who has succeeded in life.	θαυμάζω	112

UNIT 8

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
loyalty	n	the quality of remaining faithful to your friends, principles, country, etc.	Loyalty to your family is an important characteristic.	πίστη, αφοσίωση	109
lunatic	adj, n	very crazy or unrealistic	He had a lunatic idea of forming a band – lunatic because none of us could play any instruments well enough.	τρελός, παλαβός	107
make allowances (for sb/sth)	phr	to let someone behave in a way you do not normally approve of, because you know there are special reasons for their behaviour	The teachers were not going to make any allowances for students who'd been on the school trip – they still had to give in all their work on time.	ανέχομαι, είμαι επιεικής	107
miracle	n	something very lucky or very good that happens which you did not expect to happen or did not think was possible	It will be a miracle if the sun is shining on Saturday for the school fair.	θαύμα	111
mutter	v	to speak in a low voice, especially because you are annoyed about something, or you do not want people to hear you	If you mutter like that I can't hear what you're saying.	μουρμουρίζω	107
pampered	adj	spoiled	Bobbie's dog is very pampered and gets dog chocolates every day!	καλομαθημένος	107
pay attention to	phr	to watch, listen to or think about someone or something carefully	Molly tried to pay attention to what the speaker was saying but she was so tired, she fell asleep!	προσέχω, δίνω προσοχή	112
pick yourself up off the floor	phr	to improve, specially after some bad events in your life	When bad things happen, you just have to pick yourself up off the floor and find some energy to carry on.	βρίσκω τη δύναμη να προχωρήσω	112
possessive	adj	wanting someone to have feelings of love or friendship for you and no one else	It's no use being possessive with your friends – they have to feel free to have other friends as well.	κτητικός	109
put sb off (doing sth)	phr v	to make you dislike something or not want to do something	Just because Jake didn't like the film, don't let that put you off . You might enjoy it!	αποθαρρύνω	112
put up with	phr v	to accept an unpleasant situation without complaining	I can put up with some things but I can't put up with his continual lateness.	ανέχομαι	112
reach out to	phr v	to show people that you are interested in them and want to listen to them	To get support for our campaign, we can reach out to lots more people through social media.	απευθύνομαι, προσεγγίζω	112
set yourself a goal	phr	to say what you will or must try to achieve	What language learning goal are you setting yourself this month?	θέτω ένα στόχο	112
slouch	v	to stand, sit or walk with a slouch	Don't slouch like that, stand up straight!	καμπουριάζω	107

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
speak up	phr v	to say something, especially to express your opinion	If you disagree with someone, it's best to speak up because otherwise they'll think you agree with them!	εκφράζω τη γνώμη μου	112
spoiled	adj	a spoiled person, especially a child, is rude and behaves badly because they have always been given what they want and allowed to do what they want	Hugo isn't at all spoiled , which is surprising since he's an only child.	κακομαθημένος	107
stand up for (sth/sb)	phr v	to support or defend a person or idea when they are being attacked	Stand up for what you believe in.	υπερασπίζομαι, υποστηρίζω	112
stream	v	to flow quickly and in great amounts	The crowds streamed into the concert hall before the concert.	συναθροίζομαι, συρρέω	107
stubborn	adj	determined not to change your mind, even when people think you are being unreasonable	Once Jill has made up her mind about something, she can be really stubborn and won't listen to what others say.	πεισματάρης	109
sympathy	n	a feeling that you understand someone because you are similar to them	The headteacher had no sympathy for the students who were caught cheating in the exam.	συμπόνοια	109
take a deep breath	phr	to pause in order to relax, gather your thoughts and calm your nerves	Before you go out on stage to perform, take a deep breath to calm your nerves.	παίρνω μια βαθιά ανάσα	112
take up with (sb)	phr v	to become friendly with someone, especially someone who may influence you badly	When they moved to a different neighbourhood, Liam took up with a bad crowd.	κάνω παρέα	112
talkative	adj	someone who is talkative talks a lot	Sometimes I avoid phoning Liz because she's so talkative and I hardly get to say anything.	ομιλητικός	109
there's no point in (doing sth)	phr	there's no purpose or aim of something	There's no point in not talking to her – you might as well try to clear the air and be friends again.	δεν έχει νόημα, δεν ωφελεί	112
thoughtful	adj	always thinking of the things you can do to make people happy or comfortable	It was very thoughtful of you to make me a cake for my birthday.	συμπνευτικός, που σκέφτεται τους άλλους	109
venue	n	a place where an organised meeting, concert, etc. takes place	Where's the venue for next month's concert?	χώρος, τοποθεσία	110
waste time (doing sth)	phr	to spend time on something that is unnecessary	Don't waste time playing video games when you should be studying!	χάνω / χαραμίζω το χρόνο μου	112
willingness	n	the state of being prepared to do something	Her willingness to help made a real impression on me.	θέληση	109

