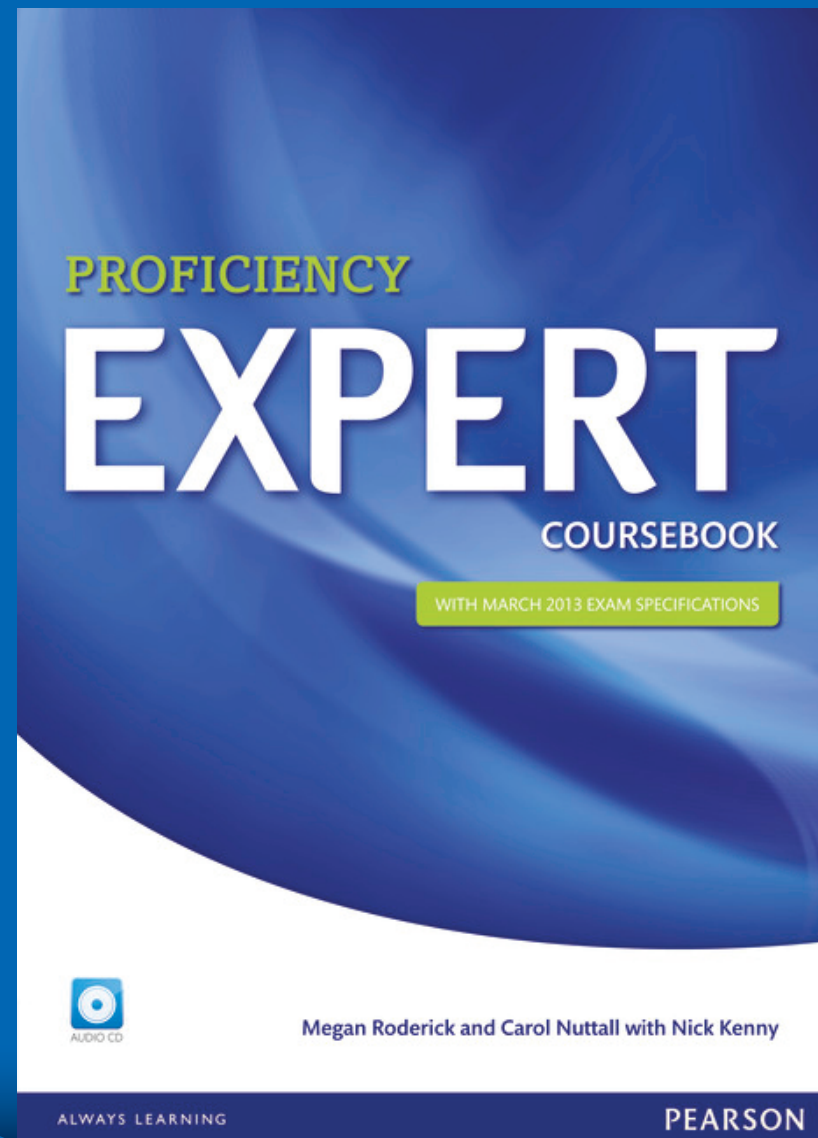


Proficiency Expert English-Greek Wordlist



MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
1 - Performing arts	1A - Have you got what it takes?	7	plateau	noun	a period during which the level of something does not change, especially after a period when it was increasing	Inflation rates have reached a plateau.	υψίπεδο
1 - Performing arts	1A - Have you got what it takes?	7	mentor	noun	an experienced person who advises and helps a less experienced person		μέντορας
1 - Performing arts	1A - Have you got what it takes?	7	innate	adjective	an innate quality or ability is something you are born with	Children have an innate ability to learn language.	έμφυτος
1 - Performing arts	1A - Have you got what it takes?	7	accessible	adjective	easy to obtain or use	the need for a health service that is accessible to all	προσβάσιμος
1 - Performing arts	1A - Have you got what it takes?	8	ruthlessness	noun	the quality of being determined and firm when making unpleasant decisions	He showed great ruthlessness in dealing with his enemies.	σκληρότητα, ασπλαχνιά
1 - Performing arts	1A - Have you got what it takes?	8	mediocrity	noun	the state of not being very good	I was disappointed by the mediocrity of the food at the hotel.	μετριότητα
1 - Performing arts	1A - Have you got what it takes?	8	tatty	adjective	in bad condition	a few tatty old chairs	φθαρμένος
1 - Performing arts	1A - Have you got what it takes?	8	jaded	adjective	someone who is jaded is no longer interested in or excited by something, usually because they have experienced too much of it	The concert should satisfy even the most jaded critic.	μπουχτισμένος, βαριεστημένος
1 - Performing arts	1A - Have you got what it takes?	8	notorious	adjective	famous or well known for something bad	notorious cases of human rights abuses	διαβόητος
1 - Performing arts	1A - Have you got what it takes?	8	hustle	verb	to do something with a lot of energy and determination	Cindy's not a great player, but she really hustles.	σπεύδω, κινούμαι γρήγορα
1 - Performing arts	1A - Have you got what it takes?	8	resilience	noun	the ability to become strong, happy, or successful again after a difficult situation or event	People showed remarkable resilience during the war.	προσαρμοστικότητα, ανθεκτικότητα
1 - Performing arts	1A - Have you got what it takes?	8	prerequisite	noun	something that is necessary before something else can happen or be done	A reasonable proficiency in English is a prerequisite for the course.	προαπαιτούμενο
1 - Performing arts	1A - Have you got what it takes?	8	sartorial	adjective	relating to clothes, especially the style of clothes that a man wears – used especially humorously	a man of great sartorial elegance	ενδυματολογικός
1 - Performing arts	1A - Have you got what it takes?	8	lousy	adjective	of very bad quality	What lousy weather!	άθλιος

