

UNIT 1

HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
afraid	adj	I'm afraid of hairy spiders.	φοβάμαι	10
annoyed	adj	She was so annoyed with her boyfriend's behaviour that she left his house without saying goodbye.	ενοχλημένος	10
anxious	adj	My parents get anxious if I don't arrive on time.	ανήσυχος	10
arrival	n	We don't simply welcome new arrivals , we are born immigrants.	άφιξη	13
be aware	v	Our countries are neighbours, so people should be aware of our language and culture.	είμαι ενήμερος	13
be yourself	v	You should be yourself every time you speak to new people.	να είσαι ο εαυτός σου	11
belong	v	Wanting to belong is a part of growing up, but it's definitely more difficult when you move to a new country.	ανήκω σε	12
calm	adj	She has a very calm manner - she never argues with anybody.	ήρεμος	15
challenge	n	The sewing competition was one of the greatest challenges for all the students.	πρόκληση	17
challenge yourself	v	Everyone's getting back to their 'normal' routine, so it seems like a good time to challenge yourself .	προκάλεσε τον εαυτό σου	11
chubby	adj	The baby has very funny chubby cheeks.	αφράτος, γεμάτος	11
concentrate	v	Stop looking around! Concentrate on what you are doing.	συγκεντρώνομαι	17
confident	adj	He feels very confident if he knows everyone at the parties.	έχω αυτοπεποίθηση	17
confused	adj	When Dan invited me to go climbing, I was confused .	μπερδεμένος	10
congratulate yourself	v	You can congratulate yourself . You did a great job.	δώσε συγχαρητήρια στον εαυτό σου	11
creative	adj	My friend is a very creative person. She always comes up with great ideas.	δημιουργικός	15
criticise	v	Parents often criticise their children. I don't think this is helpful.	κριτικάρω	11
curious	adj	I'm curious to know what his plans are.	περίεργος	15
determined	adj	She is a very determined person so she might get this job.	αποφασισμένος	10
disappointed	adj	I was disappointed when I heard the flight was cancelled.	απογοητευμένος	10
due to	prep	The bus was late due to the heavy rain.	εξαιτίας	13
dump	v	My schoolbag was so heavy that I dumped it on the floor.	τα παρατάω	10
encourage	v	Let's encourage all the students to take part in this event.	ενθαρρύνω	10
express yourself	v	I'm not sure if I understand you correctly. You should express yourself more clearly.	εκφράζεις τον εαυτό σου	11
face	v	When you travel abroad, you can face a lot of problems.	αντιμετωπίζω	13
fit in	v	Have you ever felt that it's hard to fit in with the people around you?	ταιριάζω	13
fixed	adj	The school has fixed standards about how students should look like and behave.	σταθερός, πάγιος	13
focus	v	You should focus more on what you are doing.	συγκεντρώνομαι	11
fussy	adj	There's no need to be fussy and yell at each other.	ιδιότροπος, απαιτητικός	15

UNIT 1

Wider World



HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
gasp	v	He opened the present and gasped in amazement.	μου κόβεται η ανάσα	17
generous	adj	My uncle is a generous man. He gives a lot of money to the charity.	γενναιόδωρος	15
gentle	adj	The nurse was very gentle when giving the injection. I didn't feel any pain.	απαλός, ήπιος	15
government organization	n	My aunt works for a government organization and is responsible for education.	κυβερνητική οργάνωση	14
gradually	adv	Gradually , I realised she was lying.	σταδιακά	17
grow up	v	I'm going to be a film director when I grow up .	μεγαλώνω	13
immigrant	n	Illegal immigrants are sent back across the border.	μετανάστης	13
integrate	v	I teach students about the culture too, and help them integrate through extra social activities.	ενσωματώνομαι	13
international	adj	English is an international language.	διεθνής	12
joyful	adj	The most joyful time of the year is Christmas.	χαρούμενος, ευχάριστος	10
know yourself	v	You know yourself better than anyone else.	μαθαίνεις τον εαυτό σου	11
label	n	The washing instructions are on the label .	ετικέτα	13
make yourself (do sth)	v	You should make yourself finish this project even if it isn't easy.	υποχρεώνω τον εαυτό μου (να κάνει κάτι)	11
marshmallow	n	Let's toast some marshmallows over the fire.	είδος καραμέλας, μαρσμέλοου	11
migrant	n	This group of migrants came to our country.	μετανάστης	13
miserable	adj	The weather is miserable so we have decided to stay at home.	στενοχωρημένος, θλιμμένος	10
organised	adj	Susan will be a perfect secretary as she is so well organised .	οργανωμένος	15
peak	n	She raised the flag on the highest peak in the world.	κορυφή	13
population	n	Almost one quarter of the US population are first or second generation migrants.	πληθυσμός	13
Prime Minister	n	Margaret Thatcher was the Prime Minister of the UK.	Πρωθυπουργός	14
projection mapping	n	Some companies use projection mapping to advertise their products on the sides of buildings.	χαρτογράφηση προβολής	15
punctual	adj	He's never missed the bus because he's very punctual .	ακριβής	15
raise (a flag)	v	When she finally raised India's flag on the highest peak in the world, she said she felt great.	υψώνω, σηκώνω (μια σημαία)	14
relaxed	adj	I feel relaxed only when I'm lying on the beach alone.	χαλαρός	10
reliable	adj	You can count on Tom. He's very reliable .	αξιόπιστος	15
satisfied	adj	I'm satisfied with the salary I have.	ικανοποιημένος	11
scream	v	I was so angry that I wanted to scream .	ουρλιάζω, φωνάζω	17
search	v	She's searching for a video on YouTube.	ψάχνω	13

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sensible	adj	You're completely wet. It wasn't sensible to go out on such a rainy day without an umbrella.	λογικός	15
shake	v	Come on boys. Shake your hands and say sorry.	κουνώ, δίνω	17
shiver	v	I was so cold that I started to shiver .	τρέμω	17
social	adj	In our school, students can integrate through extra social activities.	κοινωνικός	13
speech	n	Our headteacher always makes a short speech when the school year starts.	ομιλία	13
stereotype	n	Adverts are usually full of stereotypes .	στερεότυπο	13
stressed	adj	I was really stressed before this exam.	αγχωμένος	10
surprise yourself	v	You can surprise yourself and do something unexpected.	εκπλήσεις τον εαυτό σου	11
surprised	adj	Tom and Ann keep arguing all the time. I'm surprised they are together.	έκπληκτος	10
sweat	v	If you run fast you can sweat .	ιδρώνω	17
take it personally	v	I don't take it personally but I don't like that type of label.	παίρνω κάτι προσωπικά	13
talk to yourself	v	I can't focus when you talk to yourself .	μιλάς στον εαυτό σου	18
tell yourself	v	Don't tell yourself that you're the only one who has problems.	λες στον εαυτό σου	11
tolerance	n	My parents taught me tolerance towards people of other cultures and religion.	ανεκτικότητα	13
uneasy	adj	I feel uneasy when I must ask him for help.	άβολος	10
workshop	n	The lecture was quite long and boring, but the workshop afterwards was fascinating.	εργαστήριο	15
yawn	v	He was so tired that he was yawned all the time.	χασμουριέμαι	15
WORD FRIENDS				
boost your confidence	phr	Positive comments always boost my confidence .	ενισχύω την αυτοπεποίθηση	17
give an opinion	phr	My friend doesn't like giving her opinion in public.	δίνω άποψη, γνώμη	11
change your routine	phr	You should change your routine and stop playing computer games so often.	αλλάζω τη ρουτίνα	11
get a buzz (out of sth)	phr	Our brains get a buzz out of change, so it helps to enjoy our day.	νιώθω ενθουσιασμό και ευχαρίστηση	11
give sth a go	phr	I think I can give it a go and start running with you.	κάνω μια προσπάθεια, μια δοκιμή	17
have an adventure / make plans	phr	We wanted to have an adventure so we went to a theme park./ I always make plans for the weekend.	έχω μια περιπέτεια / κάνω σχέδια	11
take something on board	phr	I tried to take both positive and negative things on board .	λαμβάνω υπόψιν	11

UNIT 2

HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
acid rain	n	Acid rain is the result of air pollution.	όξινη βροχή	23
air pollution	n	Smoke from the factories causes air pollution .	μόλυνση του αέρα	22
aluminium	n	Cans are made of aluminium .	αλουμίνιο	23
appetite	n	I have no appetite when I'm ill.	όρεξη	24
awareness	n	Environmental awareness has increased dramatically over the past years.	επίγνωση	25
bin	n	Put all the rubbish in the bin .	κάδος	26
biogas	n	The mixture of animal waste and water produces a biogas .	βιοαέριο	24
bottle bank	n	Next to my school there's a bottle bank where we put soft drink bottles.	κάδος ανακύκλωσης γυαλιού	24
can	n	You should recycle not only paper or plastic but also cans .	τενεκεδένιο κουτί	24
candidate	n	She is a perfect candidate for this job.	υποψήφιος, -α	27
climate change	n	Pollution has caused climate change .	κλιματική αλλαγή	25
collapse	v	Be careful because this construction may soon collapse .	καταρρέω	28
community	n	My friend from Brazil lives in a small community .	κοινότητα	25
connection	n	There is a strong connection between our life and the environment.	σύνδεση	25
container	n	Don't throw out your old clothes. Put them into a special container ; they can be recycled.	δοχείο	24
councillor	n	We chose the best candidates for students councillor .	σύμβουλος	27
design	n	The company presented the new model of their bestselling car. Everyone was impressed by its amazing design .	σχέδιο	28
Earth	n	The Earth is the third planet from the Sun.	Γη	25
electricity	n	Electricity can be generated by the wind.	ηλεκτρική ενέργεια	23
encourage	v	This organisation encourages young people to protect the environment.	ενθαρρύνω	25
endangered	adj	You can help protect endangered animals such as tigers.	υπό εξαφάνιση, σε κίνδυνο	22
engine	n	Diesel engines are not environment-friendly.	μηχανή	24
environment	n	He acts to protect the environment .	περιβάλλον	22
environmental	adj	Air pollution, global warming and acid rain are the biggest environmental problems.	περιβαλλοντικός	25
escape	v	Two prisoners escaped from the prison yesterday and haven't been caught yet.	δραπετεύω	22
e-waste	n	Many companies recycle e-waste like mobile phones or electronic gadgets.	ηλεκτρονικά απόβλητα	29
factory	n	This factory produces cookers and ovens.	εργοστάσιο	24
false teeth	n	My grandma has false teeth .	ψεύτικα δόντια, μασέλα	23
fit	v	They're going to cut the tops off the plastic bottles and fit them inside each other to make a chair.	ταιριάζω, χωράω	28
flood	n	Rising rivers levels cause floods that can destroy houses.	πλημμύρα	23