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Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
bug sb	v	to annoy someone	It just bugs me that I have to work so many extra hours for no extra money.	ενοχλώ	audio script 8.5
dribble	v	to move the ball along with you by short kicks, bounces or hits in a game of football, basketball, etc.	He was trying to dribble the ball past his opponents.	κάνω ντρίμπλα	107
feel blue	phr	to be sad	Sad movies make me feel blue .	μελαγχολώ	audio script 8.5
get a buzz	phr	when something causes a strong feeling of excitement and pleasure	Playing well gets me a buzz .	μου αρέσει	audio script 8.3
jerk	v	to move with a quick sudden movement	Wilcox jerked his head to indicate that they should move on.	τινάζομαι, πετιέμαι	107
zone out	phr v	to stop paying attention, for example because you are bored or tired	He tends to zone out when I talk to him about my job.	χαζεύω	audio script 8.7

UNIT 9

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
according to research	coll	as shown by a study	According to research , men spend more time getting ready than women.	σύμφωνα με έρευνα / έρευνες	123
addictive	adj	so enjoyable that you do not want to stop	This new series is addictive . You watch one episode and you want to watch another one straight away!	εθιστικός	audio script 9.12
adrenalin	n	a chemical produced by your body when you are afraid, angry or excited, which makes your heart beat faster	There's nothing like a very scary film to get the adrenalin going.	αδρεναλίνη	124
ambitious	adj	determined to be successful, rich, powerful	He is young and very ambitious . His goal is to own his own business.	φιλόδοξος	126
base a decision on (sth)	coll	when you base a decision on something it means that you use a particular ideal when making the decision	Alex's often bases his decisions on gut instinct.	βασίζω μια απόφαση, αποφασίζω	123
be at the centre of (sth)	phr	if a person or thing is at the centre of something that is happening, they are involved in it more than other people or things	Carrie likes organising things. She's always at the centre of events.	είμαι στο επίκεντρο	123
be obsessed with style and image	coll	to think about fashion all the time so that you cannot think about anything else	Lily is obsessed with style and image . She's always buying new clothes and following all the latest fashions online.	είμαι κολλημένος / έχω εμμονή με το στυλ και την εικόνα μου	126
be torn between two choices	phr	to have difficulties choosing between two things	I'm torn between two choices . Do I go to the beach with my family on Saturday or go to the new shopping mall with my friends?	είμαι διχασμένος	123
beware	v	used to warn someone to be careful because something is dangerous	Our neighbour has a sign on his gate which says ' Beware of the dog!'.	προσέχω	121
busy	adj	a pattern or design that is busy is too full of small details – used to show disapproval	That is a very busy outfit! You are wearing lots of patterns and colours together!	απασχολημένος	127
carry out research	coll	to conduct a study	Experts have carried out research into how certain style trends become popular.	διεξάγω έρευνα	123
carry weight	phr	if something carries weight, it is important and influences people	She knew that her opinion carried very little weight .	έχει βαρύτητα / σημασία	123
casual	adj	not formal or not for a formal situation	I like wearing casual clothes at home, and smart clothes when I go out.	καθημερινός	127
challenge a decision	coll	to refuse to accept that a decision is right, fair or legal	Rob challenged his parents' decision to take away his phone as he felt it was unfair.	αμφισβητώ / προσβάλλω μια απόφαση	123
change your mind	coll	to change your decision, plan or opinion about something	If you change your mind about going to the cinema let me know. I'll be leaving at 6 p.m.	αλλάζω γνώμη	123

