

# UNIT 1

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>accomplished (at)</b>	adj	an accomplished writer, painter, singer, etc. is very skilful	Diana became very <b>accomplished</b> at playing the piano at an early age.	επιτυχημένος	13
<b>advent</b>	n	the time when something first begins to be widely used	How did people spend their evenings before the <b>advent</b> of television?	άφιξη, έλευση	8
<b>allegory</b>	n	a story, painting, etc. in which the events and characters represent ideas or teach a moral lesson	Her experience is an <b>allegory</b> for how hard work can pay off.	αλληγορία	17
<b>as far as sth goes</b>	phr	used to say that an idea, suggestion, plan, etc. is satisfactory, but only to a limited degree	<b>As far as</b> work <b>goes</b> I'm afraid I haven't done very much over the last few days as I've been ill.	σε ότι αφορά	audioscript 1.6
<b>banter</b>	n	friendly conversation in which people make a lot of jokes with, and amusing remarks about, each other	Over dinner there was a lot of <b>banter</b> about the colour Tina had dyed her hair!	πείραγμα, αστεϊσμός	audioscript 1.3
<b>block out a memory</b>	phr	to stop yourself thinking about something or remembering it	People tend to <b>block out</b> traumatic <b>memories</b> .	απωθώ / μπλοκάρω μια ανάμνηση	11
<b>build followers</b>	phr	to gain a lot of people who look at your messages sent on Twitter	Danny's vlog is very popular and she's pleased because her main aim is to <b>build followers</b> .	αποκτώ οπαδούς / υποστηρικτές	audioscript 1.3
<b>caught up in the past</b>	phr	to be so involved in things that happened in the past that you do not notice other things	Since they split up he has been quite sad and <b>caught up in the past</b> .	μένω προσκολλημένος στο παρελθόν	15
<b>character study</b>	n	analysis or portrayal in literature, film, etc. of character traits of an individual	We did a <b>character study</b> of the main characters in the book for our literature exam.	μελέτη / σπουδή χαρακτήρα	17
<b>charismatic</b>	adj	having charisma	Mark is a <b>charismatic</b> politician and people believe everything he says.	χαρισματικός	15
<b>chart</b>	v	to record information about a situation or set of events over a period of time, in order to see how it changes or develops	The story <b>charts</b> the rise of unemployment in the late 1920s.	καταγράφω	8
<b>commit sth to memory</b>	phr	to learn something so that you remember it	I love the book and I've <b>committed</b> lots of sections <b>to memory</b> .	απομνημονεύω	11
<b>conceptual</b>	adj	showing an idea rather than representing actual things	He's a brilliant <b>conceptual</b> artist.	εννοιολογικός	19
<b>current</b>	adj	happening or existing now	<b>Current</b> fashion trends will probably change in a matter of months.	τρέχων, παρών	9
<b>cutting-edge</b>	adj	an advantage over other people or things	Surgeons use <b>cutting-edge</b> technology to perform difficult operations.	στην αιχμή, στην κόψη	9
<b>designated</b>	adj	chosen for a particular job or purpose	This floor has three <b>designated</b> meeting rooms - the rest are all offices.	καθορισμένος, ορισμένος	14
<b>doodle</b>	n	shapes, lines, or patterns drawn without really thinking about it	I always draw <b>doodles</b> when I'm bored - straight lines and circles mostly.	μουντζούρα	13

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<b>engaged (with)</b>	adj	to get involved with other people and their ideas in order to understand them	My sister never really <b>engaged</b> with science subjects at school and she dropped them as soon as she could.	ασχολούμαι, καταπιάνομαι	13
<b>episode</b>	n	a television or radio programme that is one of a series of programmes in which the same story is continued each week	I watched the final <b>episode</b> in the series last night.	επεισόδιο	17
<b>erase</b>	v	to get rid of something so that it has gone completely and no longer exists	I'd like to <b>erase</b> the memory of the argument but I can't and I go over it again and again.	σβήνω	8
<b>exclusively</b>	adv	only	This offer is open <b>exclusively</b> to members of this art club, no one else.	αποκλειστικά	8
<b>facilitate</b>	v	to make it easier for a process or activity to happen	The online application system <b>facilitates</b> the whole recruiting process.	διευκολύνω	8
<b>flashback</b>	n	a scene in a film, play, book, etc. that shows something that happened before that point in the story	The story is told through a series of <b>flashbacks</b> .	αναδρομή	17
<b>flawed</b>	adj	spoiled by having mistakes, weaknesses, or by being damaged	His argument against the planning application was <b>flawed</b> because he hadn't considered a new batch of statistics.	προβληματικός, ελαττωματικός	9
<b>flush (sth away)</b>	v	to clean something by forcing water through it	The heavy showers yesterday <b>flushed away</b> all the salt left on the road by the gritting lorry.	ρίχνω νερό, παρασύρω	10
<b>freak (sb) out</b>	phr v	to become very anxious, upset, or afraid, or make someone very anxious, upset, or afraid	My brother really <b>freaked me out</b> when he came through the front door wearing a horrible mask.	αγχώνομαι, φρικόρω	audioscript 1.2
<b>full-on</b>	adj	extreme	The new course is a bit <b>full-on</b> – early start, late finish and loads of work.	ακραίος	10
<b>fundamental</b>	adj	very necessary and important	Understanding the needs of the people involved is <b>fundamental</b> to the whole project.	θεμελιώδης	19
<b>get into sth</b>	phr v	to begin to enjoy something or be interested in it	I couldn't <b>get into</b> my work last night, so I decided to watch a film instead.	με τραβάει, βρίσκω ενδιαφέρον	19
<b>gush</b>	v	if a liquid gushes, it flows or pours out quickly and in large quantities	In the storm a tree damaged the roof and rainwater started to <b>gush</b> through the hole.	αναβλύζω	10
<b>hang around with</b>	phr v	to spend a lot of time with someone	Aren't those girls part of the gang that Kenny used to <b>hang around with</b> ?	συναναστρέφομαι, κάνω παρέα	audioscript 1.3
<b>have a selective memory</b>	phr	to choose what you want to remember and what to forget	My mum says I used to <b>have a</b> very <b>selective memory</b> and only remember what I wanted to!	έχω επιλεκτική μνήμη	11
<b>impartial</b>	adj	not involved in a particular situation, and therefore able to give a fair opinion or piece of advice	The witness didn't know the victim or the thief and his statement is completely <b>impartial</b> .	αντικειμενικός	14

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<b>infuriated</b>	adj	extremely angry	The teacher was <b>infuriated</b> when Ben refused to do what she'd asked.	εξοργισμένος	audioscript 1.3
<b>inspirational</b>	adj	providing encouragement or new ideas for what you should do	This book is truly <b>inspirational</b> and will surely encourage many people to change their lives.	εμπνευστικός, εμπνευστικός	16
<b>jog someone's memory</b>	phr	to make someone remember something	My friend Eva is very busy and I often need to <b>jog</b> her <b>memory</b> about times we've arranged to go out.	θυμίζω, φρεσκάρω τη μνήμη κτ	11
<b>make stuff up</b>	phr	to produce a new story, song, game, etc. by thinking	Most children <b>make stuff up</b> all the time – they like to use their imaginations.	επινοώ, σκαρφίζομαι	audioscript 1.3
<b>manipulate</b>	v	to work skilfully with information, systems, etc. to achieve the result that you want	The scientists did not get the results they wanted, so they <b>manipulated</b> the data in their favour.	χειραγωγώ, παραποιώ	9
<b>marked improvement</b>	phr	a very obvious or noticeable improvement	The lecturer was impressed by the <b>marked improvement</b> in her students' work.	αισθητή βελτίωση	14
<b>memorise</b>	v	to learn words, music, etc. so that you know them perfectly	As a child I had to <b>memorise</b> loads of historical dates for school exams.	απομνημονεύω	11
<b>mind-blowing</b>	adj	very exciting, shocking, or strange	I simply can't believe the speed of this new computer – it's <b>mind blowing</b> .	ασύλληπτος	8
<b>modify</b>	v	to make small changes to something in order to improve it and make it more suitable or effective	The plan is great but I think you need to <b>modify</b> it a little to take certain other expectations into consideration	μετατρέπω, τροποποιώ	9
<b>mundane</b>	adj	ordinary and not interesting or exciting	Tina thought the job would be exciting but unfortunately she spends most of the time doing <b>mundane</b> tasks like clearing out old files.	κοινότυπος, συνηθισμένος	audioscript 1.3
<b>on a positive note</b>	phr	used when saying what is good about something	Your assignment has a lot of basic errors but <b>on a positive note</b> , I really liked the way you expressed your ideas.	ως θετική επισήμανση, ως προς τα θετικά	8
<b>operate (as)</b>	v	to have a particular purpose	The cream <b>operates as</b> a filter for the dangerous sun rays.	λειτουργώ (ως)	14
<b>overall</b>	adv	considering or including everything	Both candidates interviewed well but <b>overall</b> I'd say that the second one would be best for the job.	γενικά	13
<b>partial</b>	adj	not complete	There was a <b>partial</b> eclipse of the sun last Saturday and we all watched it.	μερικός, τμηματικός	14
<b>partially</b>	adv	not completely	Janice has only <b>partially</b> completed her work. She still has quite a lot to do.	μερικώς, εν μέρει	14

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<b>pave the way (for sth)</b>	phr	to make a later event or development possible by producing the right conditions	The decision <b>paved the way for</b> future demands from the employees.	ανοίγω το δρόμο, προετοιμάζω το έδαφος	8
<b>play a vital role (in sth)</b>	phr	to fulfill a very important or essential role in an undertaking	Our teacher <b>played a vital role in</b> getting funding for the new science block at our college.	διαδραματίζω θεμελιώδη / ζωτικό ρόλο	15
<b>provocative</b>	adj	intended to make people angry or upset, or to cause a lot of discussion	It's a very <b>provocative</b> statement and I'm sure a lot of people are going to disagree and get angry about it.	προκλητικός	9
<b>pure invention</b>	phr	a story, explanation, etc. that is not true	His excuse for not turning up at the meeting is <b>pure invention</b> – he was just too lazy to come.	ξεκάθαρη / αμιγής επινόηση	audioscript 1.6
<b>quit</b>	v	to leave a job, school, etc., especially without finishing it completely	James used to have a Saturday job at the supermarket but he <b>quit</b> last month.	παραιτούμαι	19
<b>raise awareness</b>	phr	to improve people's knowledge about something	The health campaign <b>raises awareness</b> of the problems of having too much salt in our diet.	ευαισθητοποιώ, ενημερώνω	audioscript 1.6
<b>read up on (sth)</b>	phr v	to read a lot about something because you will need to know about it	You definitely need to <b>read up on</b> some 20th century writers before starting the course.	διαβάζω σχετικά με (κτ.)	audioscript 1.6
<b>realise</b>	v	to know and understand something, or suddenly begin to understand it	When I got to the station I <b>realised</b> I'd forgotten my ticket.	συνειδητοποιώ	11
<b>realm</b>	n	a general area of knowledge, activity, or thought	It's within the <b>realm</b> of possibility that we might all lose our jobs.	τομέας, κλάδος, σφαίρα (μτφ)	8
<b>reassuring</b>	adj	making you feel less worried or frightened	It was very <b>reassuring</b> to get such positive feedback from my teacher.	καθησυχαστικός	14
<b>recall</b>	v	to remember a particular fact, event, or situation from the past	I can't <b>recall</b> who told me about the gig, but it definitely wasn't Emma.	ανακαλώ, φέρνω στην μνήμη	9
<b>recognise</b>	v	to know who someone is or what something is, because you have seen, heard, experienced, or learned about them in the past	Maria has dyed her hair and I nearly didn't <b>recognise</b> her the other day.	αναγνωρίζω	11
<b>remember</b>	v	1) to have a picture or idea in your mind of people, events, places, etc. from the past; 2) to not forget something that you must do, get, or bring	Did you <b>remember</b> to bring your dictionary to class today?	1) αναπολώ 2) θυμάμαι	8
<b>remind</b>	v	to make someone remember something that they must do	The teacher <b>reminded</b> us to hand in our assignments on Friday.	υπενθυμίζω	11
<b>ripple effect</b>	n	a situation in which one action causes another, which then causes a third, etc.	Decisions like that have a <b>ripple effect</b> throughout the whole company.	φαινόμενο 'ντόμινο' / με πολλαπλές επιπτώσεις	9

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<b>run into trouble</b>	phr	to start to experience difficulties	I was doing well on the assignment but then <b>ran into trouble</b> trying to follow links to the website you suggested.	αντιμετωπίζω δυσκολία	audioscript 1.3
<b>scamper</b>	v	to run with quick short steps, like a child or small animal	At my friend's farmhouse I slept in an upstairs room and heard mice <b>scampering</b> about in the attic all night.	τρέχω, πιλαλώ	8
<b>scrapbook</b>	n	a book with empty s where you can stick pictures, newspaper articles, or other things you want to keep	My mum has kept a <b>scrapbook</b> with cuttings and articles about all my early ballet competitions.	λεύκωμα	audioscript 1.3
<b>sequence</b>	n	one part of a story, film, etc. that deals with a single subject or action	I really enjoyed the <b>sequence</b> filmed in black and white.	ακολουθία, σειρά	17
<b>showcase</b>	v	to exhibit, especially in an attractive or favorable way	This role <b>showcases</b> the leading actor's main talents which include singing and dancing.	εκθέτω, παρουσιάζω	17
<b>slippery path</b>	phr	used to talk about a process or habit that is difficult to stop and which will develop into something bad	If you have a piece of chocolate now, it's a <b>slippery path</b> to abandoning your diet altogether!	ολισθηρό μονοπάτι	8
<b>stick to sth</b>	phr v	to do or keep doing what you said you would do or what you believe in, even when it is difficult	If I <b>stick to</b> the diet, I should lose several kilos by the end of the month.	εμμένω, επιμένω	audioscript 1.6
<b>substantial</b>	adj	large in amount or number	There will be a <b>substantial</b> increase in salary if you get the promotion.	ουσιώδης	14
<b>take liberties with</b>	phr	to make unreasonable changes in something such as a piece of writing	The director has <b>taken liberties with</b> the original plot and the film is weakened by this.	αποδίδω υπερβολικά ελεύθερα, ξεφεύγω από κτ.	17
<b>therapeutic</b>	adj	making you feel calm and relaxed	When you're feeling low or depressed, talking to a friend can be very <b>therapeutic</b> .	θεραπευτικός	audioscript 1.3
<b>trigger a memory</b>	phr	make you suddenly remember something	I heard an old pop song yesterday and it <b>triggered a memory</b> of when I was on holiday in Greece.	ενεργοποιώ / επαναφέρω μια ανάμνηση	11
<b>unnerving</b>	adj	making someone feel uncomfortable	Helen was staring at me and it was a little <b>unnerving</b> .	ενοχλητικός	8
<b>witty</b>	adj	using words in a clever and amusing way	My cousin, Jim, is really <b>witty</b> with his quick and clever comments.	πνευματώδης, ευφυής	audioscript 1.3
<b>word for word</b>	phr	in exactly the same words	My dad has an amazing memory and remembers nearly <b>word for word</b> every conversation he has had!	αυτολεξειί, λέξη προς λέξη	11

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Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>feature</b>	v	to include or show something as a special or important part of something, or to be included as an important part	The film <b>featured</b> Brando as the Godfather.	παρουσιάζω	8
<b>at will</b>	phr	whenever you want and in whatever way you want	The idea that scientists will be able to erase people's memories <b>at will</b> is very disconcerting.	κατά βούληση	8
<b>barren</b>	adj	used to describe something that does not look interesting or attractive	In the experiment, a mouse is put into a <b>barren</b> environment where it is worried and refuses to move.	άγονος	8
<b>bring sth alive</b>	phr	to make something interesting and real	TV series like The Crown <b>bring</b> history <b>alive</b> , especially for students who perhaps find textbooks a bit boring.	‘ζωντανεύω’, επαναφέρω	audioscript 1.6
<b>contented</b>	adj	happy and satisfied because your life is good	All are <b>contented</b> , happy, fit and well.	ικανοποιημένος, ευχαριστημένος	8
<b>fade</b>	v	to gradually disappear	Memories quickly <b>fade</b> , unless you have something to remind you of them.	ξεθωριάζω	10
<b>file away</b>	v	to keep papers, documents, etc. in a particular place so that you can find them easily	The handbooks are <b>filed away</b> for future reference.	αρχειοθετώ	8
<b>give sb a sense of sth</b>	coll	to help someone understand something	Historical films can <b>give</b> you <b>a sense of</b> what life was like in the past.	δίνω την αίσθηση	audioscript 1.6
<b>insight (into)</b>	n	a sudden clear understanding of something or part of something, especially a complicated situation or idea	Listening to your grandparents speak about their childhood can give you a real <b>insight</b> into what living at the time was.	επίγνωση, γνώση	audioscript 1.8
<b>make money from sth</b>	coll	to gain profit	She is sharing knowledge freely on her blog in the hopes of <b>making money from</b> a large group of followers in the future.	βγάζω χρήματα	audioscript 1.3
<b>parallel</b>	n	a relationship or similarity between two things, especially things that exist or happen in different places or at different times	There are certain <b>parallels</b> between Europe today and that of almost a century ago.	παραλληλισμός	9
<b>stroke</b>	v	to move your hand gently over something	He <b>stroked</b> the baby's cheek in an effort to calm her.	χαϊδεύω	9
<b>subconsciously</b>	adv	in a way that a person is not fully aware of	He doesn't have to put any effort into remembering details – it happens <b>subconsciously</b> .	υποσυνείδητα	audioscript 1.2
<b>sweeping</b>	adj	affecting many things, or making an important difference to something	<b>Sweeping</b> advances in technology are redefining what is and isn't possible.	σαρωτικός	8
<b>up to a point</b>	phr	partly, but not completely	I agree <b>up to a point</b> that historical films are not true in every aspect.	ως ένα σημείο	audioscript 1.6

# UNIT 2

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>adulthood</b>	n	the time when you are an adult	When Robert reached <b>adulthood</b> he was told the truth about his father.	ενήλικη ζωή	33
<b>all-out argument</b>	phr	argument involving a lot of energy or anger	It started as a minor disagreement but ended up in an <b>all-out argument</b> .	ολοκληρωτική διαμάχη	29
<b>awesome</b>	adj	extremely impressive	The view from the top of the cathedral was <b>awesome</b> .	απίστευτος, φοβερός	23
<b>be down to</b>	phr v	to be the result of one person's actions or one particular thing	The singer's success <b>is down to</b> the loyalty of her fans.	οφείλομαι	23
<b>big time</b>	adv	to a very large degree	The interview went very badly – I messed up <b>big time</b> .	πάρα πολύ, ολοσχερώς	23
<b>bitterly disappointed</b>	coll	really disappointed	James was <b>bitterly disappointed</b> at coming second in the competition.	πλήρως απογοητευμένος	28
<b>blurry</b>	adj	something difficult to see, because the edges are not clear	I took some photos but they're very <b>blurry</b> , I think I moved the camera.	θολός	audioscript 2.9
<b>burning ambition</b>	coll	a burning ambition is very strong	When I was young I had a <b>burning ambition</b> to become an astronaut.	διακαής πόθος	25
<b>colossal amount</b>	coll	extremely large quantity	I hope you didn't pay a <b>colossal amount</b> for the laptop because it isn't that good.	κολοσσιαίο ποσό	25
<b>come out on top</b>	phr	to win a difficult struggle or argument, especially one that has continued for a long time	It was a hard match but my team <b>came out on top</b> as I knew they would.	θριαμβεύω, κερδίζω	28
<b>creep in</b>	phr v	to gradually enter something and change it	Jessie is usually confident before a competition but it's normal for a few doubts to <b>creep in</b> when the competition is strong.	τρυπώνω	23
<b>cut your losses</b>	idiom	to stop doing something that is failing, so that you do not waste any more money, time, or effort	She'd spent a lot moving to France but it was time to <b>cut her losses</b> and move home again.	περιορίζω τις απώλειες	25
<b>daunting</b>	adj	frightening in a way that makes you feel less confident	The climb looked <b>daunting</b> , but we persevered and it wasn't as hard as we'd thought.	τρομακτικός	23
<b>declaim</b>	v	to speak loudly, sometimes with actions, so that people notice you	Toby stood on a chair and <b>declaimed</b> his undying love for Wendy – who looked very embarrassed.	διακηρύσσω	23
<b>defensive</b>	adj	behaving in a way that shows you think someone is criticising you even if they are not	Jake can get very <b>defensive</b> when you ask him about his grades.	αμυντικός	28
<b>deflect</b>	v	to do something to stop people paying attention to you, criticising you, etc.	My brother always <b>deflects</b> criticism by blaming someone else – usually me!	εκτρέπω, αποφεύγω	28