UNIT 2

HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
formal	adj	We have to wear formal clothes in our office.	επίσημος	25
gadget	n	Young people love electronic gadgets .	μαραφέτι, γκάτζετ	29
green	adj	Green is the colour that can calm you down.	πράσινο	23
guardian	n	Only a parent or a guardian can sign this document.	κηδεμόνας	25
head boy	n	Yesterday we voted for a new head boy .	ο εκπρόσωπος των μαθητών	27
head girl	n	My friend has become a new head girl in our school.	η εκπρόσωπος των μαθητών	27
heat	v	Thanks to solar panels you can heat the water.	ζεσταίνω	24
intense	adj	He felt intense pain in his back when he lifted the heavy box.	έντονος	25
jellyfish	n	Jellyfish have soft, almost transparent body.	μέδουσα, τσούχτρα	24
land pollution	n	Plastic bags cause land pollution .	μόλυνση εδάφους	22
leaflet	n	My teacher asked us to produce a short leaflet explaining how to recycle things.	φυλλάδιο	30
litter	n	Don't drop litter on the grass! Pick it up, please!	σκουπίδια	29
loose	adj	She lost weight and now all her clothes are too loose .	φαρδύς, χαλαρός	28
lyrics	n	The lyrics of the song were very emotional and made me cry.	στίχοι	25
natural gas	n	We need to increase our reserves of oil and natural gas .	φυσικό αέριο	24
oil	n	The oil from the damaged ship polluted the sea.	πετρέλαιο	22
organisation	n	Greenpeace is a well known organisation .	οργάνωση	25
outdoors	n	My children love playing outdoors . They hate sitting at home.	σε εξωτερικό χώρο	25
petrol	n	Our car stopped because we ran out of petrol .	βενζίνη	22
petrol station	n	We have to stop at the nearest petrol station because we're running out of petrol.	βενζινάδικο	29
plant	n	There are lots of exotic plants in our garden.	φυτό	22
pollution	n	Hybrid cars don't cause as much pollution as traditional cars.	μόλυνση	22
public transport	n	I use public transport instead of my own car to reduce pollution.	δημόσια μέσα μεταφοράς	28
recycling centre	n	Pat, could you take these old shoes to a recycling centre ?	κέντρο ανακύκλωσης	23
renewable energy	n	The expedition will make use of renewable energy , such as solar power.	ανανεώσιμη πηγή ενέργειας	32
re-use	v	When you re-use things, you help to protect the environment.	ξαναχρησιμοποιώ	30
rubbish	n	You can often make something nice from the piece of rubbish .	σκουπίδια	26
set up	v	His mum set up an organisation called Earth Guardians.	ιδρύω	25
smoke	n	We could see a cloud of smoke rising above the trees and then we saw the fire.	καπνός	22
solar energy	n	It's been very sunny for the past few months, so we can use solar energy a lot.	ηλιακή ενέργεια	24

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solar panel	n	In Spain, people often install solar panels on the roof of their house.	ηλιακό πάνελ	24
sticky tape	n	He was trying to fix the cracked window with the sticky tape .	κολλητική ταινία	28
stink	n	Animal waste may really stink .	βρομάω, μυρίζω άσχημα	28
string	n	This strong string will join the two pieces together.	σπάγγος, κορδόνι	28
student council	n	My friends are members of the student council .	μαθητικό συμβούλιο	27
tie (sth) together	v	Let's tie all the old newspapers together with a piece of rope before we take them to the recycling centre.	δένω (κάτι) μαζί	28
traffic	n	I was late for school because of the heavy traffic .	κίνηση	22
traffic jam	n	Too many people drive their cars, so there is always traffic jam in the city centre.	μποτιλιάρισμα	23
trash	n	Don't put those plastic bottles in the trash . Recycle!	σκουπίδια	28
treasure	n	The legend says there is a treasure in this cave.	θησαυρός	28
trip over	v	I accidentally tripped over the suitcase.	σκοντάφτω και πέφτω	26
turquoise	adj	When I was on holiday in Croatia, I was impressed by the colour of the sea, which was turquoise .	τυρκουάζ	25
United Nations	n	He gave a talk about climate change to the United Nations General Assembly.	Ηνωμένα Έθνη	25
unleaded	adj	A lot of cars use unleaded petrol.	αμόλυβδη	29
vegetarian	n	I'm a vegetarian so I don't eat meat.	χορτοφάγος	30
waste	n	When you have a farm with animals, you should do something with the animal waste .	απόβλητα, απορρίμματα	24
water pollution	n	Chemical waste from the local factory caused this water pollution .	μόλυνση του νερού	22
wildlife	n	There are many organisations that protect local wildlife .	άγρια φύση	27
wind farm	n	The biggest wind farm in Scotland has more than 200 wind turbines.	αιολική φάρμα	24
WORD FRIENDS				
clean up rivers/beaches/parks	phr	A lot of volunteers help to clean up beaches, parks and even rivers in the summer.	καθαρίζω ποτάμια / παραλίες / πάρκα	23
damage the environment	phr	The chemical waste can easily damage the environment .	καταστρέφω το περιβάλλον	23
pollute the air/the ocean	phr	Factories pollute not only the air but also the oceans .	μολύνω τον αέρα / τον ωκεανό	23
protect the planet	phr	We all have to protect our planet .	προστατεύω τον πλανήτη	23
recycle plastic bags/aluminium cans	phr	There are special containers to help us recycle plastic bags or aluminium cans .	ανακυκλώνω πλαστικές σακούλες / κουτάκια αλουμινίου	23

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save electricity/energy	phr	Please save electricity/energy and remember to switch off the lights.	σώζω ηλεκτρικό ρεύμα / ενέργεια	23
throw away rubbish	phr	Instead of throwing away rubbish try to recycle it!	πετάω σκουπίδια	23
waste water/money	phr	Having baths is a waste of water and money . You should take a shower instead.	σπαταλώ, ξοδεύω νερό / χρήματα	23
become a member (of)	phr	I became a member of this group 5 years ago.	γίνομαι μέλος	25
hold an election	phr	Yesterday we held an election at our school for the student council.	διενεργώ ψηφοφορία / εκλογή	30
join a campaign	phr	A lot of young people from our school joined the campaign against violence.	συμμετέχω σε καμπάνια	27
organise an event	phr	Our school organised an event called "Help your planet".	διοργανώνω ένα γεγονός	30
sign up to (do sth)	phr	Please go online and fill in the form if you want to sign up to join the group.	εγγράφομαι, γίνομαι μέλος (για να κάνω κάτι)	30
vote for (sth/sb)	phr	Who are you going to vote for in the next election?	ψηφίζω για (κάτι / κάποιον)	30

UNIT 3

Wider World



HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
accessories	n	This shop offers clothes and accessories for women.	αξεσουάρ	34
active	adj	She goes running every evening because she is a very active person.	ενεργητικός	42
appearance	n	Personality is as important as physical appearance .	εμφάνιση	34
awesome	adj	These shoes are awesome . I love them!	καταπληκτικός, φανταστικός	35
baggy	adj	I like skinny jeans. Baggy trousers are not for me.	ριχτός, φαρδύς	35
basics	n	Excuse me, where can I find black T-shirts? I've searched in the basics department but couldn't find any.	βασικός, στοιχειώδης	42
bead	n	This necklace is made of plastic beads .	χάντρα	42
belt	n	I need a leather belt for these trousers.	ζώνη	35
black-and-white	adj	I like watching old black-and-white movies.	ασπρόμαυρος	35
boots	n	Those boots are perfect for winter.	μπότες	34
bracelet	n	Cristal bracelets are pretty expensive.	βραχιόλι, μπρασελέ	34
button	n	It's more comfortable to leave the top button of the shirt undone.	κουμπί	39
case	n	I bought a plastic case for my new mobile.	θήκη	38
cause	v	Many teenagers claim that their hairstyle causes most of their problems.	προκαλώ	42
checked	adj	I'm going to wear a checked dress with pink tights for the party.	καρό	35
classy	adj	She wears classy suits and smart shoes.	κομψός, κλασάτος, σικάτος	35
clothing	n	There are many different types of clothing styles nowadays.	ένδυμα	39
collar	n	I think you need a bigger shirt. The collar around your neck is too tight.	γιακάς	39
collection	n	My mum has a huge collection of jewellery.	συλλογή	36
compliment	n	"You cook better than my mum", said Tom and that was one of the greatest compliments for his wife.	κομπλιμέντο	40
cotton	n	Cotton T-shirts are the best for boys at my age.	βαμβακερός	35
denim	n	Denim jackets are very fashionable this spring.	τζιν	35
design	n	He's a very talented artist creating lots of new designs .	σχέδιο	38
designer	n	Giorgio Armani is a well known fashion designer .	σχεδιαστής	43
dress	n	In this dress you look like a real princess.	φόρεμα	36
dress up	v	I always dress up for Halloween.	φοράω στολή, μεταμφιέζομαι	41
earring	n	I lost one of my gold earrings and I can't find it anywhere.	σκουλαρίκι	34
extension	n	The ancient Egyptians created beautiful hairstyles with hair extensions .	προέκταση	37
fancy-dress	n	Children love fancy-dress parties.	αποκριάτικη στολή	41
fashion show	n	The latest Chanel fashion show was a great success.	επίδειξη μόδας	41

UNIT 3

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fashionable	adj	My friend spends a lot of money on fashionable clothes.	μοδάτος	37
fit	n	That black dress is one size too big, but the blue one is a perfect fit .	εφαρμογή	35
flowery	adj	I usually wear plain clothes, so you won't find flowery dresses in my wardrobe.	λουλουδάτος	35
friendly	adj	She's got a friendly attitude towards new people.	φιλικός	42
gel	n	If you want your hair to have a wet look, you should use a special hair gel .	τζελ, ζελέ	37
gloves	n	Don't forget your gloves because it's cold and snowy outside.	γάντια	34
go viral	v	A photo of a famous person with the 'perfect' hairstyle can go viral and lots of people try to copy it.	γίνομαι viral, γίνομαι ευρέως γνωστός	42
hairdresser	n	I love your haircut! Your hairdresser is an artist.	κομμωτής	37
hairstyle	n	My hairdresser creates beautiful hairstyles .	χτένισμα	37
handsome	adj	Most women think Brad Pitt is very handsome .	όμορφος,-η	41
heel	n	The heel of my shoe is broken so I can't walk any longer.	τακούνι	39
hipster	n	With such a look you can pass for a hipster .	μοδάτος, χίπστερ	35
hood	n	Most raincoats have a hood which protects your head from wind and rain.	κουκούλα	39
hoodie	n	A black hoodie and jeans are the clothes I love wearing.	φούτερ με κουκούλα	34
huge	adj	This T-shirt is huge . It's for an elephant not for me. I need a smaller size.	τεράστιος	41
impress	v	The way she looked in the long red dress impressed everybody at the party.	εντυπωσιάζω	42
influence	v	Advertisements influence our lifestyle and appearance very much.	επηρρεάζω	37
jealous	adj	She is jealous because I have more friends at school than she does.	ζηλιάρης	40
jewellery	n	I love wearing jewellery , especially rings and bracelets.	κοσμήματα	38
laces	n	My brother never buys shoes with laces . He hates tying them up.	κορδόνια	39
leather	n	Leather shoes are the most comfortable ones, but can cost a lot of money.	δερμάτινος	35
leggings	n	Girls used to wear short leggings under a mini skirt.	κολάν	34
market	n	There is a small market next to my house where you can buy fresh fruit and vegetables.	αγορά	34
material	n	This coat is made of a very soft material .	υλικό	35
mini	adj	She usually wears mini skirts to show her long legs.	μίνι, μικροσκοπικός	41
nail varnish	n	Girls love wearing colourful nail varnish .	βερνίκι νυχιών	42
necklace	n	Katy Perry had a beautiful diamond necklace and that was the only piece of jewellery she was wearing.	κολιέ	38
old-fashioned	adj	These clothes are rather old-fashioned . Nobody wears such skirts or trousers anymore.	παλιομοδίτικος	35
outfit	n	I think this outfit is perfect for a party, but I wouldn't wear it to work.	σύνολο, συνολάκι	41