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
come to a decision	coll	to make a decision after long thinking	Have you come to a decision yet about which film you want to watch? You've been looking at the list of films for ages!	αποφασίζω, καταλήγω σε μια απόφαση	123
community	n	the people who live in the same area, town, etc.	The library serves everybody in the community .	κοινότητα	124
confident	adj	not shy or nervous in social situations	She's a very confident person and finds it easy talking to new people.	σίγουρος, γεμάτος αυτοπεποίθηση	126
confidential	adj	spoken or written in secret and intended to be kept secret	This is confidential information – no one else is allowed to read it.	εμπιστευτικός	126
consider	v	to think about something carefully, especially before making a choice or a decision	I want you to consider the options carefully before making a decision.	σκέφτομαι, λαμβάνω υπόψη	123
consideration	n	careful thought and attention, especially before making an official or important decision	A big decision like this requires a great deal of thought and consideration .	σκέψη, μελέτη	123
consult	v	to ask for information or advice from someone because it is their job to know something	You should always consult your doctor before starting exercise again after an injury.	συμβουλευόμαι	123
consultation	n	a meeting with a professional person, especially a doctor, for advice or treatment	Doctors allow about ten to fifteen minutes for each consultation with a patient.	σύσκεψη, διαβούλευση	123
conventional	adj	describing things that have been used for a long time and are considered the usual type	I don't like to wear conventional clothes. I like to look a bit different!	συμβατικός, κλασικός	audio script 9.12
convince	v	to persuade someone to do something	I've been trying to convince Sam to come with me.	πείθω	124
encourage (sb) to speak their mind	coll	to persuade someone to tell others exactly what they think, even if it offends them	My parents are interested in my opinion and encourage me to speak my mind .	ενθαρρύνω (κπ) να εκφράσει τη γνώμη του	123
evaluate	v	to judge how good, useful or successful something is	It's important to learn how to evaluate your work so that you can identify your strengths and weaknesses.	εκτιμώ, αποτιμώ	123
evaluation	n	a judgment about how good, useful or successful something is	For school we have to write an evaluation of our performance in each subject, suggesting where we can improve.	εκτίμηση, αποτίμηση	123
experiment with new looks	coll	to test a look that is different from the one before	Rosa loves to experiment with new looks . Today she's wearing a red and orange striped shirt with a denim skirt.	πειραματίζομαι με νέο λουκ	126
experimental	adj	using new ideas or methods	Some of my friends don't like to wear what is in fashion. They prefer to be experimental with their fashion choices!	πειραματικός	131

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
faulty	adj	not working properly, or not made correctly	This laptop is faulty so I've decided to take it back to the shop and exchange it for a new one.	ελαττωματικός	126
feel under pressure to wear (sth)	coll	to be influenced by others to wear something	I like wearing jeans and a T-shirt but I often feel under pressure to wear more formal clothes when I go out.	νιώθω υποχρεωμένος να φοράω	126
filter	v	to remove unwanted substances from water, air, etc. by passing it through a special substance or piece of equipment	The water is filtered in order to remove any dirt.	φιλτράρω	121
follow the crowd	coll	to do the same thing that most other people are doing, without really thinking about it for yourself – used to show disapproval	I know it's boring, but I like to wear the same as my friends and just follow the crowd .	ακολουθώ, αντιγράφω	126
foolish	adj	a foolish action is stupid and shows that someone is not thinking sensibly	It would be foolish to ignore his advice.	άνοητος	131
formal	adj	a formal event is important, and people who go to it wear special clothes and behave very politely	It's important to wear the right clothes when you go to a formal event.	επίσημος	127
founder	n	someone who establishes a business	The shop is still run by the founder and his two sons.	ιδρυτής	121
get crammed	phr	to be in a room or a space that is full of people	I don't like travelling by train in the rush hour because everyone gets crammed in and there's no space to move.	είμαι ασφυκτικά γεμάτος	121
have a crazy dress sense	coll	to dress in an extraordinary way	My sister has a crazy dress sense! Today she's wearing green tights with bright purple boots.	έχω περίεργη αίσθηση ντυσίματος, έχω περίεργο στυλ ντυσίματος	126
have a Plan A and a Plan B	phr	to have a plan and a back up plan for the future	I have a Plan A and a Plan B for my future career. My Plan A is to study mechanical engineering and if I can't get into university, I'll study motor mechanics at college.	έχω ένα βασικό πλάνο κι ένα εφεδρικό	123
have an issue with (sth)	coll	to have a problem with accepting something	My mum doesn't have an issue with my older brother's tattoos. In fact she really likes them.	έχω θέμα με	126
have second thoughts	phr	to start having doubts about a decision you have made	I'm starting to have second thoughts about this holiday. I'm not sure I really like the idea of sharing a tent with my sister for a whole week!	αμφιταλαντεύομαι	123
hidden	adj	not easy to notice or realise	At summer camp, Oscar discovered he had a hidden talent for cooking.	κρυμμένος	124