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
1 - Performing arts	1A - Have you got what it takes?	8	dilemma	noun	a situation in which it is very difficult to decide what to do, because all the choices seem equally good or equally bad	a moral dilemma	δίλημμα
1 - Performing arts	1A - Have you got what it takes?	9	emerge	verb	to appear or come out from somewhere	The flowers emerge in the spring.	αναδύομαι, προβάλλω
1 - Performing arts	1A - Have you got what it takes?	9	taut	adjective	having firm muscles	She has a taut brown body.	σφιχτός, γυμνασμένος
1 - Performing arts	1A - Have you got what it takes?	9	slink	verb	to move somewhere quietly and secretly	Edward was hoping to slink past unnoticed.	γλιστρώ απαράτηρητος
1 - Performing arts	1A - Have you got what it takes?	9	prospects	noun	chances of future success	I had no job, no education, and no prospects.	προοπτικές
1 - Performing arts	1A - Have you got what it takes?	9	sweat	verb	to work hard	They sweated and saved for ten years to buy a house.	κοπιάζω, μοχθώ
1 - Performing arts	1A - Have you got what it takes?	9	grim	adjective	bad, ugly, unpleasant	They painted a grim picture of what life use to be like there.	βλοσυρός, σκληρός
1 - Performing arts	1A - Have you got what it takes?	9	despise	verb	to dislike and have a low opinion of someone or something	She despised her neighbours.	απεχθάνομαι
1 - Performing arts	1A - Have you got what it takes?	9	reptilian	adjective	someone or something that is unpleasant or cannot be trusted	reptilian resilience	ερπετοειδής
1 - Performing arts	1A - Have you got what it takes?	9	constraint	noun	something that limits your freedom to do what you want, restriction	Constraints on spending have forced the company to rethink its plans.	περιορισμός
1 - Performing arts	1A - Have you got what it takes?	9	blessed	adjective	very enjoyable or desirable	a few moments of blessed silence	ευλογημένος
1 - Performing arts	1A - Have you got what it takes?	9	bland	adjective	without any excitement, strong opinions, or special character, dull	a few bland comments	ήπιος, ανιαρός
1 - Performing arts	1A - Have you got what it takes?	9	out of sync	adjectival phrase	if things are out of sync, they are not working well together at exactly the same time and speed	The soundtrack is out of sync with the picture.	εκτός συγχρονισμού
1 - Performing arts	1A - Have you got what it takes?	9	disrobe	verb	to remove your clothes	There where no changing rooms for the actors to disrobe.	ξεντύνομαι
1 - Performing arts	1A - Have you got what it takes?	9	keep your head down	verb phrase	to do what you have to do without disagreement	You have to keep your head down and do as instructed.	συμμορφώνομαι, υπακούω

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
1 - Performing arts	1A - Have you got what it takes?	9	negotiate	verb	to discuss something in order to reach an agreement, especially in business or politics	The government refuses to negotiate with terrorists.	διαπραγματεύομαι
1 - Performing arts	1A - Have you got what it takes?	9	(twenty per cent) cut (of the fee)	phrase	a reduction in the size or amount of something, especially the amount of money that is spent by a government or company	A cut of 1% in interest rates was announced yesterday.	μείωση, μερίδιο
1 - Performing arts	1A - Have you got what it takes?	9	catch-22	phrase	an impossible situation that you cannot solve because you need to do one thing in order to do a second thing, but you cannot do the second thing until you have done the first	It's a Catch-22 situation - without experience you can't get a job and without a job you can't get experience.	φαύλος κύκλος
1 - Performing arts	1A - Have you got what it takes?	9	take it or leave it	verb phrase	to neither like nor dislike something, used to say that you do not care whether someone accepts your offer or not	To some people, smoking is addictive. Others can take it or leave it.	πάρτε το ή αφήστε το, αν σας αρέσει
1 - Performing arts	1A - Have you got what it takes?	9	churn	noun	a container used for shaking milk in order to make it into butter	A butter churn.	καρδάρα
1 - Performing arts	1A - Have you got what it takes?	9	grinding gears	phrase	very unpleasant noise of machinery parts rubbing together, the noise made when the machinery in a vehicle is not changed properly	When he first got his driving license I could recognise his car from the noise of grinding gears.	γρανάζια που τρίζουν, στρίγκλισμα σαζμάν ταχυτήτων
1 - Performing arts	1A - Have you got what it takes?	9	limb	noun	arm or leg	She is strong-limbed.	άκρο σώματος
1 - Performing arts	1A - Have you got what it takes?	9	stew	noun (metaphorical)	a hot meal made by cooking meat and vegetables slowly in liquid for a long time	a pot of beef stew	στιφάδο
1 - Performing arts	1A - Have you got what it takes?	9	scrounge (for)	verb	to get money or something you want by asking other people for it rather than by paying for it yourself	a group of children scrounging for food	κάνω τράκα
1 - Performing arts	1A - Have you got what it takes?	9	CV (Curriculum Vitae)	phrase	a short written document that lists your education and previous jobs, which you send to employers when you are looking for a job	She sent in a job application followed by a long CV.	βιογραφικό σημείωμα
1 - Performing arts	1A - Have you got what it takes?	9	crave	verb	to have an extremely strong desire for something	an insecure child who craves attention	λαχταρώ, ποθώ
1 - Performing arts	1A - Have you got what it takes?	9	leap at the chance	verb phrase	to accept an opportunity very eagerly	I leapt at the chance of studying abroad.	αρπάζω μια ευκαιρία