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HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
pair	n	Yesterday I bought a pair of trainers.	ζευγάρι	35
pale	adj	My brother has got a pale complexion.	ωχρός, χλωμός	35
pattern	n	My skirt has a polka dot pattern .	σχέδιο	35
plain	adj	I like my plain leather jacket.	απλός	35
plastic	adj	Many shops will charge you for a plastic bag.	πλαστικός	41
pocket	n	I have no money in my pocket .	τσέπη	39
polka-dot	n	Polka-dot dresses were very trendy in the 1980s.	πουά, με βούλες	35
ponytail	n	When I was ten, I wore a ponytail and glasses.	αλογοουρά	41
pretty	adj	Her mum was really pretty when she was young.	χαριτωμένος, όμορφος	41
protect	v	You should protect your head from the sun.	προστατεύω	37
pullover	n	I usually put a warm pullover on cold days.	πουλόβερ	34
raincoat	n	You need a raincoat instead of an umbrella if you are going on a camp.	αδιάβροχο	34
reflect	v	It's time to choose a style that reflects your true selves.	αντικατοπρίζω, αντανακλώ	37
sale	n	Many things on sale can be bought at reduced prices.	έκπτωση	42
sandals	n	Sandals are perfect shoes for the summer.	σανδάλια	34
scarf	n	It's really windy outside so put a scarf and a hat on.	κασκόλ	34
scene	n	That was like a scene from "The Lord of the Rings".	σκηνή	36
scruffy	adj	She's been wearing those jeans for years. They look a bit scruffy .	ατημέλητος, απεριποίητος	35
second-hand	adj	It's cheaper to buy clothes in second-hand shops.	μεταχειρισμένος	34
shopping mall	n	You can buy almost everything in a shopping mall .	εμπορικό κέντρο	34
shorts	n	In the summer I often wear just a T-shirt and shorts .	σορτσάκι	40
skater	n	Skaters often wear hoodies and comfortable trousers.	αυτός που κάνει πατίνι	35
skinny	adj	Top models are very skinny .	πολύ αδύνατος, κοκαλιάρης	35
sleeve	n	Men usually have to wear shirts with long sleeves in the office.	μανίκι	39
smart	adj	I am obliged to wear smart clothes for work.	κομψός, καλόγουστος	35
smelly	adj	You should wash all your T-shirts because they are smelly .	βρωμερός	42
social status	n	Some people want to show their social status by driving expensive cars.	κοινωνική θέση	39
sole	n	One of my shoes has a hole in the sole .	σόλα	39
stage	n	Rihanna always looks fantastic on stage .	σκηνή	36
straighten	v	You can straighten your hair if you like.	ισιώνω	37

UNIT 3

HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
striped	adj	Striped trousers are out of fashion.	ριγέ	35
stunning	adj	You look stunning in this wedding dress.	εντυπωσιακός	41
style	n	It is good to know which shops sell the style of clothes you want to buy.	στυλ	35
suit	n	I need to put on a smart suit and a tie this evening. We are going to the opera.	κοστούμι	35
survey	n	In a recent survey eight out of ten teenagers said they weren't happy with their appearance.	έρευνα	37
taste	n	Wearing a little black dress is always in good taste .	γούστο	40
theme	n	She wanted her house to have a Scandinavian theme .	θέμα	41
tight	adj	These jeans are too tight for me. I prefer loose ones.	στενός	35
tights	n	For this occasion you should wear a black dress and tights .	καλσόν	34
tip	n	My best friend always gives me useful tips .	συμβουλή	35
tracksuit	n	My new tracksuit is good for running.	φόρμα γυμναστικής	34
trendy	adj	Young people usually know what is trendy nowadays.	μοδάτος	41
trousers	n	I think trousers are more comfortable than skirts.	παντελόνι	40
try on	v	Can I try this jacket on ?	δοκιμάζω, φορώ	38
uncomfortable	adj	These high heels are really uncomfortable .	άβολος	39
uniform	n	We have to wear a school uniform during the school year.	φόρμα	39
wellies	n	On rainy days you should wear wellies and a raincoat.	γαλότσα	34
wig	n	In England judges wear wigs in court.	περούκα	35
woollen	adj	Woollen sweaters are really warm.	μάλλινος	35
worn-out	adj	I'm going shopping at the weekend as I need to replace my worn-out clothes with some new ones.	φθαρμένος, χαλασμένος	35
zip	n	I felt so embarrassed when I noticed that the zip on my trousers was broken.	φερμουάρ	39
WORD FRIENDS				
be good-looking/ in your thirties/ slim/tanned	phr	She's in her thirties and she's really good looking, slim and tanned .	είμαι εμφανίσιμος / στα τριάντα / αδύνατος / μαυρισμένος	35
have a pale complexion/a piercing/dyed hair/ freckles/painted nails/pierced ears	phr	Kate has a pale complexion and a lot of freckles but she doesn't have any piercings or painted nails.	έχω χλωμή επιδερμίδα / τρύπημα / βαμμένα μαλλιά/ βαμμένα νύχια/τρυπημένα αυτιά	35
wear a wig/ glasses/jewellery	phr	My aunt is pretty eccentric because she wears glasses , ethnic jewellery and wigs .	φοράω περούκα / γυαλιά / κοσμήματα	35

UNIT 4

Wider World



HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
app designer	n	He's always been interested in new technologies so he has become an app designer .	σχεδιαστής εφαρμογών	46
arts and crafts	n	You can find many interesting arts and crafts on the Internet.	χειροτεχνίες	49
available	adj	You need to be available for work from Monday to Friday.	διαθέσιμος	49
award	n	He got this music award for the best song in 2016.	βραβείο	51
badly-paid	adj	My job is badly-paid . I can't afford to pay my bills.	κακοπληρωμένος	47
bonus	n	You can get a bonus if you work really hard.	μπόνους, επιβράβευση	47
business	n	My friend started his own business .	επιχείρηση	51
candidate	n	She is a perfect candidate for the position of a secretary.	υποψήφιος, -α	51
career	n	His career as an actor started when he was ten.	καριέρα	51
cleaner	n	We're going to hire a professional cleaner to clean the house before we move in.	καθαριστής, -ρια	46
colleague	n	I've got many helpful colleagues at work.	συνάδελφος	47
communicator	n	If you want to work in public relations, you should be a good communicator .	επικοινωνιακός	54
company	n	My father is the owner of this company .	εταιρία	47
computer programmer	n	A computer programmer must know a lot about computers.	προγραμματιστής υπολογιστών	46
cook	n	I rarely invite friends for dinner because I'm not a good cook .	μάγειρας	46
CV	n	If you want to apply for this job, you must send your CV .	βιογραφικό σημείωμα	46
day-to-day	adj	I will be working in the office and I will be doing simple day-to-day jobs.	καθημερινός	50
dentist's assistant	n	Dentist's assistants are usually responsible for taking x rays and providing patient's care.	βοηθός οδοντίατρου	46
diploma	n	I got my diploma when I was eighteen.	δίπλωμα	51
employer	n	Our employer pays us good salaries.	εργοδότης	51
engineer	n	The company needs experienced engineers to design and construct a new shopping centre.	μηχανικός	46
entrepreneur	n	He wasn't a good entrepreneur because he brought this company into bankruptcy.	επιχειρηματίας	47
experience	n	I would love to work with children but I haven't got much experience .	εμπειρία	47
fashion designer	n	He started his career as a tailor, but finally became a famous fashion designer .	σχεδιαστής μόδας	46
film director	n	Woody Allen is a well known film director .	σκηνοθέτης ταινιών	46
firm	n	It can be difficult to start your own law firm but you should try.	εταιρία, επιχείρηση	47
flexible hours	n	For me, flexible hours are the key factor to being happy at work.	ευέλικτο ωράριο	47
flight attendant	n	Flight attendants are to ensure the safety of the passengers.	αεροσυνοδός	46
full-time	adj	I finally got a full-time job so I can get some benefits.	με πλήρες ωράριο	47
hands-on	id	Children love hands-on activities.	πρακτικός	46

UNIT 4

Wider World



HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
hourly rate	n	For this type of work I prefer hourly rates .	πληρωμή με την ώρα	47
interpreter	n	The judge asked the interpreter to translate from Dutch into English everything she said.	διερμηνέας	46
librarian	n	Do you think you have to like reading books in order to be a librarian ?	βιβλιοθηκάριος	46
lifeguard	n	In the summer I worked as a lifeguard on the beach.	ναυαγοσώστης	46
lorry driver	n	If you are a lorry driver , you spend a lot of time in the truck.	οδηγός νταλίκας	46
manager	n	The manager of this company does not respect people.	διευθυντής	46
music critic	n	The band's latest album got very positive reviews from music critics .	κριτικός μουσικής	46
neat	adj	Everything in the house was neat and tidy.	καθαρός, τακτοποιημένος	49
opportunity	n	This kind of work gives us a great opportunity to gain experience.	ευκαιρία	54
overtime	n	Does your boss pay you extra if you work overtime ?	υπερωρία	47
paid holidays	n	My boss offers me paid holidays .	πληρωμένες διακοπές	47
painter	n	Picasso was a very famous but controversial painter .	ζωγράφος	46
part-time	adj	It's a part-time job so I will have some more free time.	μερικής απασχόλησης	47
pay rise	n	It took me two years to get my employer to give me a pay rise .	αύξηση μισθού	47
people skills	n	If your people skills are good, you are able to communicate ideas effectively.	επικοινωνιακές δεξιότητες	54
permanent	adj	I have a permanent job. I have been employed for 25 years in the same company.	μόνιμος	47
physically fit	adj	In order to be a personal trainer you need to be physically fit .	σε καλή φυσική κατάσταση	49
plumber	n	My dad has called a plumber because we had a problem with the shower.	υδραυλικός	46
position	n	She applied for the position of a Marketing Manager.	θέση	49
problem solving skills	n	Having good problem solving skills can make a huge difference to your career.	δεξιότητες επίλυσης προβλημάτων	54
proof	n	This contract is the proof of Jim's excellent negotiation skills.	απόδειξη	54
psychologist	n	A good psychologist can help you solve the problems.	ψυχολόγος	46
qualifications	n	What qualifications should I have to get this job?	προσόντα	54
scientist	n	Alfred Einstein was one of the scientists who changed the world.	επιστήμονας	46
shift	n	She's a receptionist in a hotel and she works both day and night shifts .	βάρδια	54
sociable	adj	She's very sociable and loves going to parties and meeting people.	κοινωνικός	54
speech	n	Our grandad prepared a short speech for this anniversary.	λόγος, ομιλία	51
staff	n	They employed more staff to provide better service to the customers.	προσωπικό	49
summer job	n	Lots of students decide to have a summer job to earn some money.	καλοκαιρινή εργασία	49
surgery	n	My knee hurt so badly that the doctor decided I needed a surgery .	χειρουργείο, επέμβαση	50