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<b>dismal failure</b>	coll	bad and unsuccessful result	My attempts to paint a portrait of my sister ended in <b>dismal failure</b> .	οικτρή αποτυχία	25
<b>endearing character</b>	coll	a person in a film that is most easily likeable	For me, in the film the young girl, Karen, was the most <b>endearing character</b> .	αξιαγάπητος χαρακτήρας (ταινίας)	25
<b>eternal student</b>	coll	a person who seems to study for ever	My uncle is an <b>eternal student</b> – I think he's on his fifth degree course!	'αιώνιος' φοιτητής	25
<b>face the music</b>	idiom	to accept criticism or punishment for something you have done	I bumped dad's car while I was driving it this morning, so now I have to go home and <b>face the music</b> .	υφίσταμαι τις συνέπειες	23
<b>fatally flawed</b>	coll	when something is fatally flawed it means that it is certain to fail as it has a flaw that is not seen	The argument for making the changes was <b>fatally flawed</b> because they had used outdated information.	μοιραία ελαττωματικός	audioscript 2.8
<b>fleeting moment</b>	phr	a moment lasting for only a very short time	For one <b>fleeting moment</b> I thought I had won the prize, but I hadn't.	εφήμερη / φευγαλέα στιγμή	23
<b>formidable challenge</b>	coll	a task that is difficult to deal with and needs a lot of effort or skill	It will be a <b>formidable challenge</b> to cut the company's losses, but the new director will do his best.	τεράστια πρόκληση	25
<b>futile effort</b>	coll	pointless attempts to do something	I tried to persuade Jacky to change her mind but my <b>efforts</b> were completely <b>futile</b> .	ανώφελη / μάταιη προσπάθεια	25
<b>getting there</b>	idiom	to be making progress	Learning Russian is very hard but I'm <b>getting there</b> .	προοδεύω	25
<b>glass half empty</b>	idiom	used to say that a particular person is more likely to notice the bad parts of a situation	Maria is so pessimistic – for her the <b>glass</b> is always <b>half empty</b> .	βλέπει το ποτήρι 'μισοάδειο', όταν κπ είναι απαισιόδοξος	24
<b>hang on every word</b>	phr	to listen carefully to everything that someone says	Tricia adores her older brother and <b>hangs on</b> his <b>every word</b> .	'κρέμομαι από τα χείλη κπ', προσέχω κάθε λέξη	23
<b>heady</b>	adj	pleasantly strong and seeming to affect someone strongly	The <b>heady</b> smell of wild flowers filled the room.	μεθυστικός	23
<b>heated debate</b>	phr	a debate that is full of angry and excited feelings	There was a <b>heated debate</b> about the environment on TV last night.	έντονη συζήτηση	28
<b>heavily influenced</b>	coll	strongly affected by something or someone else	You can see that the writer has been <b>heavily influenced</b> by the great Russian classics.	επηρεασμένος σε μεγάλο βαθμό από κτ.	28
<b>hold a grudge</b>	phr	to feel dislike for someone because you cannot forget that they harmed you in the past	Paul needs to learn to forgive people and not <b>hold grudges</b> .	'το κρατάω μανιάτικο', 'το έχω άχτι', κρατάω κακία	29
<b>if all else fails</b>	idiom	if something was planned but cannot happen	Gary may be able to fix my tablet, but <b>if all else fails</b> I'll take it back to the shop.	στη χειρότερη περίπτωση, ως έσχατη λύση	25



# UNIT 2

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>immediacy</b>	n	when something is important or urgent because it relates to a situation or event that is happening now	The sense of <b>immediacy</b> convinced members to discuss and take a vote on the matter.	αμεσότητα	23
<b>in a huff</b>	phr	feeling angry or bad-tempered, especially because someone has offended you	Dave's gone off <b>in a huff</b> because I wouldn't lend him my car.	θυμωμένος, αγανακτισμένος	audioscript 2.8
<b>in good shape</b>	phr	in good state of health or in a good condition	We've been training hard for weeks and I think I'm <b>in good shape</b> for the marathon this weekend.	σε καλή κατάσταση	23
<b>in person</b>	phr	if you do something in person, you go somewhere and do it yourself, instead of doing something by letter, asking someone else to do it, etc.	I was very surprised when Lenny delivered the flowers to me <b>in person</b> .	αυτοπροσώπως	23
<b>it's a win-win situation</b>	idiom	a situation that will end well for everyone involved in it	Whatever happens you make a profit, <b>it's a win-win situation</b> .	μια κατάσταση που βγαίνουν όλοι κερδισμένοι	25
<b>it's back to square one</b>	idiom	if something is back to square one it means that you have to start doing it from the beginning because your previous efforts failed	Sorry, your suggestion didn't work, so <b>it's back to square one</b> .	πάλι από την αρχή	25
<b>let something get the better of you</b>	idiom	to be defeated by someone or be unable to deal successfully with a problem	I've been trying to sort this computer problem for an hour but I won't <b>let it get the better of me</b> .	αφήνω κτ. να με νικήσει	25
<b>lukewarm response</b>	coll	a reaction that does not show much interest or excitement	There was a very <b>lukewarm response</b> to the teacher's request for volunteers.	χλιαρή αντίδραση / ανταπόκριση	25
<b>maintain</b>	v	to keep a machine, building, etc. in good condition by checking and repairing it regularly	The council spends a lot on <b>maintaining</b> the local parks to a high standard.	διατηρώ, συντηρώ	23
<b>massively important</b>	coll	of great importance	It isn't <b>massively important</b> to discuss the matter right now but before the end of the week would be good.	εξαιρετικά σημαντικός	28
<b>not entirely convinced</b>	coll	not being absolutely persuaded	The prison board were <b>not entirely convinced</b> that releasing the prisoner early was a good idea.	δεν έχω πεισθεί πλήρως	28
<b>not for the faint-hearted</b>	idiom	used humorously to say that something is difficult and needs a lot of effort	The new ride at the fun fair is VERY fast, definitely <b>not for the faint-hearted</b> .	δεν ενδείκνυται για λιγόψυχους / για φοβιτσιάρηδες	23
<b>not in the know</b>	phr	having less information about something than most people	For those <b>not in the know</b> Miss Brady used to act in films!	που δεν γνωρίζει / δεν ξέρει	23
<b>otherwise</b>	adv	used when saying what bad thing will happen if something is not done	You'll have to get a move on <b>otherwise</b> you'll miss the start of the concert.	αλλιώς, διαφορετικά	23

# UNIT 2

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>painfully shy</b>	coll	when someone is very shy	I used to be <b>painfully shy</b> and always went bright red when anyone spoke to me.	πολύ ντροπαλός	28
<b>perfectly plausible</b>	coll	believable	I think Nick's story is <b>perfectly plausible</b> – I just don't believe him!	καθ' όλα αληθοφανής, απολύτως εύλογος	28
<b>petty argument</b>	coll	a situation in which two or more people disagree, often angrily, on something small and unimportant	Jade and Phil don't speak to each other now and it was all because of some <b>petty argument</b> over money.	μικροκαβγάς, διαφωνία	28
<b>play mind games</b>	phr	to deceive someone or try to get them to behave as you want them to	Success is often a case of <b>playing mind games</b> with your opponent, not always about talent.	παίζω παιχνίδια με το μυαλό κπ, εξαπατώ	23
<b>pulsing</b>	adj	vibrant	The party was brilliant with lots of loud, <b>pulsing</b> music.	παλλόμενος, ζωηρός	23
<b>purist</b>	n	someone who believes that something should be done in the correct or traditional way, especially in the areas of art, sport, music, and language	<b>Purists</b> will hate the modern take on the Shakespearean classic.	ακριβολόγος, καθαρολόγος	23
<b>randomly selected</b>	phr	chosen without any definite pattern or plan	At the music concert I was <b>randomly selected</b> from fans in the front ten rows to go up on stage to sing along.	επιλεγμένος τυχαία	23
<b>resounding success</b>	coll	a very great or complete success	The film was a <b>resounding success</b> and won five awards.	τεράστια επιτυχία	25
<b>rigorous</b>	adj	very severe or strict	Rowing across the Atlantic requires <b>rigorous</b> training for months and months.	αυστηρός, δριμύς	23
<b>rise to the occasion</b>	idiom	to deal successfully with a difficult situation or problem, especially by working harder or performing better than usual	Edmund has been a bit off form recently but I know he'll <b>rise to the occasion</b> and the team will win.	ανέρχομαι στο ύψος των περιστάσεων, ανταπεξέρχομαι	23
<b>scout</b>	n	someone whose job is to look for good sports players, musicians, etc. in order to employ them	Sometimes there are talent <b>scouts</b> in the audiences looking out for good singers.	σκάουτ, επαγγελματίας που προσλαμβάνεται από μια ομάδα προς αναζήτηση νέων παικτών	33
<b>sedate</b>	adj	calm, serious, and formal	Tony's twenty-first birthday was a <b>sedate</b> event with a formal dinner at a top hotel.	ήρεμος, σοβαρός	23
<b>sidetracked</b>	adj	distracted by something that you are not supposed to do at the moment	I meant to finish this earlier but I got <b>sidetracked</b> by an online auction!	που παρεκκλίνει, που αποσιπά την προσοχή	28
<b>slam</b>	n, v	a contest in which competitors e.g. recite their entries and are judged by members of the audience	I've never seen a poetry <b>slam</b> but I've heard they're really exciting.	διαγωνισμός (ποίησης)	23

# UNIT 2

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
sneer	v	to smile or speak in a very unkind way that shows you have no respect for someone or something	When I suggested going to the new burger bar Brad <b>sneered</b> and said it was cheap and nasty.	ειρωνεύομαι, σαρκάζω	23
stay on top of the game	idiom	to make efforts to be as good at something as you can be	In this business you need to <b>stay on top of the game</b> , otherwise the competition will win out.	‘παραμένω στη κορυφή του παιχνιδιού’, είμαι κυρίαρχος στον τομέα μου	25
stock up (on)	phr v	to buy a lot of something in order to keep it for when you need to use it later	Because of the Bank Holiday weekend we need to <b>stock up</b> on things like milk and bread.	αποθηκεύω, στοκάρω	28
strictly limited	coll	when there are a lot of limits put on something	Attendance at the award ceremony is <b>strictly limited</b> to nominees and two friends each.	αυστηρά περιορισμένος	28
strong competition	coll	a group of people that is competing against you and is very good at it	In spite of <b>strong competition</b> Leo won the talent show.	έντονος ανταγωνισμός	25
the ride of your life	phr	when an experience is one of the best in your life	Get close to the front of the stage where you can almost touch the musicians and the sound is phenomenal – you’re in for <b>the ride of your life!</b>	εμπειρία ζωής, μοναδική εμπειρία	23
the stuff that dreams are made of	phr	used to describe something that is very luxurious	Ah – a penthouse flat with views over London, a chauffeur-driven car and a very full bank account – that’s <b>the stuff that dreams are made of.</b>	‘Το υλικό από το οποίο φτιάχνονται τα όνειρα.’	23
think big	idiom	to plan to do things that are difficult, but will be very impressive, make a lot of profit, etc.	If you really want to get on in life you have to <b>think big</b> , aim for the top.	κάνω μεγαλόπνοα σχέδια	audioscript 2.5
thinking time	n	a period of time when you think about something	Before you start writing in the exam you need to take a few minutes’ <b>thinking time</b> to plan your essay.	χρόνος περισυλλογής	23
thoroughly fed up	coll	really annoyed	You must be <b>thoroughly fed up</b> with me asking you all these questions.	πολύ αγανακτισμένος, μπουχτισμένος	audioscript 2.8
throb	v	if a part of your body throbs, you have a feeling of pain in it that regularly starts and stops	I cut my hand yesterday and it’s been <b>throbbing</b> all morning.	πάλλομαι	23
throw a move	phr	to perform some dance moves	My mum says that my dad used to <b>throw a move</b> or two on the dance floor when they were young!	χορεύω	23
total failure	coll	a lack of success in achieving or doing something	I tried to cook a complicated recipe but it was a <b>total failure.</b>	οικτρή αποτυχία	33
unmitigated disaster	coll	something that is completely bad	The meeting was an <b>unmitigated disaster</b> because half way through everyone walked out.	ανεπανόρθωτη καταστροφή	26
vast number	coll	extremely large number	A <b>vast number</b> of people have no idea about what benefits they are entitled to.	τεράστιος αριθμός	26

# UNIT 2

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>widely believed</b>	coll	when many people believe that something is true	It's <b>widely believed</b> that the Great Wall of China can be easily seen from space.	πιστεύεται ευρέως	28
<b>wildly exaggerated</b>	coll	if something is widely exaggerated, it is described as way better or larger than it really is	Reports of the actor's wealth have been <b>wildly exaggerated</b> and he certainly doesn't own a tropical island!	πολύ υπερβολικός	28
Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>boast</b>	v	to talk too proudly about your abilities, achievements, or possessions	Amy <b>boasted</b> that her son was a genius.	καυχιέμαι, κομπάζω	audioscript 2.6
<b>buzz</b>	n	a strong feeling of excitement, pleasure, or success	Playing well gives me a <b>buzz</b> .	έξαψη	23
<b>dwel on sth</b>	phr v	to think or talk for too long about something, especially something unpleasant	That is not a subject I want to <b>dwel on</b> .	'κολλάω με κτ.'	23
<b>enhance</b>	v	to improve something	Jack didn't realise the extent to which the new equipment could <b>enhance</b> his performance in the tournament.	βελτιώνω	audioscript 2.6
<b>exploit</b>	v	to use something effectively so that you get as much advantage as possible from it	We're not really <b>exploiting</b> the opportunities we're presented with, and that has to change.	εκμεταλλεύομαι	audioscript 2.6
<b>extend</b>	v	to continue for a longer period of time, or to make something last longer	Management have agreed to <b>extend</b> the deadline.	επεκτείνω	audioscript 2.6
<b>face up to sth</b>	phr v	to accept and deal with a difficult fact or problem	She had to <b>face up to</b> the fact that he was guilty.	αντιμετωπίζω	26
<b>head-to-head</b>	adv	competing directly with another person or group	Courier companies are going <b>head-to-head</b> with the Post Office.	σώμα με σώμα	23
<b>hesitate</b>	v	to pause before saying or doing something because you are nervous or not sure	He was still <b>hesitating</b> over whether to leave or not.	διστάζω	audioscript 2.5
<b>hyped up</b>	adj	very excited or nervous, and unable to keep still	He was as <b>hyped up</b> as a kid at a birthday party.	ξεσηκωμένος, ενθουσιασμένος	audioscript 2.1
<b>outperform</b>	v	to be more successful than someone or something else	She was confident that after months of dedicated practice, she could <b>outperform</b> any of her opponents.	ξεπερνώ	23
<b>outrun</b>	v	to develop more quickly than something else	The company's spending was <b>outrunning</b> its income.	ξεφεύγω, ξεπερνώ	n/a
<b>play catch-up</b>	phr	to try to equal a competitor in a sport or game	You have to stay focused while competing, otherwise you will be constantly <b>playing catch-up</b> .	αναπληρώνω, προσπαθώ να προφτάσω	23

# UNIT 3

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>adapt</b>	v	to gradually change your behaviour and attitudes in order to be successful in a new situation	It's sometimes difficult to <b>adapt</b> to living in another country if you move for work.	προσαρμόζομαι	39
<b>adjust</b>	v	to change or move something slightly to improve it or make it more suitable for a particular purpose	You need to <b>adjust</b> the settings on your phone when you're travelling.	ρυθμίζω, προσαρμόζω	39
<b>advantageous</b>	adj	helpful and likely to make you successful	The new terms and conditions were <b>advantageous</b> to new employees at the company.	επωφελής	47
<b>alley</b>	n	a narrow street between or behind buildings, not usually used by cars	This part of the town has a lot of tiny <b>alleys</b> and you can get lost easily.	στενό, δρομάκι	37
<b>alter</b>	v	1) to change, or to make someone or something change; 2) to make a piece of clothing longer, wider, etc. so that it fits	I've <b>altered</b> the sleeves on this shirt because they were too long.	1) τροποποιώ, αλλάζω 2) μεταποιώ	39
<b>amend</b>	v	to correct or make small changes to something that is written or spoken	We've <b>amended</b> the document to reflect your suggestions.	διορθώνω	39
<b>analogy</b>	n	something that seems similar between two situations, processes, etc.	The teacher explained the working of the brain by using an <b>analogy</b> with a computer.	αναλογία	37
<b>arch</b>	n	a structure with a curved top and straight sides that supports the weight of a bridge or building	When going round the cathedral you pass under several wonderful <b>arches</b> .	αψίδα	37
<b>business is booming</b>	phr	a business activity that is quickly increasing	<b>Business is booming</b> at the moment so I'm hoping everyone will get a pay rise.	η δουλειά πάει καλά	37
<b>cognitive resources</b>	n	ability to think	Do you really believe that we overuse our <b>cognitive resources</b> if we make a lot of decisions very quickly?	γνωστικοί πόροι	42
<b>come into play</b>	phr	when something comes into play it means that it affects final result	When you are assessing how well an interviewee did a lot of factors <b>come into play</b> .	συνεκτιμώ, λαμβάνω υπόψη	42
<b>conscientious</b>	adj	careful to do everything that it is your job or duty to do	Frieda has always been a <b>conscientious</b> student and never handed in work late.	ευσυνείδητος	47
<b>default</b>	adj	the way in which things are arranged on a computer or phone unless you decide to change them	You can change the <b>default</b> settings on your phone to suit your own requirements.	προεπιλογή	audioscript 3.7
<b>deniable</b>	adj	when something is possible to be denied	The evidence is not <b>deniable</b> and will count strongly against him.	αμφισβητήσιμος	47
<b>detritus</b>	n	pieces of waste that remain after something has been broken up or used	The <b>detritus</b> left in the fields after the festival took a long time to clear.	σκουπίδια	37
<b>discharge</b>	v	to leave hospital before your treatment is complete	Ellen <b>discharged</b> herself from hospital after two days because she felt the treatment wasn't right for her.	παίρνω εξιτήριο	37

# UNIT 3

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>do a good turn</b>	coll.	to do something that is helpful for someone	Eva <b>did</b> her aunt <b>a good turn</b> yesterday and cleaned all her windows.	κάνω μια χάρη	39
<b>do a simple act of kindness</b>	coll.	to help someone by not doing much effort	Just <b>doing</b> one <b>simple act of kindness</b> every day makes everyone feel better.	κάνω μια απλή πράξη καλοσύνης	39
<b>do good</b>	coll.	to have a useful effect	Some people want to have a job where they <b>do good</b> and help change people's lives.	ωφελώ	48
<b>do sb a favour</b>	coll.	to do something for someone	Could you <b>do me a favour</b> and check this essay for me, please?	κάνω μια χάρη	39
<b>emotional</b>	adj	having strong feelings and showing them to other people, especially by crying	My mum often gets <b>emotional</b> when she hears that particular song.	ευσυγκίνητος, συναισθηματικός	37
<b>endeavour</b>	v	to try very hard	We must all <b>endeavour</b> to do our very best.	εγχείρημα, προσπάθεια	37
<b>enviable</b>	adj	an enviable quality, position, or possession is good and other people would like to have it	The Turners' new life in Australia is <b>enviable</b> – sun, sea and not a lot of work!	αξιοζήλευτος	47
<b>escapable</b>	adj	to be escaped from	The facts are not <b>escapable</b> – statistics don't lie.	που μπορεί να αποφευχθεί	47
<b>evolve</b>	v	to develop and change gradually over a long period of time	Teaching methods have definitely <b>evolved</b> over the last half-century.	εξελισσομαι	39
<b>excessive</b>	adj	much more than is reasonable or necessary	The noise at the party was <b>excessive</b> and the neighbours called the police.	υπέρμετρος, υπερβολικός	42
<b>fatigue</b>	n	very great tiredness	Ben was suffering from <b>fatigue</b> after the long hike and needed to rest for several hours.	κόπωση, κούραση	42
<b>flexible</b>	adj	a person, plan, etc. that is flexible can change or be changed easily to suit any new situation	My working hours are <b>flexible</b> and I often start well before eight o'clock in the morning.	ευέλικτος, ευπροσάρμοστος	47
<b>flood in</b>	phr v	to arrive or go somewhere in large numbers	Complaints about the programme have been <b>flooding in</b> .	κατακλύζω	37
<b>give a helping hand</b>	coll.	to help and support	He's been <b>giving</b> me <b>a helping hand</b> with the cooking for tonight's dinner.	δίνω χείρα βοηθείας	39
<b>give praise</b>	coll.	to say that you admire and approve of someone or something, especially publicly	Teachers should always <b>give praise</b> as well as constructive criticism.	επαινώ	39
<b>give sb a hug</b>	coll.	to put your arms around someone and hold them tightly to show love or friendship	Can you <b>give</b> me <b>a hug?</b> – I'm feeling a bit low today.	αγκαλιάζω	39
<b>global</b>	adj	affecting or including the whole world	The <b>global</b> economy seems to be improving, which is good for everyone.	παγκόσμιος	47