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
1 - Performing arts	1A - Have you got what it takes?	9	savage	adjective	very violent or cruel	a savage dog, a savage murder	πολύ βίαιος, σκληρός
1 - Performing arts	1A - Have you got what it takes?	10	shed a tear	phrase	cry	She had not shed a single tear during the funeral.	κλαίω, χύνω δάκρυα
1 - Performing arts	1A - Have you got what it takes?	10	crude	adjective	offensive or rude, especially in a sexual way, vulgar	His language was often crude.	βάνανυσος, άξεστος
1 - Performing arts	1A - Have you got what it takes?	10	veneer	noun	behaviour that hides someone's real character or feelings	A thin veneer of politeness hid Lady Bride's growing anger.	πέπλο
1 - Performing arts	1A - Have you got what it takes?	10	tangled	adjective	twisted together in an untidy mass, complicated or not easy to understand	He had hair like tangled string. tangled emotions	μπερδεμένος, δυσνόητος
1 - Performing arts	1A - Have you got what it takes?	11	riveting	adjective	Something that is riveting is so interesting or exciting that you cannot stop watching it or listening to it, fascinating	a riveting performance	καθηλωτικός
1 - Performing arts	1A - Have you got what it takes?	11	acclaimed	adjective	publicly praised by a lot of people	His work was critically acclaimed.	καταξιωμένος, αναγνωρισμένος
1 - Performing arts	1A - Have you got what it takes?	11	render	verb	to express or present something in a particular way	The blow to his head was strong enough to render him unconscious.	καθιστώ
1 - Performing arts	1A - Have you got what it takes?	13	in (quick) succession	phrase	happening one after the other without anything different happening in between	He fired two shots in quick succession.	σε αλληλουχία, ο ένας μετά τον άλλο, απανωτά
1 - Performing arts	1A - Have you got what it takes?	13	etiquette	noun	the formal rules for polite behaviour in society or in a particular group	strict rules of professional etiquette	εθιμοτυπία, δεοντολογία, πρωτόκολλο
1 - Performing arts	1A - Have you got what it takes?	14	subtleties	noun	a thought, idea, or detail that is important but difficult to notice or understand	Some of the subtleties of the language are lost in translation.	λεπτές αποχρώσεις
1 - Performing arts	1A - Have you got what it takes?	14	facial expression	phrase	a look on someone's face that shows what they are thinking or feeling	Her facial expression indicated surprise.	έκφραση του προσώπου
1 - Performing arts	1A - Have you got what it takes?	14	props	noun	a small object such as a book, weapon etc, used by actors in a play or film	Anna looks after costumes and props.	μικρά αντικείμενα χρήσιμα για το σκηνικό θεατρικών έργων ή ταινιών
1 - Performing arts	1A - Have you got what it takes?	14	convey	verb	to communicate or express something, with or without using words	Ads convey the message that thin is beautiful.	μεταφέρω, επικοινωνώ ένα μήνυμα

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
1 - Performing arts	1A - Have you got what it takes?	14	it's down to you	phrase	to be the result of one person's actions or one particular thing	Chris's success is all down to him.	από εσένα εξαρτάται
1 - Performing arts	1A - Have you got what it takes?	14	vocal expression	phrase	oral expression	Vocal expression is as much about movement and emotion as sound.	προφορική έκφραση
1 - Performing arts	1A - Have you got what it takes?	14	resonance	noun	the resonance of a sound is its quality of being deep and loud and continuing for a long time	the resonance of his voice	αντήχηση
1 - Performing arts	1A - Have you got what it takes?	14	pitch	noun	how high or low a note or other sound is	Ultrasonic waves are at a higher pitch than the human ear can hear.	βαθμός (έντασης)
1 - Performing arts	1A - Have you got what it takes?	14	embrace (sth)	verb	to put your arms around someone and hold them in a friendly or loving way	Jack warmly embraced his son.	αγκαλιάζω
1 - Performing arts	1A - Have you got what it takes?	14	medium	noun	a way of communicating information and news to people, such as newspapers, television etc, media	Advertising is a powerful medium.	μέσο
1 - Performing arts	1A - Have you got what it takes?	14	assess	verb	to make a judgment about a person or situation after thinking carefully about it, judge	a report to assess the impact of advertising on children	εκτιμώ, αξιολογώ
1 - Performing arts	1A - Have you got what it takes?	14	evaluate	verb	to judge how good, useful, or successful something is, assess	You should be able to evaluate your own work.	εκτιμώ, αξιολογώ
1 - Performing arts	1A - Have you got what it takes?	14	assert	verb	to state firmly that something is true	He asserted that nuclear power was a safe and non-polluting energy source.	ισχυρίζομαι, υποστηρίζω
1 - Performing arts	1A - Have you got what it takes?	14	aspiring	adjective	hoping to be successful in a particular job, activity, or way of life	aspiring young writers	επίδοξος
1 - Performing arts	1A - Have you got what it takes?	14	assume	verb	to think that something is true, although you do not have definite proof	I didn't see your car, so I assumed you'd gone out.	υποθέτω, θεωρώ
1 - Performing arts	1A - Have you got what it takes?	14	acknowledge	verb	to admit or accept that something is true or that a situation exists	The family acknowledge the need for change.	παραδέχομαι, αναγνωρίζω
1 - Performing arts	1A - Have you got what it takes?	14	advocate	verb	to publicly say that something should be done	Extremists were openly advocating violence.	υποστηρίζω, υπερασπίζομαι
1 - Performing arts	1A - Have you got what it takes?	14	versatile	adjective	someone who is versatile has many different skills, having many different uses	a very versatile performer	ευέλικτος

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
1 - Performing arts	1B - It's live!	15	hark back	phrasal verb	to remember and talk about things that happened in the past	Stop harking back to the past and start looking to the future.	επανέρχομαι, ξαναγυρίζω
1 - Performing arts	1B - It's live!	15	tag along	phrasal verb	to go somewhere with someone, especially when they have not asked you to go with them	Susan's little sister tagged along with us everywhere we went.	ακολουθώ
1 - Performing arts	1B - It's live!	15	get your teeth into (sth)	phrase	to start to do something with a lot of energy and determination	I can't wait to get my teeth into the new course.	πέφτω με τα μούτρα σε κάτι
1 - Performing arts	1B - It's live!	15	thrive on (sth)	phrasal verb	to enjoy or be successful in a particular situation, especially one that other people find difficult or unpleasant	Unlike most of us, she seems to thrive on pressure.	αναπτύσσομαι, ευδοκίμω
1 - Performing arts	1B - It's live!	15	hard-pressed	adjective	having a lot of problems and not enough money or time	The new exams will only add to the workload of already hard-pressed teachers.	πιεσμένος
1 - Performing arts	1B - It's live!	15	passable	adjective	fairly good, but not excellent	He can do a passable imitation of the maths teacher.	αποδεκτός
1 - Performing arts	1B - It's live!	15	counteract	verb	to reduce or prevent the bad effect of something, by doing something that has the opposite effect	They gave him drugs to counteract his withdrawal symptoms.	αντισταθμίζω
1 - Performing arts	1B - It's live!	15	inevitable	adjective	certain to happen and impossible to avoid	A further escalation of the crisis now seems inevitable.	αναπόφευκτος
1 - Performing arts	1B - It's live!	15	sedentary	adjective	spending a lot of time sitting down, and not moving or exercising very much	health problems caused by our sedentary lifestyles	καθιστικός
1 - Performing arts	1B - It's live!	15	hilarious	adjective	extremely funny	a hilarious story	ξεκαρδιστικός
1 - Performing arts	1B - It's live!	15	like-minded	adjective	having similar interests and opinions	a chance to meet like-minded people	ομοϊδεάτης
1 - Performing arts	1B - It's live!	15	expertise	noun	special skills or knowledge in a particular subject, that you learn by experience or training	What he's bringing to the company is financial expertise.	ειδικότητα, εξειδίκευση
1 - Performing arts	1B - It's live!	16	mind-blowing	adjective	very exciting, shocking, or strange	a mind-blowing experience	συναρπαστικός, συγκλονιστικός, περίεργος
1 - Performing arts	1B - It's live!	16	soothing	adjective	something that makes you feel calmer and less anxious, upset, or angry	gentle, soothing music	κατευναστικός, χαλαρωτικός
1 - Performing arts	1B - It's live!	17	take (sth) into consideration	noun phrase	to remember to think about something important when you are making a decision or judgement	We will take your recent illness into consideration when marking your exams.	λαμβάνω κάτι υπόψη