UNIT 4

HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
temporary	adj	A lot of companies in the UK offer temporary jobs for students.	προσωρινός	47
travel agent	n	I wanted to organise my ideal holidays so I decided to find a travel agent to help me.	ταξιδιωτικός πράκτορας	46
vacancy	n	They have a vacancy in the coffee shop nearby, so you can leave your CV there.	κενή θέση εργασίας	49
veterinary assistant	n	Veterinary assistants looked after my dog after the surgery.	βοηθός κτηνίατρου	46
well-paid	adj	My last job was really well-paid that is why I could buy this car.	καλοπληρωμένος	47
working hours	n	Our working hours are between 1 a.m. and 5 p.m.	ώρες εργασίας	49
WORD FRIENDS				
apply for a job	phr	To apply for the job you need to send a CV and a letter of application.	κάνω αίτηση για μια δουλειά	47
be/get fired	phr	My friend got fired because he was always late for work.	απολύομαι	47
be part of a team	phr	Working in this company you'll have the opportunity to become a part of a team .	είμαι μέλος μιας ομάδας	47
be retired	phr	My grandma has been retired for a year but doesn't miss her job. She has plenty of time for her hobby and grandchildren now.	είμαι συνταξιούχος	47
be unemployed	phr	He lost his job a year ago and since then he's been unemployed .	είμαι άνεργος	47
earn a salary/ wage	phr	In America he earned a salary of \$600 a month.	κερδίζω μισθό / μεροκάματο	47
gain work experience	phr	If you are fresh out of college, it will be good to gain some work experience .	αποκτώ εργασιακή εμπειρία	47
get a pension	phr	My father got a pension from the army.	παίρνω σύνταξη	47
get a promotion	phr	Last week he got a promotion and became a manager.	παίρνω προαγωγή	47
get unemployment benefit	phr	He's been unemployed for 3 years and he's been getting unemployment benefit .	παίρνω επίδομα ανεργίας	47
have training	phr	Have you had any training before your first day at work?	έχω εκπαίδευση	47
give up/quit work	phr	After giving birth to her son, she quit work and stayed at home.	τα παρατάω / παραιτούμαι από δουλειά	47
have an interview	phr	I'm very nervous because I'm having my first job interview tomorrow.	έχω συνέντευξη	47
look for a job	phr	She started looking for a job after she graduated from the university.	ψάχνω για δουλειά	47
meet your colleagues	phr	He's going to meet his colleagues this weekend to discuss some business issues.	συναντώ συναδέλφους	47
sign a contract	phr	He signed a contract with this company for 2 years.	υπογράφω συμβόλαιο	47
write a CV	phr	Writing a good CV is the first step to getting a dream job.	γράφω ένα βιογραφικό σημείωμα	47

UNIT 5

Wider World



HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
ambition	n	Alyssa Carson is a teenager and she already has big ambitions for her future.	φιλοδοξία	61
astronaut	n	If you want to be an astronaut , you need to speak several languages.	αστροναύτης	61
astronomer	n	Astronomers use telescopes to look at planets.	αστρονόμος	60
atmosphere	n	It takes a certain amount of time to travel through the Earth's atmosphere .	ατμόσφαιρα	63
attend	v	I don't have much free time in the afternoons because I attend extra music and Spanish classes.	παρακολουθώ	61
balloon	n	They rented a hot-air balloon for their wedding.	μπαλόνι	63
billion	n	The company earned about 1.5 billion dollars last year.	δισεκατομμύριο	62
binoculars	n	My son loves watching birds so I'm going to buy him binoculars for his birthday.	κιάλια	60
calculate	v	There are special apps that help calculate the distance to your destination.	υπολογίζω	59
calculation	n	What would have happened if your calculations had been wrong?	υπολογισμός	62
capsule	n	What items would you put into a time capsule ?	κάψουλα	63
certificate	n	If you want to be a professional scuba diver, you need a certificate in scuba diving.	πιστοποιητικό	61
comet	n	We're doing a space project at school and I need some good photos of the comet .	κομήτης	60
crash	v	If you hadn't driven so fast, you wouldn't have crashed the car.	τρακάρω, συγκρούομαι	64
damage	n	Our dog caused some damage in a supermarket and we had to pay for it.	βλάβη, ζημιά	64
data	n	Scientists need to gather more data about the disease to invent the cure for it.	στοιχείο / -α	62
descent	n	I jumped from the helicopter and enjoyed the moment of a 5-minute descent at high speed before my parachute opened.	κάθοδος, πτώση	63
distance	n	Did you know that the distance between the Earth and Mars changes all the time?	απόσταση	59
drone	n	In some countries drones are not allowed near airports as they can be a danger to planes.	μη επανδρωμένο ιπτάμενο αντικείμενο, drone	64
Earth	n	If you wanted to make a phone call home from Mars, it would take half an hour for the sound to reach Earth .	Γη	61
ellipse	n	The Earth travels around the sun in an orbit, which is an ellipse .	έλλειψη	58
engine	n	The engine is the most complicated part of a vehicle.	μηχανή	63
experiment	n	My father works in a laboratory and he carries out lots of experiments .	πείραμα	62
force	n	Gravity is the force that attracts objects towards the Earth.	δύναμη	63
free fall	v	I was free-falling for a couple of minutes before opening a parachute.	κάνω ελεύθερη πτώση	63
footprint	n	My brother can identify animals by their footprints .	πατημασιά	66
galaxy	n	It takes billions of years for the light from distant galaxies to reach the Earth.	γαλαξίας	58
gravity	n	Your back stretches about five or six centimetres as a result of zero gravity .	βαρύτητα	63

UNIT 5

Wider World



HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
helium	n	Helium is a gas used to fill in balloons.	ήλιο	63
hundred	n	Hundreds of people came to see his concert.	εκατό	61
land	v	The plane landed safely despite bad weather.	προσγειώνομαι	62
lander	n	Scientists sent a lander in space to get some pictures of the surface of a comet.	άκατος	62
landing	n	They say that landing is the most dangerous part of a flight.	προσγείωση	62
light year	n	Some stars are one million light years away.	έτος φωτός	67
Mars	n	Would you like to be the first person to travel to Mars ?	Άρης (πλανήτης)	61
meteorite	n	We've found a bit of a meteorite in our garden.	μετεωρίτης	60
million	n	Mars is millions of kilometres away from the Earth.	εκατομμύριο	59
mission	n	We would have been very disappointed if the mission had failed.	αποστολή	62
moon	n	Mercury and Venus don't have any moons .	φεγγάρι, σελήνη	58
orbit	v	They travel in the space station, which orbits the Earth every 90 minutes, at a speed of 28,800 km per hour.	περιστρέφομαι σε τροχιά	61
oxygen	n	Humans need oxygen to breathe.	οξυγόνο	63
parachute	n	Soldiers practised jumping from the aircraft with parachutes .	αλεξίπτωτο	63
pilot's licence	n	It's not easy to become a pilot and get the pilot's licence .	δίπλωμα πιλότου	61
planet	n	Mars is often called the red planet .	πλανήτης	61
planetarium	n	My class went on a trip to the planetarium .	πλανητάριο	58
press	v	You must press the "Next" button to continue the game.	πατάω	64
reach	v	After a long journey we finally reached our destination.	φτάνω	61
record-breaking	adj	The new Harry Potter film gathered a record-breaking number of viewers on the day of its premiere.	που σπάει κάθε ρεκόρ	63
reflect	v	The water in the lake was so clear that we could see our faces reflected in it.	αντανακλώ	58
require	v	This job requires the knowledge of law and management skills.	απαιτώ, χρειάζομαι	61
satellite	n	The Moon is a satellite of the Earth.	δορυφόρος	59
scientific	adj	If people can't find scientific explanation to something, they call it a miracle.	επιστημονικός	62
solar system	n	There are eight planets in our solar system .	ηλιακό σύστημα	58
sound barrier	n	How fast must the plane be to break the sound barrier ?	το φράγμα του ήχου	63
space camp	n	My friend wants to be an astronaut in the future so she attends space camps every year.	διαστημική κατασκήνωση	61
space station	n	Alyssa doesn't want to orbit the Earth on the space station . She wants to travel to Mars.	διαστημικός σταθμός	61
space suit	n	Astronauts wear a space suit all the time when they are in space.	διαστημική στολή	61
spacecraft	n	The Rosetta spacecraft flew 6.4 billion kilometres to comet 67P, which is about four kilometres wide.	διαστημόπλοιο	62

UNIT 5

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HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
speed	n	The police stopped the driver for exceeding the speed limit.	ταχύτητα	65
star	n	The Sun is the nearest star to the Earth.	αστέρι	58
support	v	My parents always try to support me.	υποστηρίζω	61
surface	n	The lander sent us the first pictures of the icy surface of a comet.	επιφάνεια	62
telescope	n	If you use a telescope , you will be able to see the stars better.	τηλεσκόπιο	60
thousand	n	There are four thousand three hundred people living in this area.	χιλιάδα	66
training programme	n	If you want to be a lifeguard, you have to be a perfect swimmer and you have to complete a training programme in first aid.	πρόγραμμα κατάρτισης	61
unit	n	There are nine units in the Wider World coursebook.	κεφάλαιο	66
Venus	n	Venus is the second planet from the Sun and it's the hottest one in the Solar System.	Αφροδίτη	67
visible	adj	If you ride a bike at night, make sure you are visible .	ορατός	66
wave	n	Radio waves can travel in space, but sound waves can't.	κύμα	67
writer	n	Dan Brown and J K Rowling were both the teachers of English before they became novel writers .	συγγραφέας	66
WORD FRIENDS				
be... long/wide/high	phr	The box is forty centimetres long/wide/high .	είμαι... σε μήκος / πλάτος / ύψος	59
length/width/height of	phr	The length/width/height of the box is forty centimetres.	μήκος / πλάτος / ύψος	59
be... away	phr	London is ten kilometres away . (= We're ten kilometres from London.)	είμαι... μακριά (για απόσταση)	59
the speed limit is... per/an hour	phr	The speed limit is eighty kilometres/fifty miles per/an hour .	το όριο ταχύτητας είναι ...την ώρα.	59
It takes...hours to	phr	It takes two hours to get to London.	παίρνει... ώρες να...	59