# UNIT 3

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>go down (well)</b>	phr v	to get a particular reaction from someone	My advice to Simon didn't <b>go down</b> very <b>well</b> and he walked off angrily.	γίνομαι δεκτός( με χαρά), χαροποιώ	37
<b>go viral</b>	phr	if a picture, video, joke, etc. goes viral, it spreads widely, especially on the internet or mobile phones	The video is hilarious and <b>went viral</b> as soon as it was put up.	γίνομαι ευρέως γνωστός	47
<b>ground-breaking</b>	adj	groundbreaking work involves making new discoveries, using new methods, etc.	The <b>ground-breaking</b> procedure will help large numbers of people with severe back problems.	πρωτοποριακός	37
<b>gullible</b>	adj	too ready to believe what other people tell you, so that you are easily tricked	My younger brother is <b>gullible</b> and believes everything I tell him, however ridiculous!	εύπιστος	47
<b>hold down a job</b>	phr	to succeed in keeping a job	Joe is lazy and hasn't <b>held down a job</b> for years.	μένω σε μια δουλειά	audioscript 3.3
<b>holding operation</b>	n	a course of action designed to keep the status quo under difficult circumstances	The temporary fences are just part of a <b>holding operation</b> until the money comes through for a brick wall.	προσωρινό αντίμετρο	37
<b>imaginary</b>	adj	not real, but produced from pictures or ideas in your mind	In the book the town is real but many of the roads are <b>imaginary</b> .	φανταστικός	42
<b>incapable</b>	adj	not able to do something	Why is my brother <b>incapable</b> of understanding that I need some peace and quiet?	ανίκανος	42
<b>indecisive</b>	adj	unable to make clear decisions or choices	I'm not usually <b>indecisive</b> but in this instance I just cannot make up my mind.	αναποφάσιτος	42
<b>informed</b>	adj	based on knowledge of a subject or situation	You need to consider all the facts to make an <b>informed</b> decision.	πληροφορημένος, τεκμηριωμένος	audioscript 3.7
<b>initiative</b>	n	the ability to make decisions and take action without waiting for someone to tell you what to do	The problem with Dan is that he just does what other people say and never shows any <b>initiative</b> .	πρωτοβουλία	37
<b>legendary</b>	adj	very famous and admired	The film star's generosity is <b>legendary</b> and that's why he is so well respected in the profession.	θρυλικός	41
<b>literary</b>	adj	relating to literature	I buy a monthly <b>literary</b> magazine and learn all about modern writers.	λογοτεχνικός	47
<b>make a difference</b>	coll.	to have an important effect or influence on something or someone	It won't <b>make a difference</b> if I'm not at the meeting.	κάνω τη διαφορά	40
<b>make sacrifices</b>	coll.	to willingly stop having something you want or doing something you like in order to get something more important	Parents will always <b>make sacrifices</b> for their children.	κάνω θυσίες	39
<b>make sb's day</b>	coll.	to make someone very happy	I got an A star for the essay and it <b>made my day!</b>	φτιάχνω τη μέρα κπ	39

# UNIT 3

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>modify</b>	v	to make small changes to something in order to improve it and make it more suitable or effective	Some of the seating areas in the theatre have been <b>modified</b> to accommodate wheelchair users.	μετατρέπω, αλλάζω	39
<b>multitude</b>	n	a very large number of people or things	The world will be facing a <b>multitude</b> of problems as a result of climate change over the next fifty years.	πλήθος από...	37
<b>numerous</b>	adj	many	He's made the same mistake on <b>numerous</b> occasions.	πολυάριθμος	37
<b>pay sb a compliment</b>	coll	to say something nice to someone in order to praise them	My French friend <b>paid me a great compliment</b> when he said that my accent was nearly native!	κολακεύω	39
<b>pop-up</b>	adj	a restaurant, bar, shop, etc. that is opened somewhere for a short, limited period of time	<b>Pop-up</b> shops are becoming very popular in some high streets where permanent rents are very high.	που εμφανίζονται για προσωρινό διάστημα	37
<b>problematic</b>	adj	involving problems and difficult to deal with	The trains stop running after midnight and I hope that won't be <b>problematic</b> .	προβληματικός	47
<b>radical rethink</b>	phr	think about something again from a completely new perspective	The whole plan will require a <b>radical rethink</b> in the light of the new information.	ριζική αναθεώρηση	37
<b>raise concerns</b>	phr	to make some people concerned	Local residents have <b>raised concerns</b> about the impact of the new traffic system on the area.	εγείρω ανησυχία	37
<b>rational</b>	adj	based on reasons rather than emotions	There is usually a <b>rational</b> explanation behind every mystery.	λογικός	47
<b>relieve the pressure</b>	phr	to make you feel less stressed	Meeting at least one of the deadlines today will <b>relieve the pressure</b> on you next week.	ελαφρύνω, μειώνω την πίεση	37
<b>repercussion</b>	n	the effects of an action or event, especially bad effects that continue for some time	The conviction for fraud had severe <b>repercussions</b> on his career.	αντίκτυπος, επίπτωση	42
<b>revamp</b>	v	to change something in order to improve it and make it seem more modern	The restaurant was <b>revamped</b> a year ago and has now become the most popular place to eat in town.	ανακαινίζω	39
<b>reversible</b>	adj	a change that is reversible can be changed back to how it was before	Don't worry – any changes you make to the document are <b>reversible</b> .	αναστρέψιμος	47
<b>rough sleeper</b>	n	someone who sleeps outdoors because they have no home	The number of <b>rough sleepers</b> in public parks has increased by 20% this year.	άστεγος	47
<b>self-esteem</b>	n	the feeling of being satisfied with your own abilities, and that you deserve to be liked or respected	Winning the tennis final really boosted Jane's <b>self-esteem</b> .	αυτοεκτίμηση	37
<b>spread like wildfire</b>	phr	to become known about or used by more and more people very quickly	The news of his promotion <b>spread like wildfire</b> throughout the office.	διαδίδομαι πολύ γρήγορα	47



# UNIT 3

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>stable</b>	adj	steady and not likely to move or change	The operation was a success and Eddie is in a <b>stable</b> condition.	σταθερός	37
<b>stem the flow</b>	phr	to stop the movement of goods, people, or information from one place to another	The government needs to offer incentives to <b>stem the flow</b> of scientists looking for work in other countries.	αναχαιτίζω	37
<b>suspicious</b>	adj	thinking that someone might be guilty of doing something wrong or dishonest	The teacher thought that Tom might have cheated. His unusually high mark seemed <b>suspicious</b> .	ύποπτος	47
<b>tackle</b>	v	to try to deal with a difficult problem	It's going to be difficult to <b>tackle</b> this problem on our own, so we need some outside help.	αντιμετωπίζω	37
<b>take sth for granted</b>	phr	to believe that something is true without making sure	I didn't give you an invitation because I <b>took it for granted</b> that you would be coming!	θεωρώ κτ. ως δεδομένο	37
<b>transform</b>	v	to completely change the appearance, form, or character of something or someone, especially in a way that improves it	Recent technological advances have completely <b>transformed</b> the way we work these days.	μεταμορφώνω	39
<b>turn sb's life around</b>	coll	to change somebody's life completely	Jack found a new job at the bank and it completely <b>turned his life around</b> .	αλλάζω τη ζωή κπ	39
<b>unnoticeable</b>	adj	not easily noticed	I washed the shirt and the stains are now completely <b>unnoticeable</b> .	απαράτηρητος	47
<b>weigh up the pros and cons</b>	phr	to consider the advantages and disadvantages carefully so that you can make a decision	After <b>weighing up the pros and the cons</b> I've finally reached a decision.	ζυγίζω / σταθμίζω τα υπέρ και τα κατά	audioscript 3.7
Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>act of defiance</b>	n	behaviour that shows you refuse to do what someone tells you to, especially because you do not respect them	Running away was an <b>act of defiance</b> against his parents.	πράξη ανυπακοής	40
<b>convenience store</b>	n	a shop where you can buy food, alcohol, magazines, etc., that is often open 24/7	The prices are usually higher at a <b>convenience store</b> , but the upside is that you can get what you need even in the middle of the night.	παντοπωλείο	audioscript 3.6
<b>councillor</b>	n	a member of a council	You always have the option to write to your local <b>councillor</b> to complain.	σύμβουλος	audioscript 3.6
<b>disastrous</b>	adj	very bad, or ending in failure	Climate change could have <b>disastrous</b> effects on Earth.	καταστροφικός	audioscript 3.8
<b>disobedience</b>	n	act of deliberately not doing what you are told to do by your parents, teacher, etc.	John's <b>disobedience</b> was a manifestation of his anger towards people in power.	ανυπακοή	audioscript 3.6

# UNIT 3

Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>no-go zone</b>	n	an area that people should not go to because it is very dangerous	This part of the city was a <b>no-go zone</b> for the police.	απαγορευμένη ζώνη	37
<b>hurdle</b>	n	a problem or difficulty that you must deal with before you can achieve something	Finding enough money for the project was the first <b>hurdle</b> .	φραγμός, εμπόδιο	audioscript 3.6
<b>resistance</b>	n	a refusal to accept new ideas or changes	People need to know that change can happen through these small acts of <b>resistance</b> .	αντίσταση	audioscript 3.6
<b>sustained</b>	adj	continuing for a long time	It is extremely difficult for homeless people to get back into <b>sustained</b> employment.	συνεχής, σταθερός, αδιάκοπος	37
<b>underbelly</b>	n	the unpleasant parts of a place or society that are normally hidden	The photographs capture the <b>underbelly</b> of the United States – its poverty, its injustice, and its alienated underclass.	‘η κρυφή πλευρά’	37
<b>vendor</b>	n	someone who sells things, especially on the street	He bought a copy from a newspaper <b>vendor</b> .	‘πωλητής, προμηθευτής	37

# UNIT 4

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>a far cry from</b>	idiom	very different from something	Where Ed and Jane live now is <b>a far cry from</b> the tiny houses they lived in when they'd just got married.	που είναι πολύ διαφορετικός, 'που απέχει παρασάγγας'	53
<b>a world of difference between</b>	idiom	when two things are really different from one another	There's <b>a world of difference between</b> knowing how to do something and actually being able to do it.	τεράστια διαφορά	53
<b>anonymity</b>	n	when other people do not know who you are or what your name is	The newspaper is continuing to protect the <b>anonymity</b> of the source of the story.	ανωνυμία	53
<b>anti-establishment</b>	adj	against letting a formal group of people have power in a society	When Sara was at college she held very <b>anti-establishment</b> views but she never acted on them.	αντισυστημικός	51
<b>bootcut</b>	adj	bootcut jeans and trousers become slightly wider at the end of each leg	I got the wrong jeans – <b>bootcut</b> instead of skinny!	με λίγη καμπάνα (για παντελόνια συνήθως)	53
<b>bowler hat</b>	n	a hard round black hat that businessmen sometimes wear	London businessmen used to wear <b>bowler hats</b> but now they're a fashion statement.	καπέλο μπόουλερ (σκληρά στρογγυλεμένο καπέλο)	audioscript 4.1
<b>carbon copy of</b>	phr	someone or something that is very similar to another person or thing	This essay of Gary's is a <b>carbon copy of</b> the one he submitted six months ago!	πιστό αντίγραφο	53
<b>catch up with</b>	phr v	to improve and reach the same standard as other people in your class, group, etc.	After a long illness it took Tina a long time to <b>catch up with</b> what she'd missed at school.	αναπληρώνω	audioscript 4.7
<b>cause an uproar</b>	phr	to make a lot of noise or angry protest about something	Andy <b>caused an uproar</b> when he suggested extra lessons on a Saturday.	προκαλώ αντίδραση	53
<b>challenge the norm</b>	idiom	when something is not in accordance with tradition	Anything that <b>challenges the norm</b> can be hard for people to accept.	αμφισβητώ τον κανόνα	53
<b>come to nothing</b>	idiom	if a plan or action comes to nothing, it does not continue or does not achieve anything	There were plans to revamp the science block at school but it all <b>came to nothing</b> and we're still using outdated equipment.	αποτυγχάνω	54
<b>come up against</b>	phr v	to have to deal with problems or difficulties	The proposed redevelopment of the High Street <b>came up against</b> a lot of opposition.	αντιμετωπίζω	56
<b>compatible (with)</b>	adj	if two pieces of computer equipment or software are compatible, they can be used together, especially when they are made by different companies	Some software isn't <b>compatible with</b> this computer.	συμβατός	audioscript 4.2
<b>comprise</b>	v	to consist of particular parts, groups, etc.	The group <b>comprises</b> both professional and amateur enthusiasts.	αποτελούμαι	51

# UNIT 4

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>consistent (with)</b>	adj	if a fact, idea, etc. is consistent with another one, it seems to match it	His injuries are <b>consistent</b> with having fallen over.	σύμφωνος, συμβατός	53
<b>conviction</b>	n	a very strong belief or opinion	I have a strong <b>conviction</b> that this is not the last we shall hear about this story.	πεποίθηση	51
<b>diehard</b>	n	someone who opposes change and refuses to accept new ideas	He stayed at the concert in spite of the heavy rain. He's a real <b>diehard</b> .	σκληροπυρηνικός	51
<b>disdain</b>	n	a complete lack of respect that you show for someone or something because you think they are not important or good enough	The waiter at the five-star restaurant gave my jeans a look of complete <b>disdain</b> .	περιφρόνηση	51
<b>embroidered</b>	adj	embroidered clothes are decorated by sewing a pattern, picture, or words on it with coloured threads	My mother has an <b>embroidered</b> shirt that my grandmother made for her twenty years ago!	κεντημένος	53
<b>equivalent (to)</b>	adj	having the same value, purpose, job, etc. as a person or thing of a different kind	The qualifications she has are the <b>equivalent</b> to a second-class degree in the UK.	ισότιμος, ισοδύναμος	53
<b>exclusivity</b>	n	available or belonging only to particular people, and not shared	The fashion house prides itself on its <b>exclusivity</b> and that's why their clothes are so expensive.	αποκλειστικότητα	51
<b>face up to</b>	phr v	to accept and deal with a difficult fact or problem	You have to <b>face up to</b> the fact that getting your dream job is not going to be easy!	αντιμετωπίζω	audioscript 2.6
<b>faded</b>	adj	losing colour or brightness	<b>Faded</b> jeans are all the rage now – but for how long?	ξεθωριασμένος	53
<b>fit in</b>	phr v	to be accepted by the other people in a group	Katy joined the team two months ago and she's <b>fitted in</b> really well.	ταιριάζω	55
<b>flared</b>	adj	wider at the bottom	Did your grandfather ever wear <b>flared</b> jeans in the sixties?	καμπάνα (είδος παντελονιού)	53
<b>fringe</b>	n	not completely belonging to or accepted by a group of people who share the same job, activities, etc.	Dawson has been on the political <b>fringe</b> for a long time but his supporters are definitely growing now.	όριο, παρυφή, άκρη	51
<b>get away with</b>	phr v	to not be caught or punished when you have done something wrong	The thief had <b>got away with</b> countless burglaries before he got caught inside a house on Fenchurch Road last week.	ξεφεύγω, 'τη γλυτώνω'	56
<b>get caught up in</b>	phr	become involved in something that one had not planned on becoming involved in	We <b>got caught up in</b> the storm as we travelled back from Scotland last night.	εμπλέκομαι, παρασύρομαι από	54
<b>get my head round</b>	idiom	to be able to figure something out	I can't <b>get my head round</b> how much it's going to cost to stay in New York for a week.	καταλαβαίνω	51
<b>get out of</b>	phr v	to avoid doing something you have promised to do or are supposed to do	I'm supposed to be going to London with Fran on Saturday but I want to <b>get out of</b> it if possible.	αποφεύγω	56

# UNIT 4

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>get round to</b>	phr v	to do something that you have been intending to do for some time	Did you <b>get round to</b> phoning Jan about the project yesterday? I know you've been busy.	βρίσκω χρόνο να κάνω κτ.	51
<b>get sth spot on</b>	idiom	to do something absolutely correct	Jason was worried about the speech he had to make at his sister's wedding but he <b>got it spot on</b> .	πετυχαίνω, καταφέρνω	51
<b>get wound up</b>	phr	to be anxious, worried, or excited	Rita <b>got</b> really <b>wound up</b> about the exams last week and she didn't get much sleep at all.	ταράζομαι, εκνευρίζομαι	51
<b>go further than that</b>	idiom	used to introduce an opinion that is stronger than the previous one	You're saying that this action is important but I'd <b>go further than that</b> and say that it's essential.	πάω ένα βήμα παραπέρα	54
<b>go in for</b>	phr v	to do an examination or take part in a competition	Harry is <b>going in for</b> a dance competition next month and I think he'll do well.	δηλώνω συμμετοχή	56
<b>go on about</b>	phr v	to keep talking about something, in a way that is boring or annoying	Please stop <b>going on about</b> your holiday, you're making me very jealous.	συνεχίζω	56
<b>go on at</b>	phr v	to keep complaining to someone or asking someone to do something, especially when this annoys them	My dad has been <b>going on at</b> me to take driving lessons for ages and I've finally decided to start.	παραπονιέμαι διαρκώς	56
<b>grid</b>	n	a pattern of straight lines that cross each other and form squares	Some towns are organised on a <b>grid</b> system which I think makes them quite boring places to travel round.	πλέγμα	61
<b>hand sb sth on a plate</b>	idiom	to let someone get or achieve something easily, without much effort from them	The other finalist was ill and he <b>handed</b> victory to Andy <b>on a plate</b> .	δίνω σε κπ κάτι έτοιμο / στο πιάτο	54
<b>have a take on sth</b>	phr	to have an interesting approach	The singer <b>has an</b> interesting <b>take on</b> life which we can see quite clearly in his recent autobiography.	έχω μια προσέγγιση	53
<b>identical (to)</b>	adj	exactly the same, or very similar	This painting is <b>identical</b> to one I saw in France last year.	πανομοιότυπος	audioscript 4.2
<b>indistinguishable (from)</b>	adj	things that are indistinguishable are so similar that you cannot see any difference between them	The copy is perfect – completely <b>indistinguishable</b> from the original.	ίδιος και απαράλλακτος	53
<b>individuality</b>	n	the qualities that make someone or something different from other things or people	Jenna is expressing her <b>individuality</b> in her redesign of the flat.	ατομικότητα	53
<b>irony</b>	n	a situation that is unusual or amusing because something strange happens, or the opposite of what is expected happens or is true	The <b>irony</b> of the situation is that the policy was to improve people's lives, not destroy them.	ειρωνεία	51
<b>live up to</b>	phr v	if something or someone lives up to a particular standard or promise, they do as well as they were expected to, do what they promised, etc.	The film was excellent and certainly <b>lived up to</b> all my expectations.	ανταποκρίνομαι	audioscript 4.7