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
1 - Performing arts	1B - It's live!	17	odd	adjective	a few occasions, days etc that happen at various times but not often and not regularly	I take the odd day off work.	σποραδικός
1 - Performing arts	1B - It's live!	19	sitcom	noun	situation comedy a funny television programme in which the same characters appear in different situations each week	Friends used to be a very popular sitcom.	κωμική σειρά
1 - Performing arts	1B - It's live!	19	venue	noun	a place where an organized meeting, concert etc takes place	The first thing to do is book a venue.	χώρος, τόπος συνάντησης
1 - Performing arts	1B - It's live!	19	(comic) sketch	noun	a short humorous scene on a television programme, in a theatre etc, that is part of a larger show	Her TV programme is made up of a series of comic sketches.	κωμικό σκετς
1 - Performing arts	1B - It's live!	19	allege	verb	to say that something is true or that someone has done something wrong, although it has not been proved	It was alleged that the policeman had accepted bribes.	ισχυρίζομαι, προβάλλω
1 - Performing arts	1B - It's live!	19	stint	noun	a period of time spent doing a particular job or activity	Mark did a two-year stint in the army.	(σύντομη) περίοδος
1 - Performing arts	1B - It's live!	19	mutual	adjective	mutual feelings such as respect, trust, or hatred are feelings that two or more people have for each other	Mutual respect is necessary for any partnership to work.	αμοιβαίος
1 - Performing arts	1B - It's live!	19	enhance	verb	to improve something	Good lighting will enhance any room.	βελτιώνω, ενισχύω
1 - Performing arts	1B - It's live!	19	induce	verb	to persuade someone to do something, especially something that does not seem wise	Nothing would induce me to vote for him again.	παρακινώ, επηρεάζω
1 - Performing arts	1B - It's live!	19	initiate	verb	to arrange for something important to start, such as an official process or a new plan	They have decided to initiate legal proceedings against the newspaper.	εισάγω, αρχίζω
1 - Performing arts	1B - It's live!	20	marginalise	verb	to make a person or a group of people unimportant and powerless in an unfair way	Female employees complained of being marginalised by management.	περιθωριοποιώ
1 - Performing arts	1B - It's live!	20	diminish	verb	to become or make something become smaller or less, reduce	Don't let him diminish your achievements.	μειώνω
1 - Performing arts	1B - It's live!	20	a shift of focus	noun phrase	a change in the thing, person or situation that people pay special attention to	Piracy has brought about a shift of focus in the music industry.	μετατόπιση της εστίασης του ενδιαφέροντος

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
1 - Performing arts	1B - it's live!	20	detrimental	adjective	causing harm or damage, damaging	Smoking is detrimental to your health.	επιβλαβής, επιζήμιος
1 - Performing arts	1B - It's live!	20	declining	adjective	decreasing in the quality, quantity, or importance	The declining size of families	μειούμενος
1 - Performing arts	1B - It's live!	20	exposure	noun	when someone is in a situation where they are not protected from something dangerous or unpleasant	Prolonged exposure to the sun can cause skin cancer.	έκθεση σε
1 - Performing arts	1B - It's live!	20	spectrum		a complete range of opinions, people, situations etc, going from one extreme to its opposite	The two articles here represent opposite ends of the spectrum.	φάσμα
1 - Performing arts	1B - It's live!	20	crush	noun	a crowd of people pressed so close together that it is difficult for them to move	There's always such a crush on the train in the mornings.	συνωστισμός
1 - Performing arts	1B - It's live!	20	inherent	adjective	a quality that is inherent in something is a natural part of it and cannot be separated from it	I'm afraid the problems you mention are inherent in the system.	έμφυτος
SRB 1 - Performing arts	1A - Have you got what it takes?	6	denouement	noun	the exciting last part of a story or play	The plot takes us to Paris for the denouement of the story.	λύση
SRB 1 - Performing arts	1A - Have you got what it takes?	6	careworn	adjective	looking sad, worried, and tired	a careworn expression	γεμάτος σκοτούρες
SRB 1 - Performing arts	1A - Have you got what it takes?	6	protagonist	noun	the most important character in a play, film, or story, the main character	the main protagonists in the conflict	πρωταγωνιστής
SRB 1 - Performing arts	1A - Have you got what it takes?	6	in hot pursuit of	noun phrase	when someone tries to get, achieve, or find something in a determined way	People are having to move to other areas in pursuit of work.	προς αναζήτηση...
SRB 1 - Performing arts	1A - Have you got what it takes?	6	flare out	verb	if a piece of clothing flares out, it becomes wider at one end	The dress flares out from the hips.	ανοίγω, προεξέχω
SRB 1 - Performing arts	1A - Have you got what it takes?	6	corporeal	adjective	relating to the body, rather than to the mind, feelings, or spirit, physical	corporeal desires	σαρκικός
SRB 1 - Performing arts	1A - Have you got what it takes?	6	enduring	adjective	continuing for a very long time	the enduring appeal of Shakespeare's plays	διαρκής
SRB 1 - Performing arts	1A - Have you got what it takes?	7	the likes of	noun phrase	used to talk about people of a particular type	Information is collected through the likes of the FBI, CIA, and Scotland Yard.	τους ομοίους κάποιου
SRB 1 - Performing arts	1A - Have you got what it takes?	7	grounding	noun	a training in the basic parts of a subject or skill	A basic grounding in math is essential for the economics course.	βασική εκπαίδευση