UNIT 6

HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
abseiling	n	If you want to practise abseiling , you need a good rope.	κάνω κατάβαση με σχοινί, ραπέλ	75
acrobatics	n	She used to perform acrobatics , but a knee injury stopped her career at the age of 16.	ακροβατικά	75
allergic	adj	I'm allergic to cats and I start sneezing and crying immediately when there's one close to me.	αλλεργικός	71
allergy	n	Food allergy is one of the most common allergies among children.	αλλεργία	71
ambulance	n	Maggie fainted in the classroom and the teacher called an ambulance .	ασθενοφόρο	74
amount	n	When you've got a cold, eat small amounts of food regularly because your body needs vitamins.	ποσότητα	73
appointment	n	I can't see properly from the distance so my mum made an appointment for an eye test.	ραντεβού	70
asthma	n	People with asthma feel they cannot get enough air.	άσθμα	70
asthmatic	adj	Pollen and animal fur are allergens which can cause an asthmatic attack.	ασθματικός, που έχει άσθμα	71
athletics	n	Athletics is one of the most popular sports in my school.	στίβος	75
bandage	n	She injured her legs, so the doctor applied some antibiotic on the wounds and covered them with bandages .	επίδεσμος	74
bend	v	The instructor told us to lie down on the floor and bend our knees.	λυγίζω	74
blind	adj	Tom is blind in his left eye.	τυφλός	71
blindness	n	People who suffer from blindness usually have a very well developed sense of hearing.	τύφλωση	71
block	v	When you have hiccups, try blocking your ears and nose and drinking water.	μπλοκάρω	76
blood	n	She lost a lot of blood in the accident.	αίμα	75
BMXing	n	I like BMXing , so my parents have bought me a new bike.	είδος ποδηλασίας με BMX ποδήλατο	75
bodyboarding	n	Bodyboarding is a water sport similar to surfing.	σερφινγκ με το σώμα	75
brain	n	The brain is the only part of the human body that doesn't feel pain.	εγκέφαλος	71
breath	n	Take a deep breath and relax!	ανάσα	76
breathe	v	There was so much smoke in the room that we couldn't breathe .	ανασαίνω	74
bug	n	You can easily pick up a bug in a crowded places like airports or schools.	ιός	70
bungee jumping	n	Bungee jumping is more exciting than climbing.	μπάντζι τζάμπινγκ	75
carsick	adj	I used to get carsick when I was a child.	που υποφέρει από ναυτία μέσα σε αυτοκίνητο	78
cheek	n	When I was a child, I hated when aunties and grannies kissed me on my cheeks .	μάγουλο	74
chemist's	n	We found a chemist's easily and asked for an aspirin.	φαρμακείο	70
circulation	n	You can try a hot and then a cold shower to stimulate blood circulation .	κυκλοφορία	73
climbing	n	I've never tried climbing because I have a fear of height.	ορειβασία	75

HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
clinic	n	If you want to go to the asthma clinic , make an appointment with the nurse.	κλινική	70
cold	n	I've caught a cold and I'm not feeling well.	κρύωμα	73
colour-blind	adj	You can't drive a car when you're colour-blind .	που έχει αχρωματοψία	72
colour-blindness	n	Colour-blindness means people can't tell the difference between some colours.	αχρωματοψία	72
come down with	v	I have come down with a flu, so I have to stay in bed for a while.	αρρωσταίνω, νοσώ	71
cream	n	I'm not sure if an anti-wrinkle cream is a good birthday present.	κρέμα	76
deaf	adj	My grandad is almost completely deaf .	κουφός	71
deafness	n	Tom's deafness is not a problem for his family because they use a sign language to communicate with him.	κώφωση	71
depress	v	Nothing depresses me more than such terrible weather.	θλίβω, μελαγχολώ	71
depressed	adj	I felt depressed when I heard about our neighbours' accident.	θλιμμένος, μελαγχολικός	71
depression	n	More and more people suffer from depression nowadays.	κατάθλιψη	71
dizziness	n	At the beginning I was feeling sick on the boat, but after a few minutes the dizziness passed and I was all right.	ζαλάδα	71
dizzy	adj	I was feeling dizzy in the classroom so the teacher opened the window and asked me to breathe deeply.	ζαλισμένος	71
dyslexia	n	People with dyslexia are often great at doing puzzles.	δυσλεξία	71
dyslexic	adj	Reading and writing are usually a problem for dyslexic people.	δυσλεκτικός	71
explode	v	After two hours in such a noisy place my head feels like it's going to explode .	εκρήγνυμαι	73
extreme sports	n	Have you noticed that extreme sports are becoming more and more popular?	ακραίο σπορ	75
eye test	n	The eye test confirmed that his vision has improved.	οφθαλμολογική εξέταση	72
feed	v	We feed our dog twice a day.	ταίζω	73
first aid	n	I think schools should teach first aid because you may need to save someone's life one day.	πρώτες βοήθειες	74
first aider	n	I'd love to be a first aider at festivals one day.	αυτός που παρέχει πρώτες βοήθειες	74
food poisoning	n	I had a terrible stomachache and also a very high temperature and the doctor said it was food poisoning .	δηλητηρίαση	70
free running	n	When I do free running , I find jumping between buildings the most exciting.	τρέξιμο στην πόλη	75
hang-gliding	n	If you want to feel like a bird, you should try hang-gliding .	αιωροπτερισμός	75
hay fever	n	Twenty-five percent of the British population suffer from hay fever in spring time.	αλλεργικό συνάχι	80
headache	n	If you have a headache , take an aspirin.	πονοκέφαλος	79
heart	n	She finished her sports career when problems with her heart occurred.	καρδιά	78

HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
hold your breath	v	Can you hold your breath under water?	κρατάω την αναπνοή μου	76
hiccups	n	Hiccups can be annoying and difficult to get rid of.	λόξιγκας	76
hurt	v	I broke my leg a few months ago and it still hurts when I walk.	χτυπώ, πονάω	72
hydrate	v	Drink a lot of water to hydrate your skin.	ενυδατώνω	73
ice climbing	n	Ice climbing looks dangerous but I would like to try it one day.	αναρρίχηση σε πάγο	75
ill	adj	When you feel ill , you should see a doctor.	άρρωστος	71
illness	n	My grandfather died after a long illness .	ασθένεια	71
infect	v	The disease has already infected thousands of people in Africa.	μολύνω	71
infected	adj	People suffered terribly after drinking water infected by some kind of bacteria.	μολυσμένος	71
infection	n	If you cut your finger, clean it properly or otherwise an infection may develop.	μόλυνση	71
injure	v	The explosion injured more than 10 people.	τραυματίζω	71
injured	adj	I fell down in the street and my hands are slightly injured .	τραυματισμένος	71
injury	n	My friend has suffered from a head injury after the accident.	τραύμα	70
insomnia	n	My mum suffers from insomnia and the doctor prescribed her some pills to help her fall asleep.	αϋπνία	70
itchy	adj	Itchy skin is a problem that can be hard to diagnose.	που με φαγουρίζει	78
kite-surfing	n	Kite-surfing is a sport which combines elements of surfing, windsurfing and paragliding.	είδος σερφινγκ που η σανίδα έλκεται από χαρταετό	75
knee	n	I had to stop running after the operation I had on my knee .	γόνατο	74
lie down	v	If you feel dizzy, you should lie down for a couple of minutes to allow the blood to get to your brain.	ξαπλώνω	74
lift	v	He is strong enough to lift this heavy box.	σηκώνω	74
lungs	n	I need to see the doctor because I feel a sharp pain in my lungs .	πνεύμονες	75
migraine	n	My sister has frequent attacks of migraine .	ημικρανία	70
muscle	n	There are about 650 muscles in the human body.	μυς	75
operate	v	The doctors operated on her brain for over 6 hours.	χειρουργώ	71
operation	n	You were very lucky because the operation on your heart went well.	επέμβαση	71
optician	n	I need to make an appointment with an optician to check my eyes.	οπτικός	72
pain	n	Your whole body can feel pain except for the brain.	πόνος	71
painful	adj	I hate injections because they're usually painful .	επίπονος	71
parachuting	n	He took a training in parachuting and learned how to fall on the ground safely.	πτώση με αλεξίπτωτο	75
paragliding	n	I've always dreamt of flying and I have just started a course in paragliding to make my dreams come true.	αλεξίπτωτο πλαγιάς	75

HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
plaster	n	I have cut my finger so my mum told me to wash it and put a plaster on it.	τσιρότο, χανζαπλάστ	74
prescribe	v	The doctor prescribed me some medicine when I came down with flu.	συνταγογραφώ	71
prescription	n	Some painkillers are available without a prescription .	συνταγή γιατρού	71
pull	v	Stop pulling my hair! It hurts.	τραβάω	74
push	v	Someone pushed me on the stairs and I fell down breaking my arm.	σπρώχνω	74
raw	adj	I eat most vegetables raw , but some of them, like potatoes or cauliflowers have to be cooked.	ωμός	73
recovery position	n	It's very important to put a person who is hurt in the recovery position .	θέση ανάνηψης	74
remedy	n	Unfortunately, there's no remedy for this illness.	θεραπεία, γιατρικό	73
run in the family	v	I'm left-handed and so is my dad and my granddad - it just runs in the family .	είναι κληρονομικό	72
sandboarding	n	We're going to try sandboarding on our holidays in Egypt.	σερφινγκ στην άμμο	75
seasickness	n	I try to avoid travelling by boat or ship because I suffer from seasickness terribly.	ναυτία	71
sick	adj	I was sick last week so I stayed at home.	άρρωστος	71
sickness	n	The doctor prescribed me some medicine and told that the sickness would probably go away in a few days.	αρρώστια, ασθένεια	71
serious	adj	Fortunately, it wasn't a serious accident and nobody was hurt.	σοβαρός	74
sky-diving	n	It's my dream to go sky-diving in Dubai.	ελεύθερη πτώση με αλεξίπτωτο	75
sneeze	v	When you sneeze , you should cover your mouth or turn your head away.	φτερνίζομαι	70
snowboarding	n	My parents love skiing but I prefer snowboarding .	χιονοσανίδα	75
sore throat	n	I have such a terrible sore throat that I can't swallow anything.	πονόλαιμος	78
source	n	Green vegetables are good sources of vitamins and fiber.	πηγή	73
stress	v	After a heart attack he decided to change his job and avoid all the things that used to stress him before.	στρεσάρω, αγχώνω	71
stressed	adj	When I feel stressed , I listen to my favourite music. It helps me relax.	αγχωμένος	71
suffer from	v	I have to wear a special wristband when I travel by car or by coach because I suffer from a travel sickness.	υποφέρω	71
swallow	v	My throat hurts when I swallow . Can you give me something for the pain?	καταπίνω	78
sweat	v	Some people think it's good to sweat if you've got a cold, but you will feel worse.	ιδρώνω	73
tablet	n	You don't have to take tablets for a cold - there are many natural remedies like honey, garlic or hot chicken soup.	ταμπλέτα	71
temperature	n	I'm not going to school today because I've got a temperature .	πυρετό	71
tired	adj	I'm tired after the whole day at work so I think I'll go to bed earlier than usual.	κουρασμένος	79
tiredness	n	When I looked at her, I saw tiredness at her face.	κούραση, κόπωση	79

HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
travel sickness	n	I used to suffer from travel sickness when I was a child.	ναυτία	70
virus	n	If you have a virus , you should stay at home because it may spread and infect other people.	ιός	73
white-water rafting	n	This river seems to be perfect for white-water rafting .	κατάβαση ορμητικών ποταμών με σχεδία	75
wrist band	n	Try ginger or wristbands if you suffer from travel sickness. They won't make you feel tired as most tablets do.	βραχιολάκι	70
WORD FRIENDS				
come down with the flu	phr	Every winter I come down with the flu and this year I'm planning to have a flu jab.	αρρωσταίνω με γρίπη	71
have a rash	phr	I had a rash on my legs last week and the spots were red and itchy.	έχω εξάνθημα	71
have a runny nose	phr	I think I've caught a cold because I have a sore throat and a runny nose .	έχω καταρροή	71
have a temperature	phr	If you have a temperature , you should stay in bed.	έχω πυρετό	71
have a nose bleed	phr	You should put a wet towel on your nose if you have a nose bleed .	έχω ρινορραγία	71
have a cough	phr	How long have you been having this terrible cough ? I think a doctor should listen to your chest.	έχω βήχα	71
have an infection	phr	See your doctor if you have an infection because it might be serious.	έχω κάποια λοίμωξη	71
lose your appetite	phr	I usually lose my appetite when I'm ill.	μου κόβεται η όρεξη	71
lose your voice	phr	Yesterday my throat hurt and I completely lost my voice .	χάνω τη φωνή μου	71
get a prescription	phr	My dad got a prescription from the doctor for sleeping pills.	έχω συνταγή γιατρού	71
have a check-up	phr	I'm seeing a doctor tomorrow to have a check-up .	κάνω τσεκ-από	71
listen to your chest	phr	The doctor used a stethoscope to listen to my chest .	αφουγκράζομαι το στήθος	71
take your temperature	phr	You'd better take your temperature because you don't look good.	παίρνω τη θερμοκρασία	71
take your blood pressure	phr	It's good to know how to take your blood pressure manually.	παίρνω την πίεση	71
get lots of rest	phr	She had an operation yesterday and now she needs to get lots of rest .	ξεκουράζομαι αρκετά	71
stay in bed	phr	If you have a temperature, you should stay in bed .	μένω στο κρεβάτι	71
take medicine	phr	Children usually don't like taking medicine .	παίρνω φάρμακο	71
take some tablets	phr	The doctor told me to take these tablets before meals.	παίρνω μερικά χάπια / ταμπλέτες	71

HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
advert	n	Many adverts are adressed to kids and make them want products they don't really need.	διαφήμιση	87
amazing	adj	The actors got a standing ovation because their performance was truly amazing .	απίστευτος, καταπληκτικός	89
app	n	There must be something wrong with this app because I can't download it on my mobile.	εφαρμογή	89
attractive	adj	The website looks really attractive and it's easy to use.	ελκυστικός	89
awful	adj	This food smells awful . I think it's gone off.	απαίσιος	89
be engaged in (sth)	v	Looking into someone's eyes can show you are engaged in the conversation.	επιδίδομαι, μετέχω	82
billboard	n	They are advertising the new hotel on a huge billboard at the side of the road.	διαφημιστική πινακίδα	87
blindfold	v	We were playing a game at school; we were blindfolded and had to name the object we were holding in our hands without seeing them.	δένω τα μάτια, καλύπτω τα μάτια	84
body contact	n	No body contact is allowed in this game.	επαφή με το σώμα	82
boring	adj	We've been practising for nearly two hours and it's getting really boring . Can we have a break?	βαρετός	89
brand	n	My parents are used to some brands - they have been buying the same mayonnaise or soap for years.	μάρκα	87
brilliant	adj	It was a brilliant idea to go to the countryside for the weekend.	εξαιρετικός	89
chatty	adj	I've always been chatty like my grandma and we talk about everything.	πολυλογάς	85
commercial	n	I don't watch commercials on TV. In my opinion they are annoying.	διαφήμιση (για τηλεόραση ή ραδιόφωνο)	87
communicate	v	Putting your arm around someone can communicate feelings of love and friendship.	επικοινωνώ	82
communication	n	It's no secret that most teens love online communication .	επικοινωνία	82
communication skill	n	There are many workshops and special courses which can help improve your communication skills .	επικοινωνιακή δεξιότητα	84
confusing	adj	This situation was very confusing and I didn't know what to say.	μπερδεμένος, πολύπλοκος	89
define	v	Could you define what you mean by 'high-tech'?	προσδιορίζω	83
definition	n	You will find the definition of this word in the dictionary.	ερμηνεία	83
describe	v	Can you describe the man who attacked you?	περιγράφω	83
description	n	She was asked for a description of the missing dog.	περιγραφή	83
disappointing	adj	I found the book very interesting but the ending was a bit disappointing for me.	απογοητευτικός	89
discuss	v	We have some problems in class and we have to discuss them with our teacher.	συζητώ, κουβεντιάζω	83
discussion	n	We had a very interesting discussion on cyber crime at school today.	συζήτηση, κουβέντα	83
don't get me wrong	v	Don't get me wrong - I like you very much, but I'm not ready for a relationship.	μην με παρεξηγείς	85

UNIT 7

Wider World 4

HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
drive (sb) mad	v	It drives me mad when people take my things without asking.	τρελαίνω κπ	85
emotion	n	The way we move our hands and arms not only shows our emotions , but also our personality.	συναίσθημα	82
equipment	n	If you want to scuba-dive, you need a special equipment .	εξοπλισμός	84
explain	v	Let me explain the rules of the game first.	εξηγώ	83
explanation	n	This exercise needs special explanation .	εξήγηση	83
eye contact	n	It's good to make eye contact when you talk to people.	οπτική επαφή	82
face-to-face	adv	Research reports that nearly fifty percent of teens still prefer talking to a friend face-to-face rather than using technology.	πρόσωπο με πρόσωπο	83
facial expression	n	Some of us are good at reading people's facial expressions .	έκφραση προσώπου	82
fantastic	adj	You were right! Their latest album is fantastic !	φανταστικός	89
fire questions (at sb)	v	Many teenagers find it annoying when they get home from school and their parents fire questions at them.	κατακλύζω / βομβαρδίζω με ερωτήσεις	85
flashcards	n	Flashcards are often used in teaching a foreign language.	εκπαιδευτική κάρτα	89
flyer	n	Flyers advertise products but do many people read them?	φυλλάδιο	87
frown	n	Facial expressions, such as a smile or frown , are forms of non-verbal communication.	κατσούφιασμα	83
gesture	n	When my sister tells a story, she always uses lots of gestures and facial expressions.	χειρονομία	82
head movement	n	A head movement is an easy way to communicate 'yes' or 'no'.	κίνηση του κεφαλιού	82
hilarious	adj	We saw a hilarious comedy at the theatre last weekend.	ξεκαρδιστικός	85
impressed	adj	I was impressed by the design of the website.	εντυπωσιασμένος	89
impressive	adj	Her progress in Spanish is really impressive .	εντυπωσιακός	90
in a rush	phr	Are you in a rush to get somewhere?	βιαστικά	90
instant messaging	n	Nowadays, instant messaging is one of the most popular forms of communication.	πρόγραμμα ανταλλαγής αμέσων μηνυμάτων	82
interrupt	v	Every time I try to say something, my brother interrupts me; he never lets me finish a sentence!	διακόπτω	83
interruption	n	I was at home alone in the afternoon and could study for my Maths test without interruption .	διακοπή	83
logo	n	Nike's logo is very characteristic and I think everyone can recognize it.	λογότυπο	87
message	n	My sister didn't answer the phone so I left her a message on the voicemail.	μήνυμα	84
misunderstand	v	It's easy to misunderstand what the other person is saying.	παρανοώ	83
muscle	n	Muscle movements in our face can instantly show feelings.	μυς	82
nail varnish	n	I love wearing red nail varnish .	βερνίκι νυχιών	87
non-verbal	adj	Children learn a lot of non-verbal communication from their parents.	μη-λεκτικός	82

UNIT 7

Wider World



HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
obstacle	n	She comes from a little village and had to overcome many obstacles like poverty or poor education to become a successful actress.	εμπόδιο	84
perfume	n	You smell really nice. What perfume are you using?	άρωμα	87
personal space	n	Some people don't like being touched or hugged because they don't feel comfortable sharing their personal space .	προσωπικός χώρος	90
poor	adj	She's poor now because she has lost all her money.	φτωχός	90
poster	n	Teenagers usually have lots of posters in their bedrooms.	αφίσα	84
posture	n	Your posture can say a lot about you to other people.	στάση (σώματος)	82
predictive text	n	It's faster to write text messages with predictive text , but you can always turn this function off if you don't like it.	λειτουργία πρόγνωσης κειμένου	85
pronounce	v	Could you pronounce your name more slowly?	προφέρω	83
pronunciation	n	I need to improve my English pronunciation .	προφορά	83
rebel	n	When you look at your parents or grandparents, it's hard to imagine they might have been rebels .	επαναστάτης	85
recommend	v	I think Wordfit is a useful website and I would definitely recommend it to other learners.	προτείνω, συνιστώ	90
repeat	v	Can you repeat , please? I didn't understand what you said.	επαναλαμβάνω	83
repetition	n	There were too many repetitions in my essay and the teacher asked me to rewrite it.	επανάληψη	83
research	n	According to the latest research the number of people who read books is going/falling down.	έρευνα	83
sign language	n	I would like to learn sign language to communicate with people who can't hear.	νοηματική γλώσσα	86
slogan	n	We should come up with a new slogan for our client by tomorrow. Any ideas?	σύνθημα	87
suggest	v	My mum suggested having a cup of tea in the garden.	προτείνω	83
suggestion	n	Some people like making suggestions on what to say or do.	πρόταση	83
target audience	n	The target audience for toys commercials is children.	κοινό	87
text	n	I don't like writing emails, but I send quite a lot of text messages every day.	κείμενο	82
toothpaste	n	We've run out of toothpaste . Can you buy one tube for sensitive teeth, please?	οδοντόκρεμα	87
tricky	adj	This question is quite tricky .	δύσκολος, πολύπλοκος	88
voice	n	His voice sounds familiar. Is it Brad Pitt speaking?	φωνή	82
washing-up liquid	n	I have to wear rubber gloves when I wash up, because I'm allergic to most washing-up liquids .	απορρυπαντικό	87
weak	adj	My grandma became very weak after the operation.	αδύναμος	90
workshop	n	We took part in very interesting music workshops .	εργαστήριο, σεμινάριο	84
WORD FRIENDS				
make eye contact	phr	It's good to make an eye contact when you talk to people.	έχω οπτική επαφή	82