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
homesick	adj	feeling unhappy because you are a long way from your home	Away from family and in a new city, Jack felt homesick .	που νιώθει νοσταλγία για το σπίτι του	124
independent	adj	confident and able to do things by yourself in your own way, without needing help or advice from other people	Jo is an independent young woman. She doesn't need to ask for help or permission to do things.	ανεξάρτητος	126
influential	adj	having a lot of influence and therefore changing the way people think and behave	Sports stars, such as famous footballers, are very influential with young people these days. They like to try to copy them.	σημαντικός, που ασκεί επιρροή	128
intelligent	adj	an intelligent person has a high level of mental ability and is good at understanding ideas and thinking clearly	They are highly intelligent students who regularly get A grades for their work.	ευφυής	126
intend	v	to have something in your mind as a plan	What do you intend to do when you leave school? Are you going to study or get a job?	σκοπεύω, έχω την πρόθεση να	123
intention	n	desire to do something	Mark says he's got no intention of getting married when he's older.	πρόθεση	123
involve (sb) in a decision	coll	to include someone in the process of making decisions	I think it's important for parents to involve their children in decisions because it helps them develop useful decision-making skills.	εμπλέκω / περιλαμβάνω (κπ) σε μια απόφαση	123
judge	v	to decide on the result of a competition	Our art teacher and a local painter judged the school art competition.	κρίνω	123
judgement	n	an opinion formed	You shouldn't make a judgement about people based on how they look.	κρίση, άποψη	126
judgemental	adj	criticising people very quickly	I think you're being too judgemental and criticising him unfairly.	επικριτικός	126
know your own mind	coll	to be confident and have firm ideas about what you want and like	Ian definitely knows his own mind and he isn't afraid to tell people his opinion on things!	ξέρεις καλά τι θέλεις	123
look really cool	coll	to look attractive or interesting	I love your new trainers – they look really cool !	δείχνω ωραία	126
make a decision	coll	to decide	I find it hard to make a decision when I'm given too many choices.	παίρνω μια απόφαση, αποφασίζω	121
make up your mind	coll	to decide which of two or more choices you want, especially after thinking for a long time	I can't make up my mind whether to wear the red or black shirt to the party. What do you think?	παίρνω μια απόφαση, αποφασίζω	123
moody	adj	often changing quickly from being in a good temper to being in a bad temper	I wish my brother wasn't so moody . He's so difficult to live with at times!	κυκλοθυμικός	127
neat	adj	tidy and carefully arranged	Your room is so neat . How do you manage to keep it so tidy?	τακτοποιημένος	127

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
obsessed	adj	thinking or worrying about something all the time, so that you cannot think about anything else	He's obsessed with how he looks. He's always looking in the mirror or taking selfies.	κολλημένος	126
obsessive	adj	thinking or worrying about something all the time, so that you do not think about other things enough	She's obsessive about football. She's always either watching or playing it.	εμμονικός, υπερβολικός	126
patient	adj	able to wait calmly for a long time or to accept difficulties, people's annoying behaviour, etc. without becoming angry	Just be patient and wait. It will be your turn soon.	υπομονετικός	126
patterned	adj	decorated with a pattern	What do you think? Should I buy the patterned top or the plain one?	με σχέδιο	127
pick up bargains	coll	to buy something cheaply or for less than its usual price	I love picking up bargains in the sales. In fact I never pay full-price for my clothes.	αγοράζω σε προσφορά	126
plain	adj	without anything added or without decoration	I like wearing plain clothes. Without any patterns they match everything.	απλός	127
poised	adj	not moving, but ready to move or do something at any moment	All the athletes waited at the start line of the race, poised for action.	έτοιμος, ετοιμοπόλεμος	121
proposal	n	a plan which is made formally to an official person or group	The school has made a proposal to extend the main building and construct a new science lab and sports hall.	πρόταση, εισήγηση	123
propose	v	to suggest something as a plan	What does the school propose to do with the money it has received from the council?	προτείνω, εισηγούμαι	123
proposition	n	something that is suggested or considered as a possible thing to do	Playing football in the rain was not a very attractive proposition so Sam decided to stay at home.	πρόταση, προσφορά	131
put an outfit together	coll	to combine clothes and accessories in a fashionable way	Emma's really good at putting an outfit together . She just seems to know what styles and colours go together well.	ταιριάζω ρούχα και αξεσουάρ για ένα ολοκληρωμένο ντύσιμο	126
quiet	adj	without much activity or without many people; to have a quiet night means an evening when you stay at home and relax	I would like to have a quiet night at home instead of going to the party.	ήρεμος, ήσυχος	127
research reveals (sth)	coll	if a research reveals something it means that its results show something	Recent research has revealed that people who make decisions quickly are often happier.	η έρευνα καταδεικνύει	123
scruffy	adj	dirty and untidy	You're so scruffy ! Why can't you take more care with your clothes?	ατημέλητος, απεριποίητος	127
select	v	to choose something by thinking carefully about which is the best, most suitable, etc.	I need to select which university I'm going to apply for, but there are so many great ones to choose from!	επιλέγω	123