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB 1 - Performing arts	1A - Have you got what it takes?	7	albeit	conjunction	used to add information that reduces the force or importance of what you have just said, although	He accepted the job, albeit with some hesitation.	αν και
SRB 1 - Performing arts	1A - Have you got what it takes?	7	brag	verb	to talk too proudly about what you have done, what you own etc - used to show disapproval, to boast	I came out top in the test,' he bragged.	καυχιέμαι
SRB 1 - Performing arts	1A - Have you got what it takes?	7	flaunt	verb	to show your money, success, beauty etc so that other people notice it - used to show disapproval	The rich flaunted their wealth while the poor starved on the streets.	καμαρώνω
SRB 1 - Performing arts	1A - Have you got what it takes?	7	tout	verb	to try to persuade people to buy goods or services you are offering	Minicab drivers are not allowed to tout for business.	ζητώ πελάτες
SRB 1 - Performing arts	1A - Have you got what it takes?	7	margin	noun	the empty space at the side of a page	Someone had scribbled a note in the margin.	περιθώριο
SRB 1 - Performing arts	1A - Have you got what it takes?	7	verge	noun	to be at the point where something is about to happen	Jess seemed on the verge of tears.	πρόθυρα, χείλος
SRB 1 - Performing arts	1A - Have you got what it takes?	7	fringe	noun	if you have a fringe, your hair is cut so that it hangs down over your forehead, a decorative edge of hanging threads on a curtain, piece of clothing etc	a tall girl with straight brown hair and a fringe	φράντζα / κρότσι
SRB 1 - Performing arts	1A - Have you got what it takes?	8	rehabilitation	noun	the act of offering help someone to live a healthy, useful, or active life again after they have been seriously ill or in prison	a special unit for rehabilitating stroke patients	επανένταξη, αποκατάσταση, αναμόρφωση
SRB 1 - Performing arts	1A - Have you got what it takes?	8	double-sided perspective	phrase	two different viewpoints of the same object or idea	The psychologist came out with a double-sided perspective.	διπλή προοπτική, άποψη
SRB 1 - Performing arts	1A - Have you got what it takes?	9	attention span	noun phrase	the period of time during which you continue to be interested in something	Children often have a short attention span.	διάρκεια προσοχής
SRB 1 - Performing arts	1A - Have you got what it takes?	9	gripping	adjective	a gripping film, story etc is very exciting and interesting	Collins' gripping detective novel	συναρπαστικός
SRB 1 - Performing arts	1A - Have you got what it takes?	10	pick and choose	verb phrase	to choose only the best people or things, or only the ones that you really like	Come on, you haven't got time to pick and choose.	γίνομαι εκλεκτικός
SRB 1 - Performing arts	1A - Have you got what it takes?	10	flunk	verb	to fail a test	Tony flunked chemistry last semester.	αποτυγχάνω
SRB 1 - Performing arts	1A - Have you got what it takes?	10	bust	verb	if the police bust someone, they charge them with a crime	He was busted by U.S. inspectors at the border.	συλλαμβάνω

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB 1 - Performing arts	1A - Have you got what it takes?	10	raucous chuckle	noun phrase	unpleasant laughter	He burst into raucous laughter.	βραχνό, συγκρατημένο γέλιο
SRB 1 - Performing arts	1A - Have you got what it takes?	10	glib response	noun phrase	An answer given easily and without thinking about everything involved	glib politicians	ετοιμόλογη απάντηση
SRB 1 - Performing arts	1A - Have you got what it takes?	10	the shifting sands	noun phrase	if you refer to the shifting sands of a situation, you mean that it changes so often that it is difficult to deal with.	I chose five songs to represent the shifting sands of pop music over time.	κινούμενη άμμος
SRB 1 - Performing arts	1A - Have you got what it takes?	10	alluring	adjective	mysterious, exciting, or desirable	the alluring magic of Hong Kong	σαγηνευτικός
SRB 1 - Performing arts	1A - Have you got what it takes?	10	gladiatorial	adjective	fighting against other men or wild animals as an entertainment in ancient Rome	gladiatorial combat	ξιφομαχικός
SRB 1 - Performing arts	1A - Have you got what it takes?	10	a running commentary	noun phrase	continuous description of something	We'll be bringing you a running commentary on the game between Notts and Brescia.	ζωντανός, συνεχής σχολιασμός
SRB 1 - Performing arts	1B - It's live!	11	bowl (me) over	phrase	to surprise, please, or excite someone very much, to knock out	He was bowled over by her beauty.	κατανικώ
SRB 1 - Performing arts	1B - It's live!	11	rave reviews	noun phrase	reviews that praise a lot	The film opened to rave reviews.	διθυραμβικές κριτικές
SRB 1 - Performing arts	1B - It's live!	11	as a rule	phrase	something that is normal or usually true	As a general rule most students finish their coursework by the end of May.	κατά κανόνα
SRB 1 - Performing arts	1B - It's live!	11	dabble with	verb	to do something or be involved in something in a way that is not very serious	people who dabble with painting as a way of relaxing	ανακατεύομαι με
SRB 1 - Performing arts	1B - It's live!	11	savvy	adjective	someone who is savvy is clever and knows how to deal with situations successfully	savvy consumers	οξυδερκής
SRB 1 - Performing arts	1B - It's live!	11	over-subscribed	adjective	if something is over-subscribed, too many people have said that they want to use it or have it	All good schools are oversubscribed.	υπερκαλυμμένος
SRB 1 - Performing arts	1B - It's live!	11	dilute	verb	to make a liquid weaker by adding water or another liquid	diluted fruit juice	αραιώνω
SRB 1 - Performing arts	1B - It's live!	12	initiative	noun	the ability to make decisions and take action without waiting for someone to tell you what to do	Don't keep asking me for advice. Use your initiative.	πρωτοβουλία