# UNIT 4

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>mainstream</b>	n	the most usual ideas or methods, or the people who have these ideas or methods	I'm not really a fan of the music you find in the <b>mainstream</b> .	η κυρίαρχη τάση	51
<b>non-conformist</b>	adj	someone who does not accept the ways of thinking or behaving accepted by most other people in their society or group	Many hippies were <b>non-conformist</b> not only in the way they dressed but in their beliefs as well.	αντι-κομφορμιστής	51
<b>norm</b>	n	the usual or normal situation, way of doing something, etc.	People think that the <b>norm</b> is to get a job, get married and buy a house, but that's not necessarily true.	η νόρμα, το σύνθημα	51
<b>on the same/a different wavelength</b>	idiom	to have the same or different opinions and feelings as someone else	John and I get on very well because we're <b>on the same wavelength</b> in terms of our tastes in music and art.	στο ίδιο μήκος κύματος	53
<b>peer</b>	n	your peers are the people who are the same age as you, or who have the same type of job, social class, etc.	Children are often heavily influenced by the opinions of their <b>peers</b> .	συνομήλικος	55
<b>pleated</b>	adj	a pleated skirt, dress, etc. has a lot of flat narrow folds	Part of their school uniform was a grey <b>pleated</b> skirt.	πλισέ, με πιέτες	53
<b>pretentiousness</b>	n	an exaggerated sense of one's importance, intelligence or high class	I cannot bear <b>pretentiousness</b> in people, trying to make themselves seem more important than they are.	υπεροψία	51
<b>purport</b>	v	to claim to be or do something, even if this is not true	The play is <b>purported</b> to be at least four hundred years old.	ισχυρίζομαι, παριστάνω	51
<b>quest</b>	n	a long search for something that is difficult to find	Tim and I are on a <b>quest</b> to find the best burger restaurant in the area.	αναζήτηση	53
<b>read up on</b>	phr v	to read a lot about something because you will need to know about it	I think it's important to <b>read up on</b> a place before you go there on holiday.	κάνω έρευνα, ψάχνω πληροφορίες	52
<b>rebellious</b>	adj	deliberately not obeying people in authority or rules of behaviour	Most teenagers go through a <b>rebellious</b> stage at some point and I definitely was no exception.	επαναστατικός	53
<b>ripped</b>	adj	with holes	<b>Ripped</b> jeans have gone out of fashion and now just look old!	σκισμένος	53
<b>scruffy</b>	adj	dirty and untidy	You can't go to work in that <b>scruffy</b> jacket!	ατημέλητος	53
<b>shabby</b>	adj	shabby clothes, places, or objects are untidy and in bad condition because they have been used for a long time	The coat is clean but it looks a bit <b>shabby</b> because it's quite old.	φθαρμένος	53
<b>skimpy</b>	adj	a skimpy dress, skirt, etc. is very short and does not cover very much	The restaurant has rules about people wearing <b>skimpy</b> shorts and tops in the summer.	προκλητικός	53
<b>spitting image of</b>	phr	to look exactly like someone else	Frank is the <b>spitting image of</b> his grandfather with the same shape face and hair colour.	είναι φτυστός	53

# UNIT 4

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>stance</b>	n	an opinion that is stated publicly	No one really knows his <b>stance</b> on increasing taxation.	θέση, άποψη	51
<b>stand out (from)</b>	phr v	to be very easy to see or notice	Billy <b>stands out</b> from everyone else in his class because of his height and his red hair.	ξεχωρίζω	53
<b>stand up for</b>	phr v	to support or defend a person or idea when they are being attacked	It's right for people to <b>stand up for</b> what they believe in, don't you agree?	υπερασπίζομαι	56
<b>stay away from</b>	phr v	to not go near or become involved with someone	My sister's ill and she has to <b>stay away from</b> people until she's better in case she passes it on.	αποφεύγω	56
<b>stay buried</b>	phr	to be secret	The family wants the secret about how they made their money to <b>stay buried</b> forever.	παραμένω κρυφός	audioscript 4.4
<b>stylish</b>	adj	attractive in a fashionable way	That's a very <b>stylish</b> hat - where did you get it?	κομψός	53
<b>subculture</b>	n	a particular group of people within a society and their behaviour, beliefs and activities	Every era has its <b>subculture</b> but some continue for longer than others.	υποκοουλτούρα	51
<b>synonymous</b>	adj	something that is synonymous with something else is considered to be very closely connected with it	The 1960s are <b>synonymous</b> with British style.	συνώνυμος	53
<b>the mind boggles</b>	idiom	if your mind boggles when you think of something, it is difficult for you to imagine or accept it	<b>The mind boggles</b> if you try to calculate the distances between stars and planets.	το μυαλό σαστίζει	audioscript 4.1
<b>trademark</b>	n	a particular way of behaving, dressing, etc. by which someone or something can be easily recognized	The singer performed at the gig without his bowler hat, which has been his <b>trademark</b> for years.	σήμα κατατεθέν	61
<b>up your game</b>	idiom	to make an effort to improve the way you do something	You'll need to <b>up your game</b> if you want to beat Rhona in the final.	βελτιώνω, προσπαθώ πιο έντονα	54
<b>usher in</b>	v	to cause something new to start, or to be at the start of something new	The development of steam engines <b>ushered in</b> a new era of economic growth.	εισάγω	51
<b>wane</b>	v	to become gradually less strong or less important	The popularity of this type of furniture is <b>waning</b> .	παρακμάζω	51
<b>wholly</b>	adv	completely	The problems we faced during the project work were <b>wholly</b> avoidable if we'd just planned better.	ολοκληρωτικά	55
Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>adversity</b>	n	a situation in which you have a lot of problems that seem to be caused by bad luck	The people are brave, resilient, humorous and friendly in the face of great change and <b>adversity</b> .	αντιξοότητα, κακουχία	audioscript 4.8
<b>appreciation</b>	n	an understanding of the importance or meaning of something	You can show your <b>appreciation</b> of our efforts by coming on time to the meetings.	εκτίμηση	51

# UNIT 4

Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>binge-watch</b>	v	to watch multiple episodes of a series in a very short time	Whenever I get into a new TV series I <b>binge-watch</b> it.	βλέπω μια τηλεοπτική σειρά για ώρες	audioscript 4.6
<b>busk</b>	v	to play music in a public place in order to earn money	There are many people <b>busking</b> on the main street in Amsterdam.	παίζω μουσική στο δρόμο	audioscript 4.1
<b>chubby</b>	adj	slightly fat in a way that looks healthy and attractive	The baby's cheeks were pink and <b>chubby</b> .	παχουλός	audioscript 4.2
<b>crossover of sth</b>	n	the fact of liking, using or supporting different types of things or groups	There's some <b>crossover</b> between the musical genres.	μίξη	audioscript 4.9
<b>embrace</b>	v	to eagerly accept a new idea, opinion, religion, etc.	Many young people <b>embrace</b> a popular subculture and follow its fashion.	ενστερνίζομαι, υιοθετώ (ιδέα)	51
<b>down-to-earth</b>	adj	practical and direct in a sensible, honest way	She's sophisticated, but also practical and <b>down-to-earth</b> .	ρεαλιστής, προσγειωμένος	audioscript 4.7
<b>encouragement</b>	n	when you encourage someone or something, or the things that encourage them	She needed no <b>encouragement</b> to continue.	ενθάρρυνση	audioscript 4.8
<b>float around</b>	phr v	to be present in a place	There's a lot of cash <b>floating around</b> in the economy at the moment.	περιφέρομαι	51
<b>in-your-face</b>	adj	intended to be noticed and to shock or upset people	Jack's behaviour is so <b>in-your-face</b> that even when his ideas are reasonable, people don't pay attention to them.	αναϊδής, αυθάδης	audioscript 4.7
<b>lose yourself in sth</b>	phr	to pay so much attention to something that you do not notice anything else	She listened intently to the music, <b>losing herself in</b> its beauty.	είμαι απορροφημένος από	55
<b>mischief</b>	n	bad behaviour, especially by children, that causes trouble or damage, but no serious harm	They've got enough toys to keep them out of <b>mischief</b> for a while.	σκανταλιά	audioscript 4.2
<b>nurture</b>	n	the education and care that you are given as a child, and the way it affects your later development and attitudes	They were debating over whether nature or <b>nurture</b> causes a person to be how they are.	ανατροφή, διαπαιδαγώγηση	audioscript 4.6
<b>obsess over</b>	v	to think about something or someone much more than is necessary or sensible	Stop <b>obsessing over</b> your hair! It's fine.	παθιάζομαι με, παθαίνω εμμονή	audioscript 4.6
<b>out-there</b>	adj	so unusual that it might seem silly or extreme	I usually go for films that are a reflection of reality, rather than movies about these <b>out-there</b> superheroes and their adventures.	υπερβολικός	audioscript 4.7
<b>pen name</b>	n	a name used by a writer instead of their real name	J.K. Rowling published her new book under a <b>pen name</b> .	ψευδώνυμο συγγραφέως	audioscript 4.4
<b>quote</b>	v	to repeat exactly what someone else has said or written	She <b>quoted</b> the newspaper article to support her argument.	παραθέτω	51



# UNIT 4

Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>rant</b>	v	to talk or complain in a loud, excited and rather confused way because you feel strongly about something	She was still <b>ranting</b> about the unfairness of it all hours later.	παραληρώ	audioscript 4.1
<b>recognise</b>	v	to accept or admit that something is true	John doesn't have to agree with me but he has to <b>recognise</b> the fact that I can have a different opinion.	αναγνωρίζω	audioscript 4.9
<b>rejection</b>	n	the act of not accepting, believing in, or agreeing with something	Brian's <b>rejection</b> of mainstream fashion often makes him the centre of attention but he doesn't seem to be aware of it.	απόρριψη	51
<b>sinister</b>	adj	making you feel that something evil, dangerous or illegal is happening or will happen	Some people believe that tattoos are unattractive or even <b>sinister</b> .	δυσσιώνος, κακόβουλος	51
<b>stocky</b>	adj	a stocky person is short and heavy and looks strong	Despite being slim overall, she had pretty <b>stocky</b> legs.	κοντόχοντρος	audioscript 4.2
<b>strong-minded</b>	adj	not easily influenced by other people to change what you believe or want	It's good to see that Rosie grew up to be such a <b>strong-minded</b> young woman.	ισχυρογνώμων	audioscript 4.8
<b>utter</b>	adj	used especially to emphasise that something is very bad, or that a feeling is very strong	That's <b>utter</b> nonsense! I don't want to hear another word on this subject.	απόλυτος	audioscript 4.1
<b>well-being</b>	n	a feeling of being comfortable, healthy, and happy	Our patients' <b>well-being</b> is our primary concern.	ευεξία	audioscript 4.6

# UNIT 5

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>a faint chance (that)</b>	phr	a very small or slight hope, etc.	There's <b>a faint chance that</b> Phil could be at home now, but I'm really not sure.	αμυδρή πιθανότητα va...	71
<b>a soft touch</b>	phr	someone from whom you can easily get what you want, because they are kind or easy to deceive	Don't lend her any more money – you are such <b>a soft touch!</b>	μαλθακός, ευκολόπιστος	67
<b>accumulate</b>	v	to gradually get more and more money, possessions, knowledge, etc. over a period of time	The family <b>accumulated</b> its wealth over several centuries.	συσσωρεύω, συγκεντρώνω	67
<b>acquire</b>	v	to obtain something by buying it or being given it	Our local museum has <b>acquired</b> a rare Monet painting which will go on display next month.	αποκτώ	67
<b>ahead of the game</b>	idiom	in a position where you are more advanced or more successful than your competitors	Getting extra qualifications puts you <b>ahead of the game</b> when it comes to promotion.	έχω το προβάδισμα	68
<b>aptitude (for)</b>	n	natural ability or skill, especially in learning	Helena was found to have a particular <b>aptitude</b> for computer programming at an early age.	κλίση, έφεση	69
<b>breakthrough</b>	n	an important new discovery, especially one made after trying for a long time	A recent <b>breakthrough</b> in the development of new antibiotics will affect millions of people.	ανακάλυψη, επίτευγμα	75
<b>bring in</b>	v	to employ someone from outside an organisation to solve a problem or do a difficult job	We'll need to <b>bring in</b> some specialists to advise us on the next steps.	φέρνω (στην εταιρία)	75
<b>budding</b>	adj	someone who is just starting to paint, act, etc. and will probably be successful at it	Paul thinks he's a <b>budding</b> rock star, but I don't agree!	εκκολαπτόμενος	69
<b>bulk</b>	n	the main or largest part of something	The <b>bulk</b> of my money each week goes towards paying my rent.	όγκος, πλειονότητα	65
<b>buy into</b>	phr v	to accept that an idea is right and allow it to influence you	I'm afraid I don't <b>buy into</b> the idea that property is the best investment you can make.	πείθομαι	65
<b>buyout</b>	n	a situation in which someone gains control of a company by buying all or most of its shares	The <b>buyout</b> of my dad's company resulted in a lot of redundancies.	εξαγορά	75
<b>check sth out</b>	phr v	to make sure that something is actually true, correct, or acceptable	I just need to <b>check</b> a few things <b>out</b> before I sign the agreement.	επιβεβαιώνω	71
<b>chuck out</b>	phr v	to throw something away because you do not want it anymore	I can't believe my mother <b>chucked out</b> my red coat – I loved it!	πετώ, διώχνω	67
<b>clutter up</b>	phr v	to cover or fill a space or room with too many things, so that it looks very untidy	The man's room was <b>cluttered up</b> with old newspapers and magazines.	στοιβάζω	67
<b>cocooned</b>	adj	being wrapped around completely	I love the feeling of being <b>cocooned</b> in my warm bed on a cold winter night.	τυλιγμένος	75
<b>collect</b>	v	to get and keep objects of the same type, because you think they are attractive or interesting	My brother <b>collects</b> unusual postcards from all over the world.	συλλέγω	67

# UNIT 5

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>come in for</b>	phr v	to be criticized, blamed, etc. for something	The government has <b>come in for</b> a lot of criticism over the increases in taxation.	γίνομαι αποδέκτης	68
<b>consume</b>	v	to eat or drink something	We don't <b>consume</b> everything we buy in supermarkets and throw far too much away.	καταναλώνω	67
<b>cover up</b>	n	an attempt to prevent the public from discovering the truth about something	A <b>cover up</b> over corruption in the police force is making headlines today.	συγκάλυψη	70
<b>crackdown</b>	n	action that is taken to deal more strictly with crime, a problem, protests, etc.	There will be a big <b>crackdown</b> on motorists who break the speed limit in the coming months.	λήψη δραστικών μέτρων	75
<b>cutbacks</b>	n	a reduction in something, such as the number of workers in a company or the amount of money a government or company spends	The <b>cutbacks</b> on funding for social care are having a great impact on vulnerable people.	μείωση	audioscript 5.6
<b>defining</b>	adj	crucial	One of the <b>defining</b> moments of my life was when I won the award for Best Actor.	καθοριστικός	65
<b>diagnosis</b>	n	the process of discovering exactly what is wrong with someone or something, by examining them closely	You'll need to get a <b>diagnosis</b> before the doctor can recommend treatment.	διάγνωση	65
<b>dodgy</b>	adj	seeming to be false, dishonest, or not to be trusted	I've had a couple of <b>dodgy</b> spam emails today and deleted them both without opening them.	ύποπτος, αμφίβολος	70
<b>dole out</b>	phr v	to give something such as money, food, advice, etc. to more than one person	Some people say that doctors have been <b>doling out</b> antibiotics unnecessarily for years.	διανέμω	audioscript 5.6
<b>downturn</b>	n	a period or process in which business activity, production, etc. is reduced and conditions become worse	A <b>downturn</b> in the market for new cars has affected the company's profits.	ύφεση	audioscript 5.6
<b>downward spiral</b>	phr	a process, usually a harmful one, in which something gradually but continuously gets worse	Amanda was caught in a <b>downward spiral</b> of debt and depression.	επιδείνωση	75
<b>drawback</b>	n	a disadvantage of a situation, plan, product, etc.	One <b>drawback</b> to living near the city centre is the amount of traffic noise.	μειονέκτημα	70
<b>easy prey (for)</b>	phr	someone who can easily be deceived or harmed	Older people are often an <b>easy prey</b> for online or phone scams.	το 'εύκολο θύμα'	67
<b>eat up</b>	phr v	to use a lot of something, especially until there is none left	This car <b>eats up</b> the petrol when I'm driving through town.	εξαντλώ, καταναλώνω	68
<b>embark upon</b>	phr v	to start something, especially something new, difficult, or exciting	My friend's grandparents <b>embarked upon</b> a round-the-world trip last week.	ξεκινώ	65
<b>emote</b>	v	to clearly show emotion, especially when you are acting	Actors need to <b>emote</b> but sometimes I think less theatricality is better.	εκφράζω συγκίνηση	75
<b>fallout</b>	n	the results of a particular event, especially when they are unexpected	The <b>fallout</b> from the political scandal meant that several senior councillors lost their jobs.	συνέπειες	75

# UNIT 5

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>feedback</b>	n	advice, criticism, etc. about how successful or useful something is	The hotel would be grateful if guests could leave <b>feedback</b> on their website.	επαναπληροφόρηση	65
<b>flip</b>	v	to move something with a quick sudden movement so that it is in a different position	We <b>flipped</b> a coin to see who would pay for the meal.	αναποδογουρίζω	68
<b>flooded (with)</b>	adj	receive so many letters, complaints or inquiries that you cannot deal with them all easily	The website has been <b>flooded with</b> requests for tickets.	πλημμυρισμένος από	audioscript 5.4
<b>full-blown</b>	adj	having all the qualities of something that is at its most complete or advanced stage	What started as a minor query has developed into a <b>full-blown</b> debate about the issue.	πλήρης	67
<b>generate</b>	v	to produce or cause something	Topics such as the environment or education usually <b>generate</b> a lot of discussion in class.	παράγω	64
<b>get the hang of</b>	idiom	to understand and be able to do something	My mum still hasn't <b>got the hang of</b> using her new tablet.	εξοικειώνομαι	68
<b>give a heads up</b>	idiom	to warn that something may happen	Can you <b>give me a heads up</b> if you're going to be home late this evening?	προειδοποιώ	65
<b>glass ceiling</b>	n	the attitudes and practices that prevent women or particular groups from getting high-level jobs, even though there are no actual laws or rules to stop them	Many women still come up against a <b>glass ceiling</b> as they try to climb the career ladder.	γυάλινη οροφή	70
<b>go without</b>	phr v	to not have something that you usually have	I can't <b>go without</b> a coffee for more than a few hours!	ζω χωρίς, αντέχω	audioscript 5.2
<b>hang onto</b>	phr v	to keep something	Don't <b>hang onto</b> things that you don't use – throw them out.	κρατώ	67
<b>hard sell</b>	phr	a way of selling something in which there is a lot of pressure on you to buy	He uses the <b>hard sell</b> . That's why I would never buy from him.	δύσκολη πώληση, σκληρό παζάρι	67
<b>hoard</b>	v	to collect things and hide them somewhere, especially so they can be used later	Some animals, like squirrels, <b>hoard</b> food to be eaten at a later time.	συσσωρεύω, συγκεντρώνω	67
<b>hold up</b>	n	a situation that stops something from happening or making progress	For some reason there has been a <b>hold up</b> in salary payments this month.	καθυστερηση, εμπόδιο	75
<b>hot property</b>	phr	something or someone very valuable and popular	The singer who won the talent show last month is <b>hot property</b> and agents everywhere want to sign him up.	είναι περιζήτητος	68
<b>immersive</b>	adj	making you feel you are really taking part in the events you are seeing on a screen or hearing about, or are really in a virtual environment	Games using Virtual Reality offer a truly <b>immersive</b> experience.	βυθισμένος, απορροφημένος σε	64
<b>initial</b>	adj	happening at the beginning	My <b>initial</b> impression was that the plan would not work, but I'm beginning to see the possibilities.	αρχικός	64