UNIT 7

Wider World



HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
nod/shake your head	phr	Please nod your head if you agree.	γνέφω / κουνάω το κεφάλι	82
raise/lower your voice	phr	While singing the song, the artist raised and lowered his voice .	ανεβάζω / κατεβάζω τον τόνο της φωνής	82
raise your eyebrows	phr	She was so surprised that she raised her eyebrows .	ανασηκώνω τα φρύδια (λόγω έκπληξης)	82
read facial expressions	phr	Do you think you're good at reading people's facial expressions ?	καταλαβαίνω τις εκφράσεις του προσώπου	82
use hand gestures	phr	Using hand gestures makes a presentation or telling a story more interesting.	χρησιμοποιώ χειρονομίες	82

UNIT 8

Wider World



HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
abstract art	n	I don't understand abstract art but I must say I quite like Kandinsky's paintings.	αφηρημένη τέχνη	94
advert	n	My mum stopped buying magazines because in her opinion they contain more adverts than interesting text to read.	διαφήμιση	99
art gallery	n	One of the art galleries is interested in my sister's paintings.	γκαλερί τέχνης	97
artist	n	I don't know much about the artist called Kristian Mensa, but I'm sure I can find some information about him on the internet.	καλλιτέχνης	97
at all	phr	I don't know this man at all .	καθόλου	101
at first	phr	I didn't like him at first , but that has changed.	αρχικά	101
at last	phr	I've finished my book at last .	επιτέλους	101
at least	phr	At least three people were injured in the accident yesterday.	τουλάχιστον	101
author	n	J.K.Rowling is not only the author of <i>Harry Potter</i> series but also has written/wrote books for adults.	συγγραφέας	95
autobiography	n	Many famous people decide to write their autobiography .	αυτοβιογραφία	95
be set in	v	<i>Lord of the Rings</i> is set in a place called Middle Earth.	διαδραματίζομαι	95
bestseller	n	All Dan Brown's books have become international bestsellers .	ευπώλητο, μπεστ σέλερ	95
biography	n	The artist's biography was written by his best friend.	βιογραφία	95
broadsheet	n	I was very surprised to find foreign broadsheets , like Die Zeit or The Guardian in our local newsagent's.	εφημερίδα	99
by coincidence	phr	I'm sorry, I took your gloves by coincidence . They look like mine!	κατά σύμπτωση	101
by hand	phr	All our furniture have been made by hand .	χειροποίητος	101
by mistake	phr	She left the door open by mistake and the cat ran away.	κατά λάθος	101
celebrity gossip	n	I'm not interested in celebrity gossip , but my friend loves reading about who is dating who or what famous people do or wear.	κουτσομπολιό για διασημότητες	99
chapter	n	Read the last chapter of this book very carefully.	κεφάλαιο	95
character	n	Interesting characters are more important in a book than a good plot.	χαρακτήρας	95
colourful	adj	Books for children are usually very colourful .	πολύχρωμος, χρωματιστός	95
combine	v	I've already seen artists who combine different techniques, but this is totally different.	συνδυάζω	97
comic	n	I can't remember how many different comics I read when I was little, but I know I loved them.	κόμικ	96
commercial	n	For many people TV commercials are annoying but I don't mind watching them.	διαφήμιση (για τηλεόραση ή ραδιόφωνο)	99
complicated	adj	These instructions are too complicated for me.	περίπλοκος	95
contemporary art	n	Contemporary art is sometimes hard to understand.	σύγχρονη τέχνη	94
cover	n	I bought this book because I was attracted by its cover .	εξώφυλλο	95

UNIT 8

HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
designer	n	My sister works as a designer in a fashion magazine.	σχεδιαστής	99
disappointing	adj	I was very excited about the school trip, but it was disappointing .	απογοητευτικός	97
draw	v	Our friend is moving to another city, so we've decided to draw a big picture for her.	ζωγραφίζω	101
editor	n	Mark has been a journalist for five years and decided to apply for a position of a newspaper editor .	επιμελητής	99
exhibition	n	Although the bus was late, we got to the exhibition on time.	έκθεση	97
experiment	v	At school, Art is fun because we experiment with different techniques.	πείραμα	97
extraordinary	adj	I managed to find an extraordinary birthday present for my friend.	εξαιρετικός, εντυπωσιακός	97
fiction	n	I prefer reading fiction such as detective stories or romantic novels.	μυθιστόρημα	95
giggle	v	It was such a stressful situation that I started giggling and couldn't stop!	χαχανίζω	97
graffiti	n	Teens love drawing graffiti on walls.	γκράφιτι	94
graphic art	n	We're talking about graphic art at school now and most of us is interested in computer graphics or photography in particular.	γραφιστική τέχνη	94
graphic novel	n	If you aren't able to follow the story in a book, graphic novels may be great for you because the pictures will help you stay interested.	εικονογραφημένο μυθιστόρημα	96
headline	n	Have you seen the headlines ? Three men robbed a bank in Paris.	τίτλος	99
horoscope	n	My friend reads horoscopes , because she believes they tell her the future.	ωροσκόπιο	99
household object	n	Hundreds of household objects make our life easier.	οικιακό σκεύος	97
illustration	n	Children love books with illustrations .	εικονογράφηση	94
image	n	You can see images of fantastic creatures in all his paintings.	εικόνα	95
impressionist	n	You can see the paintings by the most famous impressionists , such as van Gogh, Monet or Renoir in the Musée d'Orsay in Paris.	ιμπρεσιονιστής	102
in a hurry	phr	I was in a hurry so I didn't stay for a cup of coffee.	βιαστικά, γρήγορα	101
in a mess	phr	If you leave the kitchen in a mess , your mum won't be happy.	άνω κάτω	101
in advance	phr	Let me know in advance when you're planning to visit us.	προκαταβολικά, από πριν	101
in danger	phr	When you hear the fire alarm, leave the building immediately or your life will be in danger .	σε κίνδυνο	101
in fashion	phr	Long skirts are in fashion again this season.	της μόδας	101
in ink	phr	In the past letters were written in ink .	με μελάνι	101
in pencil	phr	If you are not sure the answers, please mark them in pencil first.	με μολύβι	101
in trouble	phr	When I'm in trouble , I can always count on my parents.	σε μπελάδες	101
in the background	phr	I managed to take some selfies with mountains and the lake in the background .	στο βάθος, στο φόντο	95
in the news	phr	The Queen's visit is in the news this week.	στις ειδήσεις, στα νέα	99

UNIT 8

Wider World



HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
inspiring	adj	You can find many inspiring ideas on the internet.	που δίνει έμπνευση	97
journalist	n	He has been working as a journalist for one of the biggest American newspapers for over ten years.	δημοσιογράφος	95
judge	n	The judge sentenced him to five years in prison.	δικαστής	102
lack	n	The workshop was cancelled because of lack of interest.	έλλειψη	97
landscape	n	This artist doesn't paint landscapes .	τοπίο	94
line	n	I don't understand why you call this a piece of art; all I can see is just lines and spots.	γραμμή	95
local news	n	My dad always buys a local newspaper because he's interested in local news .	τοπικά νέα	99
lyrics	n	Madonna wrote the lyrics to most of her songs.	στίχοι	100
magazine	n	There are a lot of magazines about fashion for women.	περιοδικό	99
messy	adj	You should tidy your room because it looks really messy .	ακατάστατος	102
national news	n	The information about the boy who saved his sister's life was in national news .	εθνικές ειδήσεις	99
newspaper office	n	He works as a reporter for the newspaper, but he doesn't spend much time in the newspaper office .	γραφείο εφημερίδας	99
non-fiction	n	I like reading non-fiction such as biographies or historical books.	που δεν είναι λογοτεχνικός	95
novel	n	<i>Pride and Prejudice</i> is the only novel by Jane Austen that I've read.	μυθιστόρημα	95
novelist	n	Stephenie Meyer or Dan Brown are the novelists whose books have been translated into many languages.	μυθιστοριογράφος	95
oil painting	n	Vincent van Gogh's oil paintings are one of the most expensive in the world nowadays.	ελαιογραφία	94
on display	phr	There is a 20 per cent discount on all the books that are on display .	σε δημόσια θέα, σε κοινή θέα, στη βιτρίνα	101
on fire	phr	The whole building was on fire but fortunately nobody was hurt.	καίγομαι	101
on foot	phr	I live near the school so I always go there on foot .	με τα πόδια	101
on loan	phr	The paintings in this room are on loan from another museum.	δανεικός, για προσωρινή χρήση	101
on purpose	phr	You did that on purpose !	επίτηδες, σκόπιμα	101
on sale	phr	All shoes are on sale now, so you get them half-price.	σε προσφορά	101
on time	phr	Because the traffic was very heavy, we didn't manage to get to the theatre on time .	στην ώρα μου	101
online news site	n	I don't read newspapers but I check the news on online news sites .	διαδικτυακή ειδησεογραφική ιστοσελίδα	99
paparazzi	n	Princess Diana's life was ruined by the paparazzi .	παπαράτσι	99
play	n	We saw a fantastic play at the National Theatre at the weekend.	θεατρικό έργο	95
playwright	n	Shakespeare was both a playwright and an actor.	θεατρικός συγγραφέας	95
plot	n	The plot was so complicated that I got lost in the middle of the book.	πλοκή	95
poem	n	Dave wrote a romantic poem for his girlfriend.	ποίημα	95