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
selection	n	a group of things that someone has chosen	Do you like this playlist? It's a selection of my favourite songs.	επιλογή	123
short-sighted	adj	not considering the possible effects in the future of something that seems good now – used to show disapproval	It is very short-sighted of the school not to provide lessons in coding as it's the language of the future.	κοντόφθαλμος	121
skip	v	to not read something that would normally come or happen next	I'm going to skip this section of the book and get to the more interesting part.	αφήνω, περνάω	121
sleep on it	phr	to not make a decision about something important until the next day	If you can't decide what to do, my advice is to sleep on it . You'll think more clearly in the morning after a good night's rest.	το ξανασκέφτομαι και αποφασίζω αργότερα	121
smart	adj	smart clothes are clean, tidy and attractive	That's a really smart outfit! You look ready for your interview!	κομψός	127
speak out about (sth)	phr	to publicly speak in protest about something, especially when protesting could be dangerous	It's important to speak out about something that you feel is wrong or unfair. If you keep quiet, nothing will change.	μιλώ ανοιχτά για (κτ)	123
split second	n	an extremely short period of time	There was no time to think – we had to make a split second decision: Should we get on the train or stay?	κλάσμα του δευτερολέπτου	121
stand out in a crowd	coll	to be very easy to notice	With her bright red hair and matching red lipstick, Clara really stands out in a crowd .	ξεχωρίζω μέσα στο πλήθος	126
struggle	n	a long period of time in which you try to deal with a difficult problem	With no work and little money, daily life was a struggle for the family.	πάλη	124
stylish	adj	attractive in fashionable way	My aunty is a very stylish woman and wears very elegant designer clothes.	στυλάτος, μοδάτος	126
suspicious	adj	thinking that someone might be guilty of doing something wrong or dishonest	His behaviour made me suspicious . He was unusually kind and helpful – I was sure he'd done something wrong.	ύποπτος	126
throw on clothes	coll	to put on clothes very quickly, without thinking about it	I didn't have time to plan my outfit – I just threw on some clothes and rushed out of the house!	ντύνομαι βιαστικά	126
trendy	adj	influenced by the most fashionable styles and ideas	Dan's mum is very trendy . She's always wearing the latest fashions.	μοντέρνος, μοδάτος	127
wear a particular brand or label	coll	to wear clothes from one chosen company	My cousins only wear a particular brand or label of jeans. They would never buy a pair of jeans from the market!	φοράω μια συγκεκριμένη μάρκα ρούχων	126
weigh up the pros and cons	phr	to carefully consider the advantages and disadvantages of something	She weighed up the pros and cons before giving her decision.	ζυγίζω τα υπέρ και τα κατά	123

UNIT 9

Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
arrive at a decision	phr	to reach a decision after a lot of effort	After much consideration, we have arrived at a decision .	καταλήγω σε μια απόφαση	audio script 9.3
blend in	phr v	if something blends in, it looks suitably similar to everything around it	People say I have a crazy dress sense, but I just don't like to blend in with the crowd.	ταιριάζω, εναρμονίζομαι	audio script 9.7
do sth on an empty stomach	phr	to do something without having eaten any food first	I can't work properly on an empty stomach .	κάνω κτ νηστικός	121
overcome	v	to successfully control a feeling or problem that prevents you from achieving something	He struggled to overcome his shyness.	ξεπερνώ	audio script 9.5
overwhelmed	adj	if someone is overwhelmed by an emotion, they feel it so strongly that they cannot think clearly	Harriet was overwhelmed by a feeling of homesickness.	συναίσθηματικά φορτισμένος	121
simplify	v	to make something easier or less complicated	This is the simplified version of the schedule as the previous one was too complex and detailed.	απλοποιώ	121
touchy	adj	easily becoming offended or annoyed	She is very touchy about her past.	ευαίσθητος, εύθικτος	audio script 9.7