# UNIT 5

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>insatiable desire (for)</b>	phr	always wanting more and more of something	Cathy had an <b>insatiable desire for</b> knowledge from an early age and read every book she could find.	ακόρεστη επιθυμία	67
<b>intake</b>	n	the number of people who join a school, profession, etc. at a particular time	This year's <b>intake</b> includes students from ten different countries.	εισαγωγή	75
<b>knock-down price</b>	phr	a very cheap price	It's sometimes hard to resist products in sales when they're at a <b>knock down price</b> .	τιμή ευκαιρίας	audioscript 5.2
<b>living proof</b>	n	if someone is living proof of a particular fact, they are a good example of how true it is	Joshua is <b>living proof</b> that you can get lost in the Australian outback and still survive.	ζωντανή απόδειξη	67
<b>mind-blowing</b>	adj	very exciting, shocking or strange	The views from the hotel room across the desert are simply <b>mind-blowing</b> .	ασύλληπτος	65
<b>mine</b>	v	to dig large holes in the ground in order to remove coal, gold, etc.	People used to <b>mine</b> for tin in many areas of Cornwall a long time ago.	εξορύσσω	66
<b>offspring</b>	n	an animal's baby or babies	A beautiful photograph of the polar bear and her <b>offspring</b> won the competition.	απόγονος	audioscript 5.6
<b>outcome</b>	n	the final result of a meeting, discussion, war, etc., used especially when no one knows what it will be until it actually happens	The <b>outcome</b> of the negotiations will be made public next Monday.	αποτέλεσμα	70
<b>outlay</b>	n	the amount of money that you have to spend in order to start a new business, activity, etc.	The first year's profits easily covered the shop's initial <b>outlay</b> .	έξοδο, δαπάνη	75
<b>outset</b>	n	the beginning of an event or process	The teacher realised from the <b>outset</b> that Hannah was going to be a challenging student.	έναρξη	70
<b>part with our money</b>	phr	to give money to someone else, although you do not want to	A salesman's job is simply to persuade us to <b>part with our money</b> .	αποχωρίζομαι τα χρήματά μου	67
<b>pass up an opportunity</b>	phr	to not use the chance, etc. to do or have something when it is offered	He became a millionaire because he never <b>passed up an opportunity</b> to buy things that he could resell at a higher price.	αφήνω την ευκαιρία ανεκμετάλλευτη	67
<b>pocket</b>	v	to get an amount of money, especially in a way that is illegal or seems very easy	I gave Tim a fiver to pay for the coffee at the counter and he <b>pocketed</b> the change!	τσεπώνω	67
<b>pulse</b>	n	the regular beat that can be felt, for example at your wrist, as your heart pumps blood around your body	When my brother fainted I couldn't find a <b>pulse</b> and I panicked.	παλμός	64
<b>push the right buttons</b>	phr	to get what you want by behaving in a clever way	Personally targeted ads <b>push all the right buttons</b> to tempt us into buying.	πατώ τα σωστά κουμπιά	67

# UNIT 5

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>sentimental value</b>	phr	when a particular object has an emotional value to you because it was owned by someone close to you	I've kept my grandmother's necklace for its <b>sentimental value</b> , not because I think it's worth a lot of money.	συναισθηματική αξία	67
<b>set the bar</b>	phr	to establish a high standard	Jim has <b>set the bar</b> high with his time for the 100 metres in the semi-final but I think Alan can still beat him.	θέτω τον πήχη	70
<b>setback</b>	n	a problem that delays or prevents progress, or makes things worse than they were	The relationship has had a few <b>setbacks</b> but Mike and Jenny are getting on really well now.	αναποδιά, εμπόδιο	75
<b>spare cash</b>	phr	free money to spend	You shouldn't leave <b>spare cash</b> around the house as it entices burglars.	πλεονάζοντα χρήματα	audioscript 5.2
<b>splash out (on)</b>	phr v	to spend a lot of money on something	When I get my first month's salary I'm going to <b>splash out</b> on a new guitar.	ξοδεύω	67
<b>spouse</b>	n	a husband or wife	The invitation to the award ceremony included <b>spouses</b> .	σύζυγος	64
<b>stumble</b>	n, v	to hit your foot against something or put your foot down awkwardly while you are walking or running, so that you almost fall	Julie <b>stumbled</b> on the uneven pavement and hurt her ankle.	παραπατώ, σκοντάφτω	75
<b>takeover</b>	n	when one company takes control of another by buying more than half its shares	The company <b>takeover</b> is being welcomed by all parties involved.	εξαγορά	75
<b>the rumour's going round that</b>	idiom	used to say when a gossip becomes popular	<b>The rumour's going round that</b> Mr Travis is leaving at the end of term, which I would be really upset about.	οι φήμες λένε...	75
<b>the time is ripe</b>	idiom	used to say it is a very suitable time for something to happen, especially when it should have happened sooner	With low interest rates <b>the time is ripe</b> to take out a mortgage.	είναι η κατάλληλη στιγμή	audioscript 5.4
<b>tick a box</b>	phr	to reach expectations	The job opportunity <b>ticks</b> a lot of <b>boxes</b> for me, but not all of them!	ικανοποιώ τις προσδοκίες	65
<b>turnover</b>	n	the amount of business done during a particular period	<b>Turnover</b> has been higher than expected this year and will result in greater profits.	τζίρος	75
<b>unparalleled</b>	adj	bigger, better or worse than anything else	Shakespeare's influence on the English language is <b>unparalleled</b> .	απαράμιλλος	65
<b>upbringing</b>	n	the way that your parents care for you and teach you to behave when you are growing up	Surely his <b>upbringing</b> has taught him that it's impolite to behave in that way.	ανατροφή	audioscript 5.6
<b>utopian</b>	adj	an imaginary perfect world where everyone is happy	The novel presents us with a <b>utopian</b> world, attractive but impossible to achieve.	ουτοπικός	65

# UNIT 5

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>watch your money</b>	phr	to be wise at spending money because you want to save it	We're <b>watching our money</b> at the moment because we want to book a holiday in the USA.	προσέχω με τα χρήματά μου	67
<b>workout</b>	n	a period of physical exercise, especially as training for a sport	I always feel brighter after a good <b>workout</b> at the gym.	προπόνηση	75
Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>albeit</b>	coll	used to add information that reduces the force or importance of what you have just said; although	He accepted the job, <b>albeit</b> with some hesitation.	μολονότι	64
<b>brilliance</b>	n	a very high level of intelligence or skill	He is also respected for his <b>brilliance</b> as an artist.	μεγαλείο	65
<b>collectible</b>	n	a valuable object bought as an investment	The old comics I kept in the attic turned out to be quite valuable <b>collectibles</b> .	συλλεκτικός	audioscript 5.4
<b>compromise</b>	v	to reach an agreement in which everyone involved accepts less than what they wanted at first	The President said that he is prepared to <b>compromise</b> on his tax agenda.	συμβιβάζομαι	n/a
<b>counterpart</b>	n	someone or something that has the same job or purpose as someone or something else in a different place	In some companies female employees earn less than their male <b>counterparts</b> .	ομόλογος	audioscript 5.7
<b>drive someone nuts</b>	phr	to make someone very annoyed	His childish behaviour <b>drives</b> me <b>nuts</b> !	αποτρελαίνω	audioscript 5.10
<b>estimate</b>	n	a calculation of the amount of something made using the information that you have, which may not be complete	We just need an <b>estimate</b> of the number of people who will come.	εκτίμηση	65
<b>novelty</b>	n	the quality of being new, unusual, and interesting	Many toys have no attraction beyond their <b>novelty</b> value.	καινοτομία	64
<b>operative</b>	n	a worker – used in business	In the future many companies may replace some of their <b>operatives</b> with holograms programmed to serve customers.	εργάτης	65
<b>prospective</b>	adj	likely to happen	Companies can go to great lengths to catch the attention of <b>prospective</b> customers.	πραγματοποιήσιμος	64
<b>purchase history</b>	phr	a record of things you bought	Companies introduce loyalty programs to track your <b>purchase history</b> .	ιστορικό αγορών	64
<b>relevant</b>	adj	directly relating to the subject or problem being discussed or considered	We received all the <b>relevant</b> information.	σχετικός	65
<b>spectrum</b>	n	a complete range of opinions, people, situations, etc., going from one extreme to its opposite	Virtual Reality opens a whole new <b>spectrum</b> of possibilities to people.	φάσμα	65
<b>swiftly</b>	adv	quickly and immediately	Alice dressed <b>swiftly</b> .	γρήγορα	audioscript 5.4

# UNIT 5

Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>targeting</b>	n	having an effect on a particular limited group or area	Nowadays it is common for companies to use <b>targeting</b> in their advertising so that their marketing is more efficient.	στόχευση	65
<b>wearable</b>	adj	designed to be worn as an item of clothing (e.g. of a computer)	<b>Wearable</b> devices are becoming extremely popular.	που φοριέται	65
<b>white goods</b>	n	equipment used in the home, for example washing machines and refrigerators	Consumers are buying more clothes, furniture, <b>white goods</b> and electronic equipment.	οικιακές συσκευές	audioscript 5.1



# UNIT 6

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>above-board</b>	adj	honest and legal	It must be an <b>above-board</b> financing arrangement with proper accounts.	νομότυπος	84
<b>all credit to</b>	idiom	used to show that you think a person deserves a lot of praise for something that they have done	He failed his exam, but <b>all credit to</b> his teacher who tried to help him.	τα εύσημα ανήκουν στον/στην	82
<b>assign blame</b>	phr	to blame someone else instead of yourself	You need to take some responsibility and not <b>assign blame</b> to other people.	επιρρίπτω ευθύνες	82
<b>authentic</b>	adj	done or made in the traditional or original way	The museum has <b>authentic</b> reproductions of colonial houses.	αυθεντικός	78
<b>bail (sb) out</b>	phr v	to do something to help someone out of trouble, especially financial problems	The bank was in trouble and had to be <b>bailed out</b> by the government.	ξελασπώνω, βοηθάω	84
<b>be down to</b>	phr v	to be left with only (a specified amount of something)	We couldn't afford the train as we <b>were down to</b> our last 100 euros.	απομένω	84
<b>be economical with the truth</b>	idiom	used humorously to say that someone is not telling the truth	We didn't have all the information because he <b>was</b> very <b>economical with the truth</b> .	φειδωλός ως προς την αλήθεια	84
<b>be upfront about sth</b>	phr	to be honest about something	If the project is going wrong, it's better to <b>be upfront about</b> it.	είμαι ειλικρινής	audioscript 6.8
<b>betray</b>	v	to be disloyal to someone who trusts you, so that they are harmed or upset	My sister <b>betrayed</b> my parents' trust by not telling the truth.	προδίδω	audioscript 6.6
<b>bluff</b>	v	to pretend that you know about something in order to get what you want	He <b>bluffed</b> his way into the job. He said he had experience of managing people.	μπλοφάρω	84
<b>bluff</b>	n	an attempt to make someone believe that you know about something when you do not	He said he had experience of managing people but it was a <b>bluff</b> – it just wasn't the case.	μπλόφα	84
<b>candid discussion</b>	phr	honest conversation	We had to have a <b>candid discussion</b> about whether we could continue to employ him.	ειλικρινής συζήτηση	84
<b>cerebral palsy</b>	n	a disease caused by damage to the brain before or during birth which results in difficulties of movement and speech	It can be challenging to live independently if you have <b>cerebral palsy</b> .	εγκεφαλική παράλυση	78
<b>cheat</b>	v	to trick or deceive someone so that they do not get or keep something they have a right to have	The antiques dealer <b>cheated</b> the elderly couple out of their property.	εξαπατώ, κοροϊδεύω	84
<b>circulate</b>	v	if information, facts, ideas, etc. circulate, they become known by many people	Stories were <b>circulating</b> in the press about the company's mismanagement.	κυκλοφορώ	89
<b>compelling evidence</b>	n	strong proof	There is <b>compelling evidence</b> to support climate change.	αδιάσειστα αποδεικτικά στοιχεία	86
<b>creative with the truth</b>	phr	bending the facts so that they are suitable for someone	I think authors are entitled to be <b>creative with the truth</b> in some non-fiction.	γίνομαι δημιουργικός με την αλήθεια	84

# UNIT 6

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>deceive</b>	v	to make someone believe something that is not true	It's a law that advertising must not deliberately <b>deceive</b> customers.	εξαπατώ, ξεγελώ	81
<b>delusion</b>	n	a false belief about yourself or the situation you are in	The team are under the <b>delusion</b> that they will finish the project in time.	αυταπάτη	81
<b>disciple</b>	n	someone who believes in the ideas of a great teacher or leader, especially a religious one	The guru was surrounded by a group of <b>disciples</b> who supported his every word.	μαθητής, -τρια / οπαδός	79
<b>disguise</b>	v	to change someone's appearance so that people cannot recognize them	The thief <b>disguised</b> herself with a wig and glasses.	μεταμφίεση	84
<b>dream</b>	n	a series of thoughts, images and feelings that you experience when you are asleep	I had a <b>dream</b> about climbing a mountain last night.	όνειρο	81
<b>exploit</b>	v	to treat someone unfairly by asking them to do things for you, but giving them very little in return – used to show disapproval	Some people are sometimes <b>exploited</b> by employers and expected to work extra hours.	εκμεταλλεύομαι	84
<b>fake</b>	v	to make something seem real in order to deceive people	The company had <b>faked</b> the results of the test so they were fined.	αντιγράφω	84
<b>fallacy</b>	n	a false idea or belief, especially one that a lot of people believe is true	It's a complete <b>fallacy</b> that having money will make you feel happier.	πλάνη	81
<b>falsehood</b>	n	a statement that is untrue	In news reports it can be hard to tell the difference between truth and <b>falsehood</b> .	ανακρίβεια	84
<b>fantasy</b>	n	an idea or belief that is based only on imagination, not on real facts	My brother's plans are pure <b>fantasy</b> and will never amount to anything.	φαντασίωση	81
<b>fib</b>	v, n	a small unimportant lie	I told a <b>fib</b> when I said I enjoyed the wedding.	ψεματάκι	84
<b>figment of your imagination</b>	idiom	something that you imagine is real, but does not exist	I think the ghost you saw was just a <b>figment of your imagination</b> .	αποκύημα της φαντασίας μου	81
<b>forge</b>	v	to illegally copy something, especially something printed or written, to make people think that it is real	He <b>forged</b> her signature on the bank card.	πλαστογραφώ	84
<b>frame</b>	n	when you get someone into the frame it means that the person will be visible on the picture	You need to get everyone into the <b>frame</b> when taking a photo.	πλαίσιο	80
<b>fraud</b>	n	someone or something that is not what they claim to be	He said he was a doctor but he turned out to be a <b>fraud</b> .	απάτη	84
<b>freeboot</b>	v	to steal online media and upload them on your website	Newspapers <b>freeboot</b> by uploading people's videos without permission.	φέρομαι σαν τυχοδιώκτης	82
<b>garner</b>	v	to take or collect something, especially information or support	His presentation <b>garnered</b> a large audience.	αποθηκεύω	89

# UNIT 6

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>get an ear bashing</b>	idiom	to be criticised in an angry way for a long time because you have done something wrong	Seth <b>got</b> a right <b>ear bashing</b> about his poor marks.	ακούω κατσάδα	audioscript 6.8
<b>get into character</b>	coll	to get used to the character you are playing	Actors often use somebody's walk to <b>get into character</b> .	μπαίνω στο ρόλο	79
<b>give a convincing performance</b>	coll	to be persuasive in your performance	The lead actor <b>gave a convincing performance</b> as an old man.	δίνω μια πειστική παράσταση	81
<b>give sb the impression</b>	coll	make someone think about something in a particular way	He <b>gave me the impression</b> that he was happy with the way things were going.	δίνω την εντύπωση	81
<b>go to great lengths</b>	coll	to try very hard or to do whatever is necessary to achieve something that is important to you	My aunt <b>went to great lengths</b> to make sure everyone felt welcome.	κάνω μεγάλη προσπάθεια	81
<b>hallucination</b>	n	something which you imagine you can see or hear, but which is not really there, or the experience of this	I wasn't sure if the lightning was real or if it was a <b>hallucination</b> .	ψευδαίσθηση	81
<b>hoax</b>	n	a false warning about something dangerous	The website was a <b>hoax</b> to get people's identity details.	φάρσα	84
<b>hopeful</b>	adj	believing that what you hope for is likely to happen	We are all feeling very <b>hopeful</b> about the outcome.	ελπιδοφόρος	79
<b>hybrid</b>	n	something that consists of or comes from a mixture of two or more other things	His music is a <b>hybrid</b> of jazz and blues.	υβρίδιο	79
<b>illusion</b>	n	something that seems to be different from the way it really is	Interior designers use mirrors to give the <b>illusion</b> of space.	ψευδαίσθηση	81
<b>image</b>	n	someone or something looking exactly like someone or something else	Vani is the <b>image</b> of her mother.	εικόνα	81
<b>imagination</b>	n	the ability to form pictures or ideas in your mind	The author's stories really fired my <b>imagination</b> .	φαντασία	81
<b>immerse yourself</b>	phr	to become completely involved in an activity	After joining the company, she immediately <b>immersed herself</b> in her work.	εμβαθύνω σε	79
<b>impersonate</b>	v	to pretend to be someone else by copying their appearance, voice and behaviour, especially in order to deceive people	She was arrested for <b>impersonating</b> a police officer.	υποδύομαι	84
<b>it is worth noting</b>	phr	used to bring someone's attention to something	Despite our best efforts, <b>it's worth noting</b> that we've only sold 45 units.	αξίζει να σημειωθεί	89
<b>jumping-off point</b>	phr	a place to start from, especially at the beginning of a journey	It's not where we want to be but it's a good <b>jumping-off point</b> .	αφετηρία	79
<b>keep the creative juices flowing</b>	idiom	to continue being creative	I find playing music helps <b>keep the creative juices flowing</b> .	συνεχίζω να είμαι δημιουργικός	89

# UNIT 6

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>know sb through and through</b>	coll	to know someone very well	I lived with her for years so I <b>know her through and through</b> .	γνωρίζω πέρα για πέρα / πολύ καλά	81
<b>make out</b>	phr v	to be able to see or hear something	I couldn't <b>make out</b> what had really happened.	διακρίνω	89
<b>make sth up</b>	phr v	to produce a new story, song, game, etc. by thinking	If you can't remember the details, just <b>make something up</b> .	επινοώ	90
<b>make-believe</b>	adj	when you imagine or pretend that something is real or true	The building was constructed as a <b>make-believe</b> castle for children.	στα ψέματα	84
<b>mannerism</b>	n	a way of speaking or moving that is typical of a particular person	The twins have the same <b>mannerisms</b> as each other.	μανιερισμός	80
<b>mock</b>	adj	not real, but intended to be very similar to a real situation, substance, etc.	We had to make <b>mock</b> sales calls as part of our training.	πλαστός, ψευδής	84
<b>mythical</b>	adj	existing only in an ancient story	The minotaur was a <b>mythical</b> creature who was half bull and half man.	μυθικός	84
<b>ordeal</b>	n	a terrible or painful experience that continues for a period of time	He had a terrible <b>ordeal</b> when he lost all his money while travelling.	δοκιμασία	79
<b>part</b>	n	if something or someone plays a part in something else, they are involved in it	She agreed to play her <b>part</b> in the organisation of the event.	μέρος	79
<b>part and parcel (of)</b>	idiom	a necessary feature of something	I'm afraid doing mundane tasks is <b>part and parcel of</b> working in an office.	αναπόσπαστο τμήμα / κομμάτι	79
<b>persona</b>	n	the way you behave when you are with other people or in a particular situation, which gives people a particular idea about your character	My boss has a very jolly public <b>persona</b> but she's different in private.	χαρακτήρας	79
<b>photoshop</b>	v	to brush up a photograph or image	I think they <b>photoshop</b> too much in adverts nowadays.	επεξεργάζομαι μια φωτογραφία ηλεκτρονικά	audioscript 6.4
<b>plausibly</b>	adv	in a way that seems reasonable or probable	You cannot <b>plausibly</b> claim victory when votes are still being counted.	πιθανώς	79
<b>play a prank</b>	phr	to do something to someone as a joke or trick	My sister enjoys <b>playing pranks</b> on her friends but they're not always funny.	κάνω μια φάρσα	79
<b>portray</b>	v	to describe or represent something or someone	The interview in the paper <b>portrayed</b> him in a very negative way.	περιγράφω	79
<b>prankster</b>	n	someone who plays tricks on people to make them look silly	My uncle is a bit of a <b>prankster</b> so we all think he's a laugh.	φαρσέρ	84
<b>pretend</b>	v	to behave as if something is true when in fact you know it is not, in order to deceive people or for fun	They looked like they were enjoying the party but it turned out they were just <b>pretending</b> .	προσποιούμαι	81