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HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
poet	n	Not many people know that Pablo Picasso spent a short time as a poet .	ποιητής	95
poetry	n	We've been invited to a poetry reading evening.	ποίηση	95
pop art	n	Campbell's Soup Cans by Andy Warhol is a great example of pop art .	ποπ Αρτ (δημοφιλές είδος τέχνης)	94
portrait	n	There's a great portrait of my mum on the wall above the fireplace.	πορτραίτο	95
the press	n	President's speech was widely commented in the press .	ο τύπος	99
range	n	Our school offers a wide range of clubs and after-school activities for children and teenagers.	εύρος, φάσμα	97
reception	n	All the visitors must report to reception first.	χώρος υποδοχής	99
recite	v	When I was at school, I hated reciting poems.	απαγγέλω	102
reporter	n	He is a well-known BBC reporter .	ανταποκριτής	99
review	n	The book got very good reviews .	κριτική	103
scene	n	We meet all the main characters in the opening scene of the book.	σκηνή	95
sculpture	n	We saw many strange-looking sculptures in the museum of modern art.	γλυπτό	94
shape	n	Draw the shape in pencil first and then add colour.	σχήμα	103
simple	adj	The teacher asked the students to write a simple poem.	απλός	95
sketch	n	Look at these sketches of animals - this child has a real talent for drawing.	σκίτσο	95
still life	n	There's an exhibition of Dutch still lifes in the museum. Shall we go?	νεκρή φύση	94
syllable	n	How many syllables are there in the word 'pronunciation'?	συλλαβή	95
tabloid	n	You will find lots of photos and not much serious news in a tabloid .	σκανδαλοθηρικές εφημερίδες / περιοδικά	99
technique	n	Modern artists experiment with different techniques .	τεχνική	97
unique	adj	Kristian Mensa does unique illustrations with ordinary household objects such as mobile phones or biscuits.	μοναδικός	97
unusual	adj	I've never been to a Taylor Swift's concert but I heard they are unusual .	ασυνήθιστος	95
watercolour	n	This is not an oil painting but a watercolour - the paint was mixed with water by the artist.	πίνακας ζωγραφισμένος με νερομπογιές	84
weather forecast	n	According to the weather forecast , the weekend is going to be hot and sunny.	δελτίο καιρού	99
weak	adj	I wouldn't recommend this book to anybody because it's weak .	αδύναμος, ασθενής	95
wrapped	adj	The present was beautifully wrapped in a red paper.	τυλιγμένος	101
WORD FRIENDS				
appear in the news	phr	This shocking information appeared in the news in the afternoon.	εμφανίζομαι στις ειδήσεις	95

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Wider World



HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
do a painting	phr	She is so crazy about her dog, that she wants to do a painting of it.	φτιάχνω πίνακα	95
get good / bad reviews	phr	His new film got surprisingly good reviews .	παίρνω καλές / κακές κριτικές	95
give a poetry reading/a speech	phr	The headteacher usually gives a speech at the end of the school year.	διαβάζω ποιήματα (σε κοινό) / βγάζω λόγο	95
hold an exhibition	phr	The National Gallery holds an exhibition of paintings by Victor Kandinsky. I'd love to go.	κάνω έκθεση	95
promote your work/ideas	phr	If you want to promote your work , contact a magazine.	προωθώ τη δουλειά μου / τις ιδέες μου	95
win an award	phr	I haven't won an award in my entire life.	κερδίζω ένα βραβείο	95
write a bestseller/a play/a novel	phr	Many authors dream of writing a bestseller .	γράφω ένα μπεστ σέλερ / ένα θεατρικό έργο / ένα μυθιστόρημα	95

UNIT 9

Wider World



HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
anniversary	n	Today is my parents' wedding anniversary , so they're going out for dinner.	επέτειος	107
bang	n/v	The door slammed shut with a loud bang .	κρότος, θόρυβος / χτυπάω	111
buzz	n/v	Please open the window and let the fly out. I can't stand this buzzing .	βουητό / βουίζω	111
celebrate	v	Are you planning to celebrate your birthday this year?	γιορτάζω	107
celebration	n	The family planned a special celebration of Mary and John's 40th wedding anniversary.	εορτασμός, γιορτή	107
champagne	n	Liam and Lisa got engaged and celebrated that special moment with a bottle of champagne .	σαμπάνια	108
cheer	n/v	The crowd cheered the football team at the airport.	επευφημία, επιδοκιμασία / επευφημώ	111
Cheers!	interj	Let's drink to that! Cheers!	στην υγειά μας, γεια μας	107
clap	n/v	The artist encouraged the audience to stand up and clap their hands.	χειροκρότημα / χειροκροτώ	111
Congratulations!	interj	You did fantastic in your exams! Congratulations!	Συγχαρητήρια!	107
crackle	n/v	I love sitting by the fireplace and listening to the sound of logs crackling in the fire.	κροτάλισμα / κροταλίζω	111
cultural festival	n	They organized the cultural festival with a great help from the local community.	πολιτιστικό φεστιβάλ	106
custom	n	One of the Christmas customs is kissing under a mistletoe.	έθιμο	107
die for	v	I saw shoes to die for - I must buy them!	πεθαίνω για κτ, το θέλω πάρα πολύ	114
dinner party	n	My mum loves cooking and she often invites friends over for a dinner party .	δείπνο, τραπέζι	106
display	n	There are great firework displays on Bonfire Night in Great Britain.	επίδειξη, παρουσίαση	111
especially	adv	Emma loves Japanese culture and is especially interested in art and fashion.	ιδιαίτερα, εξαιρετικά	109
experiment kit	n	My brother is interested in chemistry and biology, so he usually gets experiment kits for his birthday or Christmas.	σετ διεξαγωγής πειραμάτων	109
family get-together	n	My father got promoted at his job, so he's planning a family get-together at the weekend to celebrate it.	οικογενειακή συγκέντρωση	109
fancy	v	I fancy going to a cinema.	έχω όρεξη / διάθεση	112
fireworks	n	After the concert there was a huge firework display.	πυροτεχνήματα	111
fizz	n/v	When you pour coke into the glass, you can hear it fizz .	άφρισμα / αφρίζω	111
flag	n	The flag of the Netherlands is red, white and blue and is almost identical to the flag of Luxembourg.	σημαία	107
free of charge	adj	You can visit the museum on Mondays free of charge .	δωρεάν	109
futuristic	adj	If you love futuristic things, you'll love the Naomichi Museum in Tokyo, a small private museum of science and technology.	φουτουριστικός	109
Have fun!	interj	Go to the party and have fun!	Καλά να περάσεις!, καλή διασκέδαση	107

HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
hold (an event)	v	Paris will hold the 2024 Summer Olympics.	διεξάγω (μια εκδήλωση)	109
house-warming party	n	We organized a house-warming party soon after we moved in.	πάρτι καλωσορίσματος (σε καινούριο σπίτι)	106
Independence Day	n	Americans celebrate Independence Day with fireworks, parades, barbecues and concerts.	Ημέρα Ανεξαρτησίας (εθνική εορτή των Η.Π.Α.)	111
keen on	adj	My brother and I are both keen on computer games.	παθιασμένος, ενθουσιώδης με	109
leaving party	n	After she got a new job, she organized a leaving party in a pub.	αποχαιρετιστήριο πάρτι	106
limo	n	On my wedding day I want to rent a limo driven by a chauffeur.	λιμουζίνα	106
Mother's Day	n	I usually give my mum flowers on Mother's Day .	η Γιορτή της Μητέρας	106
name day	n	In Greece people celebrate not only birthdays but also name days .	ονομαστική εορτή	106
national symbol	n	Every country has its own national symbols like the flag and the national anthem.	εθνικό σύμβολο	107
no worries	phr	No worries . Here's to a great summer. I hope we all have fun.	Μην ανησυχείς / ανησυχείτε.	114
parade	n	On St Patrick's Day there's a huge parade in the centre of Dublin, Ireland's capital city.	παρέλαση	107
public holiday	n	New Year's Day, which is on January 1, is a public holiday in many countries.	αργία	107
religious ceremony	n	They are both Catholic, so I'm sure their wedding will be a religious ceremony .	θρησκευτική τελετή	106
rickshaw	n	When we were in India, we travelled a lot by rickshaw .	ποδήλατο-ταξί	108
school prom	n	I will never forget my school prom - I had so much fun!	σχολικός χορός	108
shamrock	n	A shamrock , which is a kind of green leaf, is the national symbol of Ireland.	τριφύλλι	107
skateboard	n	He asked her mum for a new skateboard for his birthday.	σκέιτ, σκέιτμπορντ	108
soya bean	n	Soya beans are high in protein.	σπόρος σόγιας	109
space hopper	n	My children love hopping around the room on their space hoppers .	φουσκωτή μπάλα αναπήδησης	108
spectators	n	Thousands of spectators watched the fireworks display on Guy Fawkes Night.	θεατές	109
stroke	n	Pet cafes are a place where people can stroke and sit with animals.	χαϊδεύω	109
tea ceremony	n	Taking part in a Japanese tea ceremony can be an unforgettable experience.	τελετή τσαγιού	109
Thanksgiving Day	n	Turkey is a traditional meal on Thanksgiving Day .	Ημέρα των Ευχαριστιών	111
tradition	n	Tapas is one of the most famous Spanish traditions and it's not about the food but about the way of eating it.	παράδοση	107
traditional costume	n	A kimono is the traditional costume of Japan, which is still worn for festivals and celebrations.	παραδοσιακή στολή	109
tuxedo	n	My parents are going to the opera in the evening, so my mum is wearing an evening dress and my dad is wearing a tuxedo .	σμόκιν	108

HEADWORD	PART OF SPEECH	EXAMPLE	GREEK DEFINITION	PAGE
unforgettable	adj	It was an unforgettable day which I will always remember.	αξέχαστος	109
wedding reception	n	They invited just the closest family and a few friends to their wedding reception .	γαμήλια δεξίωση	106
WORD FRIENDS				
blow out candles	phr	Not only children love blowing out candles on a birthday cake.	σβήνω κεράκια	106
bring good/bad luck	phr	In some countries a black cat is supposed to bring bad luck and in some good luck.	μου φέρνει καλή / κακή τύχη	106
celebrate a birthday	phr	My Grandma is going to celebrate her 65th birthday this week.	γιορτάζω γενέθλια	106
follow the tradition of	phr	He promised he would always follow the tradition of his family.	ακολουθώ την παράδοση	106
hire a limo	phr	We decided to hire a limo to get to our school prom.	νοικιάζω μια λιμουζίνα	106
let off fireworks	phr	When the old year ends and the new one begins, we let off fireworks in our garden to celebrate.	ρίχνω πυροτεχνήματα	106
make a toast	phr	Let's make a toast to the bride and the groom!	κάνω πρόποση	106
put up decorations	phr	In Brazil, when it's a child's birthday, the parents often put up brightly-coloured paper decorations .	διακοσμώ	106
throw a (street) party	phr	We decided to throw a surprise birthday party for our mum.	κάνω πάρτι (στη γειτονιά)	106
turn eighteen/a year older	phr	Most places will consider you an adult when you turn eighteen , so you'll be able to vote or donate blood.	γίνομαι 18 / ένα χρόνο μεγαλύτερος	106
(un)wrap presents	phr	Unwrapping presents is fun for everybody, not only kids.	(ξε)τυλίγω δώρα	106