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB 1 - Performing arts	1B - It's live!	12	stamina	noun	physical or mental strength that lets you continue doing something for a long time without getting tired	You need stamina to be a long-distance runner.	αντοχή
SRB 1 - Performing arts	1B - It's live!	12	conventions	noun	behaviour and attitudes that most people in a society consider to be normal and right	Playing together teaches children social conventions such as sharing.	συμβάσεις, συνήθειες
SRB 1 - Performing arts	1B - It's live!	12	contortion	noun	a twisted position or movement that looks surprising or strange	I could not force my body into the contortions required by classical ballet.	περιστροφή, σύσπαση
SRB 1 - Performing arts	1B - It's live!	12	confer	verb	to discuss something with other people, so that everyone can express their opinions and decide on something	Franklin leant over and conferred with his attorneys.	συσκέπτομαι
SRB 1 - Performing arts	1B - It's live!	12	buckle	verb	to become bent or curved because of heat or pressure, or to make something bend or curve in this way	The steel pillars began to buckle.	κάμπτομαι
SRB 1 - Performing arts	1B - It's live!	12	alight on	verb	if a bird or insect alights on something, it stops flying and stands on it, to land	a bird alights on a tree	προσγειώνομαι
SRB 1 - Performing arts	1B - It's live!	12	bough	noun	a main branch on a tree	a bird alights on a bough	κλαδί
SRB 1 - Performing arts	1B - It's live!	12	cheesy	adjective	cheap and not of good quality	a cheesy soap opera	φθηνιάρικος
SRB 1 - Performing arts	1B - It's live!	12	spine	noun	the row of bones down the centre of your back that supports your body and protects your	spinal cord	σπονδυλική στήλη
SRB 1 - Performing arts	1B - It's live!	12	falter	verb	to become weaker and unable to continue in an effective way	The economy is showing signs of faltering.	παραπαίω
SRB 1 - Performing arts	1B - It's live!	12	verbal	adjective	spoken rather than written	verbal abuse	λεκτικός, προφορικός
SRB 1 - Performing arts	1B - It's live!	13	meld	noun	if two things meld, or if you meld them, they combine into one thing	He melded country music with blues to create rock and roll.	συγχωνεύω, συνενώνω, συνδυάζω
SRB 1 - Performing arts	1B - It's live!	13	hands-on experience	phrase	doing something yourself rather than just talking about it or telling other people to do it	a chance to get some hands-on experience of the job	πρακτική εξάσκηση
SRB 1 - Performing arts	1B - It's live!	13	banter	verb	to discuss friendly with people making a lot of jokes and amusing remarks about each other	I watched the guys as they bantered with the waitresses.	χαριτολογώ

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB 1 - Performing arts	1B - It's live!	13	frenetic	adjective	frenetic activity is fast and not very organized, frantic	She rushes from job to job at a frenetic pace.	φρενήρης
SRB 1 - Performing arts	1B - It's live!	13	wind down	phrasal verb	to rest and relax after a lot of hard work or excitement	I find it difficult to wind down after a day at work.	ηρεμώ, χαλαρώνω
SRB 1 - Performing arts	1B - It's live!	13	vibe	noun	the good or bad feelings that a particular person, place, or situation seems to produce and that you react to	I have good vibes about this contract.	διάθεση
SRB 1 - Performing arts	1B - It's live!	16	siblings	noun	a brother or sister	Most young smokers are influenced by their friends' and older siblings' smoking habits.	αδελφός ή αδελφή
SRB 1 - Performing arts	1B - It's live!	16	frame (in a comic)	noun	an area of cartoon that contains one illustration, or one of the series of separate illustrations that make up a cartoon story or a comic strip	When reading a comic you have to imagine what happens between the frames.	καρέ (σε ιστορία κόμικς)
SRB 1 - Performing arts	1B - It's live!	16	ardent	adjective	showing strong positive feelings about an activity and determination to succeed at it	an ardent supporter of free trade	ένθερμος, φλογερός
2 - The natural world	2A - Wild experience	24	concept	noun	an idea of how something is, or how something should be done	the concept of total patient care	έννοια, αρχική ιδέα
2 - The natural world	2A - Wild experience	24	concessions	noun	the right to have a business in a particular place, especially in a place owned by someone else	The company owns valuable logging and mining concessions.	δικαιώματα
2 - The natural world	2A - Wild experience	24	dredge (sth) up	phrasal verb	to pull something up from the bottom of a river, lake etc	The ship is designed for dredging mud and silt up from the sea floor.	ανασύρω από το βυθό
2 - The natural world	2A - Wild experience	24	ravage	verb	to damage something very badly	His health was gradually ravaged by drink and drugs.	καταστρέφω, βλάπτω
2 - The natural world	2A - Wild experience	24	enmeshed	adjective	very involved in an unpleasant or complicated situation	Congress worried about becoming enmeshed in a foreign war.	μπλεγμένος, μπερδεμένος
2 - The natural world	2A - Wild experience	24	clamour	noun	a very loud noise made by a large group of people or animals	He shouted over the rising clamour of voices.	κατακραυγή
2 - The natural world	2A - Wild experience	24	tributary	noun	a stream or river that flows into a larger river	The River Fleet is one of the many tributaries of the River Thames.	παραπόταμος

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
2 - The natural world	2A - Wild experience	24	resurgent	adjective	growing and becoming more popular, after a period of quietness	resurgent fascism	αναδυόμενος
2 - The natural world	2A - Wild experience	24	indigenous	adjective	indigenous people or things have always been in the place where they are, rather than being brought there from somewhere else	Blueberries are indigenous to America.	ιθαγενής
2 - The natural world	2A - Wild experience	24	logger	noun	someone whose job is to cut down trees	One of the loggers was badly injured by a falling tree.	ξυλοκόπος
2 - The natural world	2A - Wild experience	24	slaughter	verb	to kill a lot of people in a cruel or violent way	Hundreds of innocent civilians had been slaughtered by government troops.	σφάζω
2 - The natural world	2A - Wild experience	25	wan	adjective	looking pale, weak, or tired	She gave a wan smile.	χλωμός, άτονος, ασθενικός
2 - The natural world	2A - Wild experience	25	hush	noun	a period of silence, especially when people are expecting something to happen	A sudden hush fell over the crowd.	σιωπή
2 - The natural world	2A - Wild experience	25	back and forth	phrase	going in one direction and then in the opposite direction, and repeating this several times	We travel back and forth all the time between Canada and England.	εμπρός και πίσω
2 - The natural world	2A - Wild experience	25	supremely	adverb	extremely or to the greatest possible degree	a supremely talented player	εξαιρετικά, στον υπέρτατο βαθμό
2 - The natural world	2A - Wild experience	25	disruption	noun	a situation in which something is prevented from continuing in its usual way	The strike caused widespread disruption.	αναστάτωση, διάσπαση, αποδιοργάνωση
2 - The natural world	2A - Wild experience	25	seismic	adjective	relating to or caused by earthquakes	increased seismic activity	σεισμικός
2 - The natural world	2A - Wild experience	25	inevitably	adverb	used for saying that something is certain to happen and cannot be avoided	The decision will inevitably lead to political tensions.	αναπόφευκτα
2 - The natural world	2A - Wild experience	25	contamination	noun	making a place or substance dirty or harmful by putting something such as chemicals or poison in it	radioactive contamination	μόλυνση
2 - The natural world	2A - Wild experience	25	encounter	noun	an occasion when you meet someone, or do something with someone you do not know	She didn't remember our encounter last summer.	συνάντηση, επαφή