# UNIT 6

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>prime example</b>	phr	a very typical example of something	This building is a <b>prime example</b> of early 1930s architecture.	χαρακτηριστικό παράδειγμα	audioscript 6.8
<b>put a strain on</b>	phr	to burden or overload someone or something	Having to look after her father <b>put a strain on</b> their relationship.	θέτω σε δοκιμασία	89
<b>put on a brave front</b>	idiom	to pretend that you are happy when you are really very upset	The footballer was in pain after the fall but he <b>put on a brave front</b> .	το παίζω 'γενναίος'	81
<b>put sb on</b>	phr v	used to tell someone that you think they are joking	I don't think that's true; you're <b>putting me on!</b>	κοροϊδεύω, εμπαίζω	79
<b>put sth into perspective</b>	phr	to see something from the distance so that you are not personally involved	Her situation made me <b>put my own troubles into perspective</b> .	θέτω σε προοπτική	79
<b>realism</b>	n	the ability to accept and deal with difficult situations in a practical way, based on what is possible rather than what you would like to happen	You need to achieve a balance between idealism and <b>realism</b> .	ρεαλισμός	81
<b>reality</b>	n	what actually happens or is true, not what is imagined or thought	My dream became a <b>reality</b> when I landed the job.	πραγματικότητα	79
<b>reluctance</b>	n	when someone is unwilling to do something, or when they do something slowly to show that they are not very willing	My mother offered to help but with great <b>reluctance</b> .	απροθυμία	79
<b>riveting</b>	adj	something that is riveting is so interesting or exciting that you cannot stop watching it or listening to it	The actor gave a <b>riveting</b> performance in the film.	ενδιαφέρων, ελκυστικός	79
<b>role</b>	n	the way in which someone or something is involved in an activity or situation, and how much influence they have on it	When his mother left he had to take on the <b>role</b> of parent.	ρόλος	79
<b>scam</b>	v	to deceive someone in order to get money from them	The company <b>scammed</b> loads of people out of their savings.	εξαπατώ	84
<b>scammer</b>	n	someone who deceives other people in order to get money from them	The man was a <b>scammer</b> who committed insurance fraud.	απατεώνας	84
<b>show up</b>	phr v	to arrive, especially at the place where someone is waiting for you	They <b>showed up</b> really late but they did apologise.	εμφανίζομαι	79
<b>splintered</b>	adj	broken in a way that a small sharp piece is separated from the rest of the object	It was very dangerous because he drove with a <b>splintered</b> windscreen.	θρυμματισμένος	78
<b>stitch together</b>	phr v	to put different things or parts of something together to make one larger thing	We've been able to <b>stitch together</b> a good network of contacts.	ενώνω, συρράβω	89
<b>stricken</b>	adj	very badly affected by trouble, illness, unhappiness, etc.	The pilot managed to land the <b>stricken</b> plane safely.	αυτός που πλήττεται	78
<b>take a / its toll</b>	phr	to have a very bad effect on something or someone over a long period of time	Working late nights can really <b>take its toll</b> on your health.	συγκλονίζω	89

# UNIT 6

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>take in</b>	phr v	to understand and remember new facts and information	I was so nervous I couldn't <b>take in</b> everything he was saying to me.	αντιλαμβάνομαι	89
<b>take on</b>	phr v	to agree to do some work or to be responsible for something	The assistant agreed to <b>take on</b> extra responsibilities when her boss was ill.	αναλαμβάνω	80
<b>take sb for sb</b>	phr v	to see someone as or believe someone to be something else	I <b>took</b> him <b>for</b> the expert he said he was.	θεωρώ	89
<b>tangible</b>	adj	clear enough or definite enough to be easily seen or noticed	We can only invest if there are <b>tangible</b> benefits for the company.	απτός	79
<b>tell a whopper</b>	phr	to tell a gross or blatant lie	He <b>told</b> us a real <b>whopper</b> about the size of the fish he caught.	ψεύδομαι κατάφορα	85
<b>tell porkies</b>	phr	to lie	Anna said she was stuck in traffic but I know she was <b>telling porkies!</b>	λέω ψέματα	84
<b>the façade slips</b>	coll	the truth reveals itself	Every so often <b>the façade slips</b> and you can see how unhappy she is.	η αλήθεια φανερώνεται	81
<b>the semblance of</b>	coll	a situation, condition, etc. that is close to or similar to a particular one, usually a good one	He tried to project some <b>semblance of</b> confidence even though the thought of the interview terrified him.	με την επίφαση	81
<b>throw in</b>	phr v	if you throw in a remark, you say it suddenly without thinking carefully	I wasn't convinced by his argument so I decided to <b>throw in</b> my opinion.	πετάω ξαφνικά	79
<b>unsettling</b>	adj	making you feel nervous or worried	The trip was strange and, in the end, a very <b>unsettling</b> experience.	ανησυχητικός	79
<b>wired into</b>	adj phr	if an ability, approach or an activity is wired into the brain, it is a basic one and cannot be changed	This type of activity is <b>wired into</b> his brain.	είμαι καταγεγραμμένος / εντυπωμένος	89
<b>word association</b>	n	an activity where you need to exchange words that are associated with each other	The psychologist used <b>word association</b> to try to understand his patient.	λεκτικός συσχετισμός	84
<b>yield</b>	v	to produce a result, answer or piece of information	Our research has <b>yielded</b> some really interesting results.	παράγω	79
Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>antics</b>	n	behaviour that seems strange, funny, silly or annoying	Tim Burton is said to disapprove of the <b>antics</b> of the actors starring in his films.	θεατρνισμοί	79
<b>brainstorming</b>	n	when a group of people meet in order to try to develop ideas and think of ways of solving problems	The founder of the company came up with its logo during a <b>brainstorming</b> session with his friends.	καταιγισμός ιδεών	audioscript 6.4

# UNIT 6

Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>coherently</b>	adv	in a way that forms a unified whole	Method acting approach is about actors totally immersing themselves in the character so that they can act <b>coherently</b> .	με συνάφεια	79
<b>crack sth</b>	v	find the answer to a problem or manage to understand something that is difficult to understand	I'm sure we'll <b>crack</b> this problem after the next cup of coffee.	λύνω	84
<b>craft</b>	n	the skills needed for a particular profession	Acting as a <b>craft</b> can be taught, but without talent one will never succeed.	τέχνη	79
<b>craze</b>	n	a fashion, game, type of music, etc. that becomes very popular for a short time	Coco Chanel started the <b>craze</b> for little black dresses, which lasts till this day.	μόδα	79
<b>defy</b>	v	to refuse to obey a law or rule	His magic tricks <b>defy</b> the laws of physics.	αψηφώ	audioscript 6.4
<b>detest</b>	v	to hate something or someone very much	I <b>detest</b> any form of cruelty toward animals.	απεχθάνομαι	audioscript 6.1
<b>extensive</b>	adj	large in size, amount or degree	His <b>extensive</b> preparation for the role resulted in his winning an Oscar.	εκτενής	79
<b>labour</b>	n	work, especially physical work	Sometimes acting requires some hard <b>labour</b> , but the results are breathtaking.	εργασία	79
<b>object</b>	v	to oppose or disapprove of something	He <b>objected</b> to being treated like a child.	ενίσταμαι	audioscript 6.4
<b>outline</b>	v	to describe something in a general way, giving the main points but not the details	The document clearly <b>outlined</b> the plan for the following months.	περιγράφω	79
<b>sleight of hand</b>	n	the use of quick and skilful movements with your hands when doing a magic trick, so that people cannot understand how you did the trick	I planned to switch them when we got here – just <b>sleight of hand</b> , you know.	ταχυδακτυλουργία	audioscript 6.6
<b>validation</b>	n	proof that something is true, correct or acceptable	There is no need for <b>validation</b> of her commitment, her actions speak for themselves.	επικύρωση	79
<b>white lie</b>	n	a lie that you tell someone in order to protect them or avoid hurting their feelings	What's the harm in a little <b>white lie</b> if it will make her feel better?	αθώο ψέμα	85

# UNIT 7

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>accommodate</b>	v	to accept someone's opinions and try to do what they want, especially when their opinions or needs are different from yours	It's not easy to <b>accommodate</b> everyone's ideas.	συμβιβάζω, εξοικειώνομαι	93
<b>age-old</b>	adj	having existed for a very long time	He came out with the <b>age-old</b> phrase 'we're not reinventing the wheel!'	αιωνόβιος	93
<b>alive and kicking</b>	idiom	still very active	He's been at the company for years but he's still <b>alive and kicking!</b>	ακμαϊότατος	93
<b>at your fingertips</b>	idiom	knowledge or information that is ready and available to use very easily	You really need all the facts and figures <b>at your fingertips.</b>	που είναι άμεσα διαθέσιμος	93
<b>atrocious</b>	n	an extremely cruel and violent action	It's an <b>atrocious!</b> Everyone was furious about it!	κτηνωδία, θηριωδία	93
<b>avid</b>	adj	doing something as much as possible	He's an <b>avid</b> reader of science fiction novels.	φανατικός, ένθερμος	94
<b>beef (about)</b>	v	to complain	She wasn't happy about the decision and had a <b>beef about</b> it later.	παραπονιέμαι	94
<b>boycott</b>	v	to refuse to take part in something as a way of protesting	No one is going to the meeting. We are all going to <b>boycott</b> it.	μποϊκοτάρω	93
<b>build on</b>	phr v	to base something on an idea or thing	Rather than starting all over again, we'll <b>build on</b> what we have already done.	βασίζομαι σε	audioscript 7.4
<b>cliff-hanger</b>	n	a situation in a story, film or competition that makes you feel very excited or nervous because you do not know what will happen or have to wait a long time to see how it will end	That was such an exciting end to that film... a real <b>cliff-hanger!</b>	δραματική / κρίσιμη στιγμή	93
<b>date back to</b>	v	to have existed since a particular time in the past	Free meals in the staff canteen <b>date back to</b> when the company first started up.	χρονολογούμαι	93
<b>debateable</b>	adj	things that are debateable are not certain because people have different opinions about them	I'm not sure if that decision is right or not; it's <b>debateable.</b>	αμφισβητήσιμος	92
<b>deceptively</b>	adv	suspiciously	She looked <b>deceptively</b> calm but underneath she was really anxious.	ύποπτα	93
<b>didactic</b>	adj	someone who is didactic is too eager to teach people things or give instructions	He just tells people what to do the whole time with a very <b>didactic</b> tone.	διδασκτικός	93
<b>emphasis</b>	n	special attention or importance	In my business, there is a lot of <b>emphasis</b> on politeness.	έμφαση	98
<b>ensnare</b>	v	to trap someone in an unpleasant or illegal situation, from which they cannot escape	I felt as if he was trying to <b>ensnare</b> me into saying what I didn't mean.	παγιδεύω	93



# UNIT 7

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>entice</b>	v	to persuade someone to do something or go somewhere, usually by offering them something that they want	They try to <b>entice</b> us into working overtime by offering a free lunch and dinner.	δελεάζω	93
<b>fight your corner</b>	idiom	to try to persuade people that your ideas about something are right and should be accepted	Don't give in to him; you must <b>fight your corner</b> .	υπερασπίζομαι τα πιστεύω μου	audioscript 7.2
<b>for want of a better word</b>	phr	used to say that you cannot find an exact word or phrase to describe something	They should behave, <b>for want of a better word</b> , decently.	ελλείπει καλύτερης λέξης	103
<b>foreclosure</b>	n	the act of foreclosing on a loan, or the right to do this	As an alternative to <b>foreclosure</b> , the agent may order the sale of the property.	κατάσχεση	93
<b>get sth off your chest</b>	idiom	to tell someone about something that has been worrying or annoying you for a long time, so that you feel better afterwards	It's better to <b>get things off your chest</b> in the meeting.	εξομολογούμαι	103
<b>give a presentation</b>	phr	to hold a presentation	I've got to <b>give a presentation</b> on our new product.	κάνω μια παρουσίαση	103
<b>glorify</b>	v	to make someone or something seem more important or better than they really are	People <b>glorify</b> the benefits of working from home; in fact it's sometimes worse.	εκθειάζω, πλέκω το εγκώμιο	93
<b>go back on your word</b>	idiom	to not do something that you promised or agreed to do	If you promise something, it's important not to <b>go back on your word</b> .	αθετώ το λόγο μου	103
<b>hard-hitting</b>	adj	criticising someone or something in a strong and effective way	That was a really <b>hard-hitting</b> speech; it made everyone think.	ευθύς, ειλικρινής	93
<b>have a way with words</b>	phr	to be especially good at writing	I'm not surprised she's a successful author as she's always <b>had a way with words</b> .	'έχει τον τρόπο του / της με τις λέξεις'	103
<b>have the last word</b>	idiom	to have the last statement or speech in an argument	My brother always has to <b>have the last word</b> in arguments.	έχω την τελευταία λέξη	103
<b>hold back</b>	phr v	to stop yourself from feeling or showing a particular emotion	Don't <b>hold back</b> , say what you really feel.	συγκρατώ	audioscript 7.2
<b>in a word</b>	idiom	used before giving a very simple answer or explanation	<b>In a word</b> , what he said was outrageous.	με μια λέξη, συνοπτικά	103
<b>in the first place</b>	phr	used to talk about the beginning of a situation, or the situation before something happened	<b>In the first place</b> we should make sure everyone understands the basic rules.	αρχικά	93
<b>inaccessible</b>	adj	difficult or impossible to understand	People admire him as an author but I find his writing <b>inaccessible</b> .	δυσνόητος	93
<b>inhibition</b>	n	a feeling of shyness or embarrassment that stops you from doing or saying what you really want	People tend to lose their <b>inhibitions</b> when they are on holiday.	συστολή, αμηχανία	103
<b>involvement</b>	n	the way in which you take part in an activity or event	His <b>involvement</b> with the company is purely financial.	εμπλοκή	audioscript 7.5

# UNIT 7

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
loosen	v	to make something less tight or less firmly fastened, or to become less tight or less firmly fastened	He <b>loosened</b> his tie and relaxed at the end of the meeting.	χαλαρώνω	103
make money (from)	phr	to earn money doing something	You can <b>make money</b> from buying old properties, renovating them and then selling them again.	βγάζω χρήματα	audioscript 7.4
mine sth for ideas	phr	to look through something in search of ideas	Let's <b>mine</b> those old papers in the library <b>for ideas</b> .	σκαλίζω, ψάχνω	audioscript 7.4
monotonous	adj	boring because of always being the same	The speech was so <b>monotonous</b> ; he went on and on about the same things!	μονότονος	98
notably	adv	especially; in particular	She made some really good changes, <b>notably</b> putting showers in the staff bathrooms.	ιδίως, ιδιαιτέρως	93
pacey	adj	fast; quick	It was a <b>pacey</b> presentation; quick and full of ideas.	ταχύς	93
perceived	adj	seen as	The <b>perceived</b> benefits of the product were not as good as the actual ones.	θεωρούμενος	92
posture	n	the way you position your body when sitting or standing	She has bad <b>posture</b> ; probably because she spends so much time bent over her laptop.	στάση σώματος	103
presentation	n	the way something looks because of how it has been arranged	The <b>presentation</b> of the new product was really interesting.	παρουσίαση	98
pressure	n	the force or weight that is being put on to something	We felt a lot of <b>pressure</b> to make good sales.	πίεση	103
profess	v	to say that you do, are, etc. something, especially when it is not really true	I <b>profess</b> that I found it hard to understand everything she was saying.	ισχυρίζομαι	93
prominence	n	the fact of being important and well known	We can't ignore the rising <b>prominence</b> of pressure groups.	προβολή, δημοσιότητα	99
promote	v	to help something to develop or increase	We all need to <b>promote</b> the product to get better sales.	προωθώ	93
put ideas out there	phr	to share ideas	Let's just <b>put our ideas out there</b> and see what people think.	μοιράζομαι τις ιδέες μου	audioscript 7.4
put into words	phr	to express what you want to say clearly	It's hard for me to <b>put into words</b> what I mean. I can't explain it.	εκφράζω	103
put it down on paper	phr	to write down your ideas	It helps to <b>put it down on paper</b> ; it makes things clearer.	καταγράφω	audioscript 7.2
put sth down to sth	phr v	to put all the blame on one reason	I <b>put</b> his tiredness <b>down to</b> the fact that he is working too late every evening.	κατηγορώ, ρίχνω το φταιξιμο	103

# UNIT 7

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>refrain</b>	n	a remark or idea that is often repeated	It was the usual <b>refrain</b> – he moaned for about 5 minutes that he couldn't find anywhere to park.	ρεφραίν	93
<b>shine a spotlight on</b>	idiom	to focus on one particular thing	Let's <b>shine a spotlight on</b> that particular fact and think about just that.	προβάλλω, φέρνω στο φως	audioscript 7.2
<b>sit up and take notice</b>	idiom	to pay careful attention to something	When the manager mentioned a possible pay rise, it made us all <b>sit up and take notice!</b>	προσέχω	audioscript 7.2
<b>slumped</b>	adj	falling or leaning against something because you are not strong enough to stand	She looked exhausted. The eyes were heavy and her shoulders were <b>slumped</b> .	πεσμένος	98
<b>speak out (against sth)</b>	phr v	to publicly speak in protest about something, especially when protesting could be dangerous	I really must <b>speak out against</b> gender inequality because things have to change.	καταδικάζω ανοιχτά, καταφέρομαι εναντίον	93
<b>speech</b>	n	a talk, especially a formal one about a particular subject, given to a group of people	The chairperson gave an opening <b>speech</b> at the conference.	ομιλία	98
<b>successive</b>	adj	coming or following one after the other	We had <b>successive</b> meetings all about the new organization.	διαδοχικός	93
<b>switch off</b>	phr v	to stop listening to someone	I couldn't follow what he was saying so I just <b>switched off</b> .	σβήνω	98
<b>take sth lying down</b>	idiom	to accept something that is insulting or unfair	That was insulting! I can't <b>take that lying down!</b>	υφίσταμαι	103
<b>tap into</b>	phr v	to benefit from	Let's <b>tap into</b> some of her ideas; they were all really good.	επωφελούμαι	93
<b>that says it all</b>	phr	that explains everything	Well <b>that says it all!</b> Now we know how you really feel!	'αυτό τα λέει όλα'	103
<b>that's a given</b>	phr	that is certain	John will definitely help us; <b>that's a given</b> .	είναι δεδομένο	98
<b>that's me done</b>	phr	used when you finish something	Well, <b>that's me done</b> for the day. I'm going home.	τελείωσα	audioscript 7.1
<b>that's sb/sth all over</b>	phr	used to say that a particular way of behaving is typical of someone/something	He made such a big mistake... <b>that's him all over</b> , he's so careless.	κλασικός / -ή ...	audioscript 7.1
<b>trawl</b>	v	to search through a lot of documents, lists, etc. in order to find out information	Let's <b>trawl</b> through the work we did yesterday and make sure we've covered everything.	ψάχνω, ερευνώ εξονυχιστικά	audioscript 7.4
<b>turmoil</b>	n	a state of confusion, excitement or anxiety	The company was in <b>turmoil</b> once the president resigned. No one knew what what was happening.	σάλος, αναταραχή	103
<b>unashamedly</b>	adv	not feeling embarrassed or ashamed about something that people might disapprove of	She <b>unashamedly</b> took three days off work without telling anyone why.	αδιάντροπα	93

# UNIT 7

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>undermine</b>	v	to gradually make someone or something less strong or effective	He seems to <b>undermine</b> everything I do and makes me look foolish.	υπονομεύω	audioscript 7.4
<b>unflinchingly</b>	adv	not changing or becoming weaker, even in a very difficult or dangerous situation	She <b>unflinchingly</b> told us we all had to work on Saturday. She didn't seem to care!	ατρόμητα	93
<b>word of mouth</b>	phr	when people hear about something from their friends, people they work with, etc.	They managed to build the brand through <b>word of mouth</b> .	από στόμα σε στόμα	103
<b>words fail me</b>	phr	used to say that you are so surprised, angry or shocked that you do not know what to say	I don't know what to say ... <b>words fail me!</b>	δεν έχω λόγια	103
<b>wordsmith</b>	n	someone who is clever at using language	I love this author, she writes so well; she's a real <b>wordsmith</b> .	άριστος χειριστής του λόγου	103
Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>appal</b>	v	to make someone feel very shocked and upset	Barry was <b>appalled</b> at what Tom said happened during the afternoon break.	τρομάζω, αφήνω άναυδο	93
<b>backdrop</b>	n	the conditions or situation in which something happens	Unhappily-married Cape Town journalist Toni Balsler finds true love against a <b>backdrop</b> of gruesome township violence.	φόντο	93
<b>commitment</b>	n	here: involvement	Understanding a poem can often demand attention and <b>commitment</b> that art forms such as films, novels and music do not.	ανάμειξη (εδώ)	93
<b>contentious</b>	adj	causing a lot of argument and disagreement between people; controversial	One particularly <b>contentious</b> area in the field of health and safety is the evaluation of human life itself.	εριστικός	audioscript 7.2
<b>galvanise</b>	v	to shock or surprise someone so that they do something to solve a problem, improve a situation, etc.	The girl's disappearance has <b>galvanized</b> residents to begin a neighborhood watch program.	κινητοποιώ	93
<b>genre</b>	n	particular type of art, writing, music, etc., which has certain features that all examples of this type share	This movie is much better than others of the horror <b>genre</b> .	είδος	93
<b>like-minded</b>	adj	having similar interests and opinions	Being with <b>like-minded</b> people makes my job much more enjoyable.	ομοϊδεάτης	audioscript 7.2
<b>obscure</b>	adj	not well known and usually not very important; difficult to understand	The proposed arrangements however are rather <b>obscure</b> .	άγνωστος, άσημος	93
<b>the nub of the problem</b>	phr	the main point of a problem	It sounds perfectly reasonable, but you will perceive that here is <b>the nub of the problem</b> .	η ουσία του προβλήματος	audioscript 7.4
<b>tongue-tied</b>	adj	unable to talk in a relaxed way because you feel nervous or embarrassed	She became <b>tongue-tied</b> when she looked at the handsome man sitting beside her.	άφωνος, άλαλος	audioscript 7.2