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
2 - The natural world	2A - Wild experience	25	immunity	noun	the state or right of being protected from particular laws or from unpleasant things, the state of being immune to a disease	They were granted immunity from prosecution.	ασυλία, ανοσία
2 - The natural world	2A - Wild experience	25	rotting	adjective	decaing by a gradual natural process, or making something do this	rotting woodwork	σάπισμα
2 - The natural world	2A - Wild experience	25	in their wake	prepositional phrase	if something, especially something bad, happens in the wake of an event, it happens afterwards and usually as a result of it	Famine followed in the wake of the drought.	ως επακόλουθο, κατόπιν, μετά από
2 - The natural world	2A - Wild experience	25	untold	adjective	used to emphasize how bad something is	The rumours will do untold damage to his reputation.	ανείπωτος
2 - The natural world	2A - Wild experience	25	have an impact on	verb phrase	the effect or influence that an event, situation etc has on someone or something	We need to assess the impact on climate change.	έχω αντίκτυπο σε
2 - The natural world	2A - Wild experience	25	veteran	noun	someone who has been a soldier, sailor etc in a war, or someone who has had a lot of experience of a particular activity	a veteran of the Second World War	βετεράνος
2 - The natural world	2A - Wild experience	25	integration	noun	the combining of two or more things so that they work together effectively	the integration of data from other surveys	ενσωμάτωση, ολοκλήρωση
2 - The natural world	2A - Wild experience	25	demoralising	adjective	to reduce or destroy someone's courage or confidence	The illness demoralized him and recovery took several weeks.	αποθαρρυντικός
2 - The natural world	2A - Wild experience	25	fiasco	noun	an event that is completely unsuccessful, in a way that is very embarrassing or disappointing	The first lecture I ever gave was a complete fiasco.	φιάσκο
2 - The natural world	2A - Wild experience	25	dispute	noun	a serious argument or disagreement	The firm is involved in a legal dispute with a rival company.	διαφορά, διαφωνία
2 - The natural world	2A - Wild experience	25	circumscribe	verb phrase	to limit power, rights, or abilities	The President's power is circumscribed by Congress and the Supreme Court.	οριοθετώ, περιορίζω
2 - The natural world	2A - Wild experience	25	cinnamon	noun	a sweet-smelling brown substance used for giving a special taste to cakes and other sweet foods	a cinnamon roll	κανέλλα
2 - The natural world	2A - Wild experience	25	unprecedented	adjective	never having happened before, or never having happened so much	Crime has increased on an unprecedented scale.	πρωτοφανής, πρωτόγνωρος

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
2 - The natural world	2A - Wild experience	25	fundamentals	noun	the most important ideas, rules etc that something is based on	an introduction to the fundamentals of design and print production	οι βασικές αρχές
2 - The natural world	2A - Wild experience	25	incursion	noun	a sudden attack into an area that belongs to other people	a combined British and French incursion into China in 1857	εισβολή
2 - The natural world	2A - Wild experience	25	acrimony	noun	feelings of anger between people who disagree strongly and do not like each other		πικρία
2 - The natural world	2A - Wild experience	25	curtail	verb	to reduce or limit something	The new law will curtail police powers.	περιορίζω
2 - The natural world	2A - Wild experience	26	compromise	verb	to reach an agreement in which everyone involved accepts less than what they wanted at first	She admitted that she was unable to compromise.	συμβιβάζω, συμβιβάζομαι
2 - The natural world	2A - Wild experience	27	integral	adjective	forming a necessary part of something	Vegetables are an integral part of our diet.	αναπόσπαστος
2 - The natural world	2A - Wild experience	27	proposition	noun	a statement that consists of a carefully considered opinion or judgment, an offer or suggestion, especially in business or politics	Most people accept the proposition that we have a duty to protect endangered animals.	πρόταση, δήλωση
2 - The natural world	2A - Wild experience	27	credit sb with sth	verb	to believe or admit that someone has a quality, or has done something good	Evans is credited with inventing the system.	αποδίδω κάτι σε κάποιον, αναγνωρίζω
2 - The natural world	2A - Wild experience	28	assumption	noun	something that you think is true although you have no definite proof	A lot of people make the assumption that poverty only exists in the Third World.	υπόθεση
2 - The natural world	2A - Wild experience	28	misinterpret	verb	to not understand the correct meaning of something that someone says or does, or of facts that you are considering	Some parts of the report could be misinterpreted.	παρερμηνεύω
2 - The natural world	2A - Wild experience	28	frustration	noun	the feeling of being annoyed, upset, or impatient, because you cannot control or change a situation, or achieve something	People often feel a sense of frustration that they are not being promoted quickly enough.	απογοήτευση
2 - The natural world	2A - Wild experience	28	elusive	adjective	an elusive person or animal is difficult to find or not often seen	She managed to get an interview with that elusive man.	φευγαλέος
2 - The natural world	2A - Wild experience	29	encroachment	noun	to gradually take more of someone's time, possessions, rights etc than you should	Bureaucratic power has encroached upon the freedom of the individual.	καταπάτηση