# UNIT 8

Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>accumulation</b>	n	gradual increase in numbers or amount until there is a large quantity in one place	The <b>accumulation</b> of data can yield some interesting information.	συσσώρευση	audioscript 8.3
<b>adverse conditions</b>	coll	conditions that make it difficult for something to happen or exist	There are very <b>adverse conditions</b> so we can't go skiing today.	δυσχερείς συνθήκες	112
<b>adverse effect</b>	coll	harmful, undesired result	The investment had an <b>adverse effect</b> on the bottom line.	παρενέργεια	112
<b>back to square one</b>	idiom	return to the situation from which you started to do something	We've tried various solutions but I'm afraid we're <b>back to square one</b> .	ξαναγυρνάω στην αρχή, πάλι από το μηδέν	audioscript 8.5
<b>balanced diet</b>	phr	a diet that provides an adequate amount of diversified, nutritional food	It's really important for young children to have a <b>balanced diet</b> .	ισορροπημένη διατροφή	117
<b>be in fits</b>	idiom	to be highly entertained/amused	She tried to talk but she <b>was in fits</b> of laughter.	κλαίω από τα γέλια	109
<b>beneficial</b>	adj	having a good effect	The new pay rates are more <b>beneficial</b> to older employees.	ευεργετικός	117
<b>blood flow</b>	n	blood circulation	Running is really good for getting the <b>blood flow</b> going.	κυκλοφορία του αίματος	111
<b>blub</b>	v	to cry noisily, especially in a way that annoys people	The girl was <b>blubbing</b> so much I couldn't understand what had happened.	μυξοκλαίω	109
<b>bottle up emotions</b>	idiom	to deliberately not allow yourself to show a strong feeling or emotion	It's much better to talk to someone than to <b>bottle up</b> your <b>emotions</b> .	καταπιέζω συναισθήματα	audioscript 8.2
<b>brevity</b>	n	the quality of expressing something in very few words	The <b>brevity</b> of his presentation surprised me – usually he speaks for ages.	συντομία, μικρή διάρκεια	107
<b>bulk up</b>	phr v	to increase the amount of muscle you have	He had to go to the gym and <b>bulk up</b> to get to his fighting weight.	κάνω μυς, 'φουσκώνω'	112
<b>chuckle</b>	v	to laugh quietly	The TV presenter tried to do the interview but he kept <b>chuckling</b> to himself.	χαχανίζω	109
<b>close call</b>	coll	a situation in which something dangerous almost happens but you manage to avoid it	We just made the budget at the end of the year but it was a <b>close call</b> .	πάρα τρίχα	117
<b>close contact</b>	coll	communicate with somebody regularly	We are in very <b>close contact</b> with our counterparts in China.	στενή επαφή	112
<b>close range</b>	coll	from a very short distance	The band was too loud at such a <b>close range</b> .	εξ επαφής	112
<b>close resemblance to</b>	coll	if there is a close resemblance between two people or things, they are very similar, especially in the way they look	She bears a <b>close resemblance to</b> her grandmother.	έντονη ομοιότητα	112
<b>coin a word</b>	phr	to invent a new word or expression, especially one that many people start to use	The journalist <b>coined a</b> new <b>word</b> to describe the changes taking place.	επινοώ μια λέξη	117

# UNIT 8

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>comfort food</b>	n	simple food that makes you feel relaxed and happy	We each have our <b>comfort food</b> that's often connected to our culture.	μαμαδίστικο φαγητό	110
<b>compassion</b>	n	a strong feeling of sympathy for someone who is suffering, and a desire to help them	It's important we show <b>compassion</b> for those less well off than ourselves.	συμπόνια	109
<b>consideration</b>	n	the quality of thinking about other people's feelings and being careful not to upset them	Stop talking and show some <b>consideration</b> for those around you.	σκέψη	109
<b>constraints</b>	n pl	something that limits your freedom to do what you want	There are a number of <b>constraints</b> in place to protect the children.	περιορισμοί, όρια	107
<b>count (sb) out</b>	phr v	not include someone or something in an activity	Following his injury, we need to <b>count him out</b> .	αποκλείω	audioscript 8.5
<b>crunches</b>	n	an exercise in which you lie on your back and lift your head and shoulders off the ground to make your stomach muscles strong	How many <b>crunches</b> did you do in the gym today?	κοιλιακοί	audioscript 8.5
<b>debilitating</b>	adj	making someone ill and weak	To have an injury can be really <b>debilitating</b> when you play competitive sport.	που προκαλεί εξασθένηση	107
<b>devastating</b>	adj	badly damaging or destroying something or someone	The results from his doctor were <b>devastating</b> , so I'm not sure he'll play again.	καταστρεπτικός, ολέθριος	107
<b>dramatically improved</b>	phr	improved in a great and sudden way	She has <b>dramatically improved</b> since I last saw her play two seasons ago.	θεαματικά βελτιωμένος	111
<b>drive home</b>	idiom	to make something completely clear to someone	We need to <b>drive home</b> how important regular training is.	καθιστώ σαφές	107
<b>efficacy</b>	n	the ability of something to produce the right result	We need more data on the <b>efficacy</b> of this medicine before we can use it.	αποτελεσματικότητα	112
<b>empathise</b>	v	to be able to understand someone else's feelings, problems, etc., especially because you have had similar experiences	I try to <b>empathise</b> with her situation but it's hard.	συναισθάνομαι	109
<b>enhance</b>	v	to improve something	Each win <b>enhanced</b> her reputation.	βελτιώνω	111
<b>eradicate</b>	v	to completely get rid of something such as a disease or a social problem	The WHO hopes to <b>eradicate</b> the disease by 2025.	εξαλείφω	117
<b>first-generation</b>	adj	people who have moved to live in a new country, or the children of these people	He's been very successful for a <b>first-generation</b> immigrant who did not speak the language.	πρώτης-γενιάς	audioscript 8.3
<b>freshly picked</b>	adj	recently picked	<b>Freshly picked</b> vegetables are much more delicious.	φρεσκοκομμένα	117
<b>gloomy</b>	adj	making you feel sad because you think that things or situation will not improve	I think the outlook for their relationship is very <b>gloomy</b> .	ζοφερός, σκυθρωπός	109

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>grin and bear it</b>	idiom	to accept an unpleasant or difficult situation without complaining, usually because you realise there is nothing you can do to make it better	I know you don't want to be here but you'll just have to <b>grin and bear</b> it.	υποφέρω σιωπηλά	109
<b>groan</b>	v	to make a long deep sound because you are in pain, upset or disappointed	The man in the audience <b>groaned</b> so loudly that the actors stopped.	βογκάω, στενάζω	109
<b>grumpy</b>	adj	bad-tempered and easily annoyed	My boss is always <b>grumpy</b> so you never feel you've done a good job.	κακότροπος	109
<b>have a good weep</b>	phr	to cry very emotionally and at length	I know some people think it helps to <b>have a good weep</b> if you feel sad.	θρηνώ	109
<b>have a long face</b>	idiom	to have a sad or disappointed expression on your face	The groom <b>had</b> such a <b>long face</b> we were worried about the wedding.	είμαι μουτρωμένος	109
<b>health conscious</b>	adj	thinking a lot about or concerned about health	Teenagers are very <b>health conscious</b> these days.	ευαισθητοποιημένος ως προς τα θέματα υγείας	113
<b>heavy casualties</b>	coll	many people hurt badly or killed in an accident or war	The battalion suffered <b>heavy casualties</b> in the battle.	βαριές απώλειες	117
<b>heavy cold</b>	coll	a bad cold	I'm not going to work today because I have such a <b>heavy cold</b> .	βαρύ κρυολόγημα	112
<b>heavy fine</b>	coll	a large sum of money that you have to pay as a punishment	He had to pay a <b>heavy fine</b> as it was his third speeding offence.	βαρύ πρόστιμο	112
<b>heavy rainfall</b>	coll	large amount of rain that falls on an area in a particular period of time	<b>Heavy rainfall</b> will fall over high areas today.	έντονη βροχόπτωση	112
<b>heavy reliance on</b>	coll	when someone or something is strongly dependent on someone or something else	She places a <b>heavy reliance on</b> her mother for childcare.	έντονη εξάρτηση από	112
<b>home cooking</b>	n	good food like the food you get in your own home	Most people enjoy good, old-fashioned <b>home cooking</b> .	σπιτικό φαγητό	111
<b>howl</b>	v	to make a long loud cry because you are unhappy, angry or in pain, or because you are amused or excited	The comic was really good so we were <b>howling</b> with laughter all the way through.	ουρλιάζω	109
<b>initial</b>	adj	happening at the beginning	My <b>initial</b> thoughts were that we should think more carefully about our diet.	αρχικός	107
<b>keep a lid on sth</b>	phr	to control a situation very carefully, especially so that it does not cause problems	Sometimes it's better to <b>keep a lid on</b> how you feel.	κρατάω κρυφό	audioscript 8.2
<b>laudable</b>	adj	deserving praise, even if not completely successful	He made a <b>laudable</b> attempt to get them to cook their own dinners.	αξιέπαινος	107
<b>let rip</b>	idiom	to speak or behave violently or emotionally	I knew my manager was angry but then he suddenly <b>let rip</b> at me.	'ξεσκίζω' λεκτικά κπ	109

# UNIT 8

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
lose it	idiom	to become very angry and upset	When she found out her car had been stolen she just <b>lost it</b> .	‘τα παίζω, τα χάνω’	109
moan	v	to complain in an annoying way, especially in an unhappy voice and without good reason	My grandfather is always <b>moaning</b> that things aren't like they used to be.	παραπονιέμαι	109
no holds barred	idiom	when there are no rules or limits on what you are allowed to do	His criticisms were <b>no holds barred</b> so we were all shocked.	χωρίς όριο	107
oversimplify	v	to describe something in a way that is too simple and ignores many facts	We must understand all the options and not <b>oversimplify</b> the situation.	υπεραπλουστεύω	107
palm	n	the inside surface of your hand, in which you hold things	She held the insect carefully in the <b>palm</b> of her hand.	παλάμη	107
performance enhancing	coll	improving sportspeople's efficiency by taking drugs or products illegally	Athletes are not allowed to take <b>performance enhancing</b> drugs.	ενίσχυση επιδόσεων	112
preventative	adj	intended to stop something you do not want to happen, such as illness, from happening	Some people take antibiotics as a <b>preventative</b> measure!	προληπτικός	117
processed food	n	food that has been treated or changed to colour it, keep it fresh, etc.	I don't think <b>processed food</b> is ever better than fresh.	επεξεργασμένο τρόφιμο	111
punchy	adj	a punchy piece of writing or speech is short but very clear and effective	He wrote a really <b>punchy</b> review of the restaurant.	εύστοχος	107
relentlessly	adv	strictly, cruelly, or in a determined way, without ever stopping	The coach questioned her <b>relentlessly</b> about her training commitment.	αδυσώπητα	109
scoff (at)	v	laugh at a person or idea, and talk about them in a way that shows you think they are stupid	It's easy to <b>scoff</b> at others' ideas but you should make sure you understand them first.	εμπαίζω, χλευάζω	117
shaken up	adj	upset, shocked, or frightened by something that has happened to you	The girl was really <b>shaken up</b> after the accident.	ταραγμένος	109
shoot your mouth off	idiom	to talk about something that you should not talk about or that you know nothing about	Don't just <b>shoot your mouth off</b> ; think before you speak.	μιλώ απερίσκεπτα	109
shriek	v	to make a very high or loud sound, especially because you are afraid, angry, excited or in pain	When the girls saw the clown they all <b>shrieked</b> !	στριγκλίζω	109
smirk	v	to smile in an unpleasant way that shows that you are pleased by someone else's bad luck or think you are better than other people	He obviously found something funny because he was <b>smirking</b> .	χαμογελώ χαιρέκακα	109
snigger	v	to laugh quietly in a way that is not nice at something which is not supposed to be funny	The boys were <b>sniggering</b> at the back of the class.	γελώ ειρωνικά	109
sob	v	to cry noisily while breathing in short sudden bursts	When I told her that she had not got the job she <b>sobbed</b> loudly.	σπαράζω στο κλάμα	109



# UNIT 8

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>sob your heart out</b>	phr	if you sob your heart out, you cry with all your energy or emotion	She was so upset about her cat being ill she <b>sobbed</b> her <b>heart out</b> .	κλαίω με αναφιλητά	audioscript 8.2
<b>solid build</b>	coll	a muscular or a little overweight person	You need a very <b>solid build</b> to be a successful shot putter.	που είναι στιβαρός	112
<b>solid evidence</b>	coll	undeniable facts or signs that show clearly that something exists or is true	There is <b>solid evidence</b> to suggest that the company was corrupt.	αδιάσειστα αποδεικτικά στοιχεία	112
<b>solid gold</b>	coll	excellent, prime, exceptional	Her performance was <b>solid gold</b> and won her the medal.	εξαιρετικός	112
<b>sore point</b>	coll	subject you don't want to discuss	Her loss is a <b>sore point</b> so don't mention it.	ευαίσθητο σημείο	112
<b>stigma</b>	n	a strong feeling in society that being in a particular situation or having a particular illness is something to be ashamed of	He had to live with the <b>stigma</b> of being banned from the Olympics.	στίγμα	107
<b>strict adherence</b>	coll	when someone behaves according to a particular rule, belief, principle	Wimbledon insists on <b>strict adherence</b> to the all-white outfit policy.	αυστηρή προσήλωση	112
<b>strict control</b>	coll	an action, method or law that limits the amount or growth of something, especially something that is dangerous	We have to have <b>strict controls</b> on how many people can enter the grounds.	αυστηρός έλεγχος	112
<b>strict diet</b>	coll	a diet in which you eat a very limited amount or range of food	The athlete was put on a <b>strict diet</b> of over 6,000 calories a day.	αυστηρή διαίτα	112
<b>strict law</b>	coll	a rigorous law that people in a particular country or area must obey	The country has <b>strict laws</b> about which types of plants you can import.	αυστηρός νόμος	112
<b>strong aversion</b>	coll	a strong dislike of something or someone	I've got a <b>strong aversion</b> to eggs in any shape or form!	έντονη αποστροφή	112
<b>sweet tooth</b>	n	have a sweet tooth means like things that taste of sugar	People who eat too much sugar usually have a very <b>sweet tooth</b> .	γλυκατζής	111
<b>sympathise</b>	v	to feel sorry for someone because you understand their problems	I can <b>sympathise</b> with her problems but she needs to get back to work.	συμπονώ	109
<b>take its toll</b>	idiom	to have a bad effect on someone or something over a long period of time	A bad diet will eventually <b>take its toll</b> on your body.	έχει επίπτωση σε	117
<b>that figures</b>	phr	used to say that something that happens is expected or typical, especially something bad	She lost her keys again. Well, <b>that figures!</b>	έτσι εξηγείται	112
<b>top priority</b>	coll	the thing that you think is most important	Investing in sports is now a <b>top priority</b> for the government.	πρωτίστως	audioscript 8.7
<b>tough break</b>	coll	bad luck	The penalty was a <b>tough break</b> but he recovered and went on to win.	μεγάλη ατυχία	112

# UNIT 8

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>tough call</b>	coll	a difficult choice to make	Trying to choose between the two of them is a really <b>tough call!</b>	δύσκολη απόφαση	112
<b>tough going</b>	coll	progress made with difficulty	The climb was really <b>tough going</b> because of the weather.	πολύ δύσκολο	112
<b>tough luck</b>	coll	bad luck	I know the draw is not in your favour but it's <b>tough luck.</b>	ατυχία	112
<b>undertaker</b>	n	someone whose job is to arrange funerals	The <b>undertaker</b> was very good at telling us what to expect at the funeral.	εργολάβος κηδειών	117
<b>uplifting</b>	adj	making you feel happier and more hopeful	I find coach's speeches really <b>uplifting.</b>	εμψυχωτικός	107
<b>vilify</b>	v	to say or write bad things about someone or something	The cyclist was <b>vilified</b> in the press for having cheated.	διαβάλλω, κακολογώ	117
<b>wail</b>	v	to cry out with a long high sound, especially because you are very sad or in pain	As we travelled over the hills we could hear the women in the village <b>wailing.</b>	κλαίω γοερά	109
<b>well-being</b>	n	a feeling of being comfortable, healthy and happy	She trains too hard and I'm starting to worry about her <b>well-being.</b>	ευημερία	audioscript 4.6
<b>wordy</b>	adj	using too many words	I'm not that keen on his reviews as I find them very <b>wordy.</b>	φλύαρος	107
<b>worthy</b>	adj	deserving respect from people	Our high jumper is a <b>worthy</b> successor to last year's champion.	άξιος	107
<b>yell</b>	v	to shout or say something very loudly, especially because you are frightened, angry or excited	My dad <b>yelled</b> at me for crashing the car.	φωνάζω, κραυγάζω	109
Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>come through</b>	phr v	if a piece of information, news, etc. comes through, it arrives somewhere	We're still waiting for our exam results to <b>come through.</b>	ανακοινώνομαι, μεταδίδομαι	107
<b>fanatic</b>	n	someone who likes a particular thing or activity very much	My mum has become a fitness <b>fanatic</b> – she goes to the gym five times a week!	φανατικός	audioscript 8.5
<b>feature</b>	v	to include or show something as a special or important part of something, or to be included as an important part	The exhibition <b>features</b> paintings by Picasso.	προβάλλω	107
<b>inevitable</b>	adj	certain to happen and impossible to avoid	Nina could never escape the <b>inevitable</b> comparisons that people made between her and her twin sister.	αναπόφευκτος	audioscript 8.3
<b>medium</b>	n	a way of communicating information and news to people, such as newspapers, television, etc.	These models were the <b>medium</b> they used to communicate.	μέσο	107

# UNIT 8

Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>preference</b>	n	if you have a preference for something, you like it more than another thing and will choose it if you can	Many elderly people expressed a strong <b>preference</b> to live in their own homes.	προτίμηση	audioscript 8.3
<b>reinforce</b>	v	to give support to an opinion, idea or feeling, and make it stronger	The film <b>reinforces</b> the idea that you can't have a career without good education.	ενισχύω	107

# UNIT 9

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>allegiance</b>	n	loyalty to someone or something	Our family has a very strong <b>allegiance</b> to each other that can't be broken.	αφοσίωση, υποταγή	122
<b>allocate tasks</b>	phr	to assign work to particular people, especially after an official decision has been made	I'll <b>allocate tasks</b> to you all so that you know who is doing what.	αναθέτω καθήκοντα	131
<b>assume responsibility</b>	phr	to start to have responsibility or to start in a particular position or job	While my manager is away, I'll <b>assume responsibility</b> .	αναλαμβάνω την ευθύνη	131
<b>away match</b>	n	a game that is played on the ground of the opponents	I couldn't get tickets for the <b>away match</b> but I didn't mind as it was a long way to travel.	εκτός έδρας	131
<b>bounce ideas off each other</b>	idiom	to talk about your ideas with someone in order to get their opinion	Let's <b>bounce ideas off each other</b> and see if we can find a solution.	ανταλλάσσω ιδέες	123
<b>brainstorm</b>	v	to have a discussion or meeting with other people at work in order to suggest a lot of ideas for an activity or for solving a problem	We can <b>brainstorm</b> ideas and then decide later.	συσκέπτομαι, σκέφτομαι λύσεις / ιδέες	131
<b>build up a rapport</b>	phr	to gradually develop mutual agreement and understanding	It's important to <b>build up</b> good <b>rapport</b> with your employees.	δημιουργώ μια σχέση	123
<b>by default</b>	phr	if you win a game, competition, etc. by default, you win it because your opponent did not play or because there were no other competitors	He won the game <b>by default</b> because the other player did not turn up.	εξ ορισμού	121
<b>by the same token</b>	idiom	for the same reasons – used when you want to say that something else is also true, especially something very different or surprising	We want to get the project in on time but, <b>by the same token</b> , we don't want to exhaust the team.	κατά τον ίδιο τρόπο, με το ίδιο νόμισμα	131
<b>camaraderie</b>	n	a feeling of friendship that a group of people have, especially when they work together	The <b>camaraderie</b> between the students was great. They all got on so well.	συντροφικότητα, συναδελφικότητα	122
<b>chant</b>	n	a regularly repeated tune, often with many words sung on one note, especially used for religious prayers	The fans made up some really good football <b>chants</b> .	ψαλμός, ύμνος	122
<b>clan</b>	n	a large group of families who often share the same name	Everyone came to my parents' silver wedding anniversary – the whole <b>clan</b> !	φυλή, σόι	123
<b>collaborate</b>	v	to work together with a person or group in order to achieve something, especially in science or art	If we <b>collaborate</b> and work together, we'll get more done.	συνεργάζομαι	123
<b>collaboratively</b>	adv	involving two or more people working together to achieve something	If we work <b>collaboratively</b> , we'll get more done.	συλλογικά	131
<b>conflict resolution</b>	n	finding a peaceful way to end a conflict	Many business leaders get training in <b>conflict resolution</b> .	επίλυση των διαφορών	123

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>coordination</b>	n	the organisation of people or things so that they work together well	The timing of this project needs careful <b>coordination</b> .	συντονισμός	131
<b>criteria</b>	n	a standard that you use to judge something or make a decision about something	What <b>criteria</b> will you use to select someone for the role?	κριτήριο	126
<b>delegate tasks</b>	phr	to give part of your work to someone in a lower position than you	I've got too much to do so I need to <b>delegate</b> some of my <b>tasks</b> to other people.	αναθέτω καθήκοντα	123
<b>earn respect</b>	phr	to do something or have qualities that make you deserve respect	You have to <b>earn respect</b> by being a fair leader.	κερδίζω το σεβασμό	123
<b>enable</b>	v	to make it possible for someone to do something, or for something to happen	This new equipment should <b>enable</b> us to work more efficiently.	διευκολύνω, επιτρέπω	126
<b>enact</b>	v	to make a proposal into a law	The legislation will be <b>enacted</b> at the beginning of next year.	θεσπίζω	131
<b>endanger</b>	v	to put someone or something in danger of being hurt, damaged or destroyed	The festival stage was checked to ensure it did not <b>endanger</b> public safety.	θέτω σε κίνδυνο	131
<b>enlarge</b>	v	if you enlarge something, or if it enlarges, it increases in size or scale	Can you <b>enlarge</b> the picture so that we can see the details?	μεγεθύνω	131
<b>enlighten</b>	v	to explain something to someone	No, I don't know why she didn't attend the meeting. Please do <b>enlighten</b> me.	διαφωτίζω	audioscript 9.8
<b>enrich</b>	v	to improve the quality of something, especially by adding things to it	The illustrations <b>enriched</b> the text and made it more interesting.	εμπλουτίζω	131
<b>ensure</b>	v	to make certain that something will happen properly	Can you please <b>ensure</b> that everyone knows about the meeting tomorrow?	διαβεβαιώνω	126
<b>entail</b>	v	to involve something as a necessary part or result	You should be aware that the job <b>entails</b> a lot of foreign travel.	εμπεριέχω	audioscript 9.8
<b>entrap</b>	v	to trap someone or something, or make it impossible for them to escape from a situation, especially by tricking them	You have to be careful not to be <b>entrapped</b> by scammers online.	παγιδεύω	131
<b>entrust</b>	v	to make someone responsible for doing something important, or for taking care of someone	I'm <b>entrusting</b> you with these documents. Don't lose them.	εμπιστεύομαι	126
<b>fall to sb</b>	phr v	if a duty or job falls to someone, they are responsible for doing it, especially when this is difficult or unpleasant	Nobody wanted to do the job so it <b>fell to</b> me to tell him he was fired.	τυχαίνει σε κπ να κάνει κάτι	131
<b>fingers crossed</b>	idiom	used to wish somebody luck	I hope you get the job. <b>Fingers crossed!</b>	Καλή τύχη	121
<b>for the most part</b>	phr	mostly, or in most places	I enjoyed the film <b>for the most part</b> but some bits were rather boring.	κυρίως	129

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>foster creativity</b>	phr	to encourage creativity to develop	If you want people to come up with new ideas, you have to <b>foster creativity</b> .	ενθαρρύνω τη δημιουργικότητα	123
<b>freshen</b>	v	to make something look or feel clean, new, attractive, cool, etc.	I need to <b>freshen</b> my ideas a little; think of something new.	φρεσκάρω	131
<b>gap in the market</b>	phr	a product or service that does not exist, so that there is an opportunity to develop that product or service and sell it	There seems to be a <b>gap in the market</b> for that kind of small car with a big boot.	αγοραστικό κενό	121
<b>get your head round sth</b>	idiom	to understand something	I can't <b>get my head round</b> what she just told me. Unbelievable!	κατανοώ	121
<b>give sb an edge</b>	idiom	to give someone a small advantage	He can speak fluent Spanish and French so that <b>gives</b> him <b>an edge</b> over the other candidates for the job.	δίνω το προβάδισμα	121
<b>go the extra mile for sb</b>	idiom	to try a little harder in order to achieve something, after you have already used a lot of effort	My sister is amazing. She always <b>goes the extra mile for</b> me even when it is inconvenient for her.	κάνω το κάτι παραπάνω	123
<b>have the upper hand</b>	idiom	to have more power than someone else, so that you are able to control a situation	She always wants to <b>have the upper hand</b> ; our ideas don't seem to matter.	έχω το πάνω χέρι	131
<b>head up</b>	phr v	to be in charge of an organisation, part of an organisation or a group	Sarah agreed to <b>head up</b> the project so I think it will be successful.	ηγούμαι	121
<b>home game</b>	n	a game that is played on the team's home ground	They've won every <b>home game</b> this season.	εντός έδρας	122
<b>hone a skill</b>	phr	to improve your skill at doing something, especially when you are already very good at it	Students can <b>hone</b> their <b>skills</b> as writers while at university.	βελτιώνω την ικανότητά μου σε	123
<b>implicitly</b>	adv	suggested or understood without being stated directly	He understood <b>implicitly</b> that he needed to perform better so I didn't say much.	έμμεσα	131
<b>in a row</b>	phr	happening a number of times, one after the other	And that makes five matches <b>in a row</b> that they have won.	στη σειρά	122
<b>in light of this</b>	phr	if you do or decide something in the light of something else, you do it after considering that thing	Profits are down so, <b>in light of this</b> , we have cancelled all travel plans.	ενόψει	128
<b>irrespective (of)</b>	adj	used when saying that a particular fact has no effect on a situation and is not important	The club is open to anyone <b>irrespective</b> of age.	ανεξάρτητα από	131
<b>lay down the law</b>	phr	to tell other people what to do or how they should think in a very strong or impolite way	You can't just <b>lay down the law</b> . You have to explain why you want something done.	υπαγορεύω το νόμο	131
<b>lead by example</b>	phr	to show the people you are in charge of what you want them to do by doing it yourself	It's so much better to <b>lead by example</b> and show people how you want things done.	δίνω το καλό παράδειγμα	123
<b>make a good impression</b>	phr	to cause someone to notice you in a good way	I wore a new suit as I wanted to <b>make a good impression</b> at the interview.	κάνω καλή εντύπωση	audioscript 9.8

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>mentor</b>	n	an experienced person who advises and helps a less experienced person	He really helped me when he was my <b>mentor</b> at work.	μέντορας	120
<b>misalign</b>	v	to place something incorrectly	The picture was <b>misaligned</b> so I set it straight.	αποκλίνω	131
<b>miscommunication</b>	n	a breakdown in communication	I think the disagreement arose from a <b>miscommunication</b> about who was responsible for the failure.	λάθος συνεννόηση	131
<b>mishear</b>	v	to not hear properly what someone says, so that you think they said something different	I thought my boss told me he was resigning but I may have <b>misheard</b> him.	παρακούω	131
<b>misjudge</b>	v	to form a wrong or unfair opinion about a person or a situation	I'm sorry, I <b>misjudged</b> you. I now realise you were trying to help me.	κρίνω λάθος	131
<b>mispronounce</b>	v	to pronounce a word or name wrongly	I <b>mispronounced</b> the word and no one could understand me.	προφέρω λάθος	131
<b>misread</b>	v	to read something incorrectly	I <b>misread</b> the train time and got to the station three hours too early!	διαβάζω λάθος	131
<b>misunderstand</b>	v	to fail to understand someone or something correctly	Don't <b>misunderstand</b> me, I would like you to come to the party but just not right now.	παρεξηγώ	126
<b>mutual trust</b>	phr	trust that two or more people have for each other	There has to be <b>mutual trust</b> in any relationship.	αμοιβαία εμπιστοσύνη	123
<b>nurture</b>	v	to feed and take care of a child or a plant while it is growing	It's very important to <b>nurture</b> children as they learn new things.	ανατρέφω	123
<b>off-putting</b>	adj	if someone's behaviour or the appearance of something is off-putting, you do not like it or you think it is unattractive	The smell coming from the restaurant kitchen was really <b>off-putting</b> so we didn't eat there.	αποτρεπτικός	audioscript 9.8
<b>overact</b>	v	to act in a play with too much emotion or movement	The woman playing Juliet <b>overacted</b> . It was embarrassing to watch!	υπερβάλλω στην ερμηνεία ρόλου	131
<b>overbook</b>	v	to sell more tickets for a theatre, plane, etc. than there are seats available	The flight was <b>overbooked</b> so some passengers had to get the next plane.	δέχομαι υπεράριθμες κρατήσεις	126
<b>overdo</b>	v	to do something more than is suitable or natural	I told her to use some visuals in the presentation but not to <b>overdo</b> it.	το παρακάνω	131
<b>overhear</b>	v	to accidentally hear what other people are saying, when they do not know that you have heard	I couldn't help <b>overhearing</b> what you were saying.	ακούω (άθελά μου)	131
<b>overlook</b>	v	to not notice something, or not see how important it is	I hope he <b>overlooks</b> the fact that I was half an hour late!	παραβλέπω, αγνοώ	131
<b>overrun</b>	v	if a place is overrun by unwanted things or people, they spread over it in great numbers	The villages have been <b>overrun</b> by wild animals.	κατακλύζω	131
<b>overwind</b>	v	to turn part of a machine around beyond the proper stopping point when trying to make it start working	The watch broke because he <b>overwound</b> it.	κουρδίζω υπερβολικά	131

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>pile on the pressure</b>	phr	to increase the pressure	She really <b>piled on the pressure</b> just before the exam. We had extra essays to write every evening.	συσσωρεύεται η πίεση	121
<b>plug a gap</b>	phr	to solve a problem by providing something that is needed	I think that new caramel drink <b>plugs a gap</b> in the market.	καλύπτω το κενό	121
<b>potential</b>	adj, n	the possibility that something will develop in a particular way, or have a particular effect	He showed incredible <b>potential</b> even though he was only young.	πιθανός, δυνατότητα	126
<b>put sb in their place</b>	idiom	to show someone that they are not as clever or important as they think they are	That student is so arrogant – he needs to be <b>put in his place</b> .	βάζω στη θέση του	123
<b>put your heads together</b>	idiom	to discuss a difficult problem together	<b>Put your heads together</b> and see if you can think of some new ideas.	εξετάζω από κοινού	123
<b>quantify</b>	v	to calculate the value of something and express it as a number or an amount	It can be hard to <b>quantify</b> what makes a good leader.	προσδιορίζω ποσότητα	121
<b>react</b>	v	to behave in a particular way or show a particular emotion because of something that has happened or been said	My brother <b>reacted</b> badly to being told he would have to repeat a year.	αντιδρώ	audioscript 9.1
<b>realign</b>	v	to change the way in which something is organised	The document looked terrible so I had to <b>realign</b> the tables.	επανευθυγραμμίζω	131
<b>reconcile</b>	v	if you reconcile two ideas, situations or facts, you find a way in which they can both be true or acceptable	The couple failed to <b>reconcile</b> so in the end they got divorced.	συμφιλιώνομαι	123
<b>redo</b>	v	to do something again	I made so many mistakes that I had to <b>redo</b> the whole thing.	ξανακάνω	131
<b>refresh</b>	v	to change something slightly in order to give it new energy	The team decided to <b>refresh</b> the brand by launching a new advert.	ανανεώνω	131
<b>relight</b>	v	to light something again	The fire went out so he had to <b>relight</b> it.	ξανανάβω	131
<b>repetitive</b>	adj	done many times in the same way, and boring	The music was OK but towards the end it became very <b>repetitive</b> .	επαναλαμβανόμενος	audioscript 9.10
<b>reread</b>	v	to read something again	It was a very difficult text so I had to <b>reread</b> it several times.	ξαναδιαβάζω	131
<b>rerun</b>	n	a film or television programme that is being shown again on television	They're doing a <b>rerun</b> of the play because it was so successful.	επανάληψη	131
<b>resolution</b>	n	a formal decision or statement agreed on by a group of people	If you can't reach a sensible <b>resolution</b> , then we will abandon the discussions.	απόφαση	audioscript
<b>revisit</b>	v	to consider or discuss something again	I think we need to <b>revisit</b> this idea of expanding into Canada. It could be too expensive.	επανεξετάζω	126



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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>rewind</b>	v	to go backwards to something in order to hear it and analyse it again	Let's <b>rewind</b> a minute and look at the problem from a different perspective.	γυρίζω πίσω	131
<b>sadden</b>	v	to make someone feel sad	It <b>saddened</b> me to see so much devastation after the earthquake.	στενοχωρώ	131
<b>seek out</b>	phr v	to try to find someone or something, especially when this is difficult	Clever people often <b>seek out</b> others who are like them.	ψάχνω	131
<b>settle (on)</b>	v	to end an argument or solve a disagreement	They <b>settled on</b> an arrangement for the house so they could share it throughout the year.	καταλήγω σε κτ	121
<b>sharpen</b>	v	to improve something so that it is up to the necessary standard, quality, etc.	I think we need to <b>sharpen</b> our approach as the competition is fierce.	ακονίζω	audioscript 10.2
<b>showcase</b>	v	to show the good qualities of a person, organization, product, etc.	The artist arranged a special exhibition to <b>showcase</b> his new paintings.	αναδεικνύω	121
<b>sizeable</b>	adj	fairly large	The author got a <b>sizeable</b> advance for her new book as she was so popular.	καθόλου αμελητέος	121
<b>squabble</b>	n	a petty argument about something unimportant	It wasn't really an argument – it was just a silly <b>squabble</b> .	καβγάς, τσακωμός	121
<b>stand guard</b>	idiom	to watch someone or something so that they do not do anything wrong or so that nothing bad happens to them	The dog <b>stood guard</b> in his owner's garden.	φρουρώ, προσέχω	123
<b>stifle creativity</b>	col	to stop creativity from developing	He doesn't like any new suggestions. He really <b>stifles creativity</b> .	καταπνίγω τη δημιουργικότητα	123
<b>straighten</b>	v	make something tidy	We decided to <b>straighten</b> the room before the visitors arrived.	τακτοποιώ	126
<b>take the initiative</b>	phr	if you have or take the initiative, you are in a position to control a situation and decide what to do next	No one else wants to start this project so I'll have to <b>take the initiative</b> .	παίρνω πρωτοβουλία	123
<b>take up (time)</b>	phr v	used when something requires a lot of time to do it	I moved closer to work as travelling was <b>taking up</b> so much time.	απασχολώ, παίρνω χρόνο	121
<b>team player</b>	n	someone who works well as a member of a team, especially in business	She doesn't really listen to any of us. She's not a <b>team player</b> .	ομαδικός παίχτης	123
<b>team spirit</b>	n	willingness to work as part of a team	The <b>team spirit</b> was great; we all felt very enthusiastic.	ομαδικό πνεύμα	122
<b>tell the tale of sth</b>	phr	to successfully deal with or continue to live despite a difficult situation or experience	We had a very dangerous journey through the mountains but we lived to <b>tell the tale</b> .	αφηγούμαι την ιστορία	121
<b>the big picture</b>	idiom	the situation considered as a whole	You need to look at <b>the big picture</b> as well as all the minor details.	η συνολική εικόνα	123

# UNIT 9

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>the buck stops with me</b>	idiom	used to say that a particular person is responsible for something	As manager, <b>the buck stops with me.</b>	Αναλαμβάνω την ευθύνη.	123
<b>touch base</b>	idom	to talk to someone to find out what is happening with something	It was great to see everyone and <b>touch base</b> before we started work again.	μαθαίνω νέα	123
<b>trait</b>	n	a particular quality in someone's character	Having the ability to concentrate is an excellent <b>trait</b> that will ensure you're successful.	χαρακτηριστικό	123
<b>turnover</b>	n	the rate at which people leave an organisation and are replaced by others	<b>Turnover</b> is down this year but at least we will pay less tax.	δείκτης κινητικότητας και αντικατάστασης προσωπικού	126
<b>underestimate</b>	v	to think or guess that something is smaller, cheaper, easier, etc. than it really is	Don't <b>underestimate</b> her... she knows more than you think!	υποτιμώ	121
<b>underwrite</b>	v	if an insurance company underwrites an insurance contract, it agrees to pay for any damage or loss that happens	The insurance company agreed to <b>underwrite</b> the potential losses.	εγγυώμαι, ασφαλίζω	126
<b>way too</b>	adv	used to show that something is extreme	I couldn't solve the problem. It was <b>way too</b> difficult for me.	πάρα πολύ	126
<b>with this in mind</b>	phr	considering something when doing something, and taking suitable action	This work could have been better but your last two essays were good. So, <b>with this in mind</b> , I'm giving you a grade B.	με γνώμονα αυτό	129
<b>worsen</b>	v	to become worse, or make something worse	The floods are <b>worsening</b> so I hope the relief arrives soon.	χειροτερεύω	131
Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>acutely</b>	adv	feeling or noticing something very strongly	Katherine was suddenly <b>acutely</b> aware that she sounded a bit too happy.	έντονα	121
<b>dim</b>	adj	fairly dark or not giving much light, so that you cannot see well	I was led through a <b>dim</b> hallway to his office.	χαμηλός	audioscript 9.5
<b>down-to-earth</b>	adj	practical and direct in a sensible and honest way	She's sophisticated, but also practical and <b>down-to-earth.</b>	προσγειωμένος	121
<b>dredge up</b>	phr v	to start talking again about something that happened a long time ago, especially something unpleasant	Newsweek magazine <b>dredged up</b> some remarks which he made last year.	βγάζω άπλυτα στη φόρα	audioscript 9.1
<b>geek</b>	n	someone who is not popular because they wear unfashionable clothes, do not know how to behave in social situations, or do strange things	You probably dismissed them, more or less sympathetically, as nerds and <b>geeks.</b>	φυτό	121

# UNIT 9

Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
<b>loosen up</b>	phr v	to stop worrying and become more relaxed, or to make someone do this	Hey, <b>loosen up!</b> It's not worth getting upset about something she said.	χαλαρώνω	audioscript 9.8
<b>mull over</b>	phr v	to think about something seriously, consider something	Catherine is <b>mulling over</b> the idea to move house.	σκέφτομαι	124
<b>nerve-wracking</b>	adj	a nerve-wracking situation makes you feel very nervous or worried	Speaking in public can be a <b>nerve-wracking</b> experience.	αγχωτικός	121
<b>netball</b>	n	a game similar to basketball played in Britain, especially by girls	Her talent for <b>netball</b> and swimming earned her places in the school teams.	νέτμπολ	122
<b>stabilise</b>	v	to become firm, steady or unchanging, or to make something firm or steady	We want to <b>stabilise</b> consumer prices for sugar and sugar products.	σταθεροποιώ	121