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
2 - The natural world	2A - Wild experience	29	translocation	noun	movement of a species, by people, from one area to another		μετατόπιση, μεταφορά
2 - The natural world	2A - Wild experience	30	gaze	verb	to look at someone or something for a long time, giving it all your attention, often without realizing you are doing so	Nell was still gazing out of the window.	ατενίζω, χαζεύω
2 - The natural world	2A - Wild experience	30	lush	adjective	plants that are lush grow many leaves and look healthy and strong	The fields were lush with grass and flowers.	με πλούσια βλάστηση
2 - The natural world	2A - Wild experience	30	strut your stuff	verb phrase	to show your skill at doing something, especially dancing or performing	The band strutted their stuff in a free concert.	δείχνω τις ικανότητες μου
2 - The natural world	2A - Wild experience	30	savannah	noun	a large flat area of grassy land, especially in Africa	Animals living in this part of the savannah are protected from poachers.	σαβάνα
2 - The natural world	2A - Wild experience	30	hover	verb	if a bird, insect, or helicopter hovers, it stays in one place in the air	flies hovering above the surface of the water	φτερουγίζω, ίπταμαι
2 - The natural world	2A - Wild experience	30	crèche	noun	a place where babies are looked after while their parents are at work / a model of the scene of Jesus Christ birth, placed in churches and homes at Christmas		βρεφονηπιακός σταθμός / φάτνη
2 - The natural world	2A - Wild experience	30	grace	verb	to make a place or an object to look more attractive	His portrait graces the wall of the drawing room.	κοσμώ
2 - The natural world	2B - Closer to home	31	on a regular basis	noun phrase	every day, week etc	I'm saving money on a regular basis.	σε τακτά χρονικά διαστήματα
2 - The natural world	2B - Closer to home	31	scramble over (sth)	verb phrase	to climb over something quickly and with difficulty, especially using your hands to help you	People scrambled over tables and chairs to get to the fire exit.	σκαρφαλώνω πάνω από κάτι
2 - The natural world	2B - Closer to home	31	teething problems	noun	small problems that you have when you first start doing a new job or using a new system	Apart from a few minor teething problems, the new system is working smoothly.	αρχικές δυσχέρειες
2 - The natural world	2B - Closer to home	31	straightforward	adjective	simple and easy to understand	Installing the program is relatively straightforward.	απλός
2 - The natural world	2B - Closer to home	31	solidarity	noun	loyalty and general agreement between all the people in a group, or between different groups, because they all have a shared aim	a gesture of solidarity	αλληλεγγύη

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
2 - The natural world	2B - Closer to home	31	dump	verb	to put something somewhere in a careless untidy way	Merrill dumped her suitcase down in the hall.	παρατάω, αφήνω
2 - The natural world	2B - Closer to home	31	deterrent	noun	something that makes someone less likely to do something, by making them realize it will be difficult or have bad results	Window locks are an effective deterrent against burglars.	αποτρεπτικό μέτρο
2 - The natural world	2B - Closer to home	31	fret	verb	to worry about something, especially when there is no need	Don't fret – everything will be all right.	ανησυχώ
2 - The natural world	2B - Closer to home	31	tweak	verb	to suddenly pull or twist something	She leant forward and tweaked both ends of his moustache.	στρίβω, τσιμπώ
2 - The natural world	2B - Closer to home	31	sneaky	adjective	doing things in a secret and often dishonest or unfair way	a sneaky little trick	ύπουλος
2 - The natural world	2B - Closer to home	31	stalk	verb	to follow a person or animal quietly in order to catch and attack or kill them	a tiger stalking its prey	ενεδρεύω, παραμονεύω
2 - The natural world	2B - Closer to home	32	yield	noun	the amount of profits, crops, etc that something produces	The average milk yield per cow has doubled.	σοδειά, παραγωγή
2 - The natural world	2B - Closer to home	32	supplement	noun	something that you add to something else to improve it or make it complete	vitamins and other dietary supplements	συμπλήρωμα
2 - The natural world	2B - Closer to home	32	graze	verb	if an animal grazes, or if you graze it, it eats grass that is growing	Groups of cattle were grazing on the rich grass.	βόσκω
2 - The natural world	2B - Closer to home	32	culprit	noun	the person who is guilty of a crime or doing something wrong	Police finally managed to catch the culprit.	ένοχος, φταίχτης
2 - The natural world	2B - Closer to home	32	resistance	noun	a refusal to accept new ideas or changes	people's resistance to change	αντίσταση, αντοχή
2 - The natural world	2B - Closer to home	32	curb	verb	to control or limit something in order to prevent it from having a harmful effect	measures to curb the spread of the virus	συγκρατώ, χαλιναγωγώ
2 - The natural world	2B - Closer to home	33	deforestation	noun	the cutting or burning down of all the trees in an area	the deforestation of the tropics	αποψίλωση των δασών
2 - The natural world	2B - Closer to home	33	sustainable	adjective	able to continue without causing damage to the environment	The government should do more to promote sustainable agriculture.	βιώσιμος
2 - The natural world	2B - Closer to home	33	die out	phrasal verb	to disappear or stop existing completely	If their numbers keep falling, the animals are in danger of dying out completely.	εκλείπω

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
2 - The natural world	2B - Closer to home	34	rehabilitate	verb	to help someone to live a healthy, useful, or active life again after they have been seriously ill or in prison	a special unit for rehabilitating stroke patients	αποκαθιστώ, ανασυγκροτώ
2 - The natural world	2B - Closer to home	34	oil spill	noun phrase	when you spill something, or an amount of something that is spilled	the enormous oil spill off the southern tip of the Shetland Islands	πετρελαιοκηλίδα
2 - The natural world	2B - Closer to home	34	crucial	adjective	something that is crucial is extremely important, because everything else depends on it	This aid money is crucial to the government's economic policies.	ζωτικής σημασίας, κρίσιμος
2 - The natural world	2B - Closer to home	35	proportion	noun	a part of a number or amount, considered in relation to the whole	The proportion of women graduates has increased in recent years.	ποσοστό, αναλογία
2 - The natural world	2B - Closer to home	35	consign	verb	to send something somewhere, especially in order to sell it	The goods consigned from the exporter will be shipped to your warehouse today.	παραδίδω, αποστέλλω
2 - The natural world	2B - Closer to home	35	advent	noun	the time when something first begins to be widely used	the advent of the computer	έλευση
2 - The natural world	2B - Closer to home	35	discard	verb	to get rid of something	Discard any old cleaning materials.	απορρίπτω, πετώ
2 - The natural world	2B - Closer to home	36	familiarise sb with	verb	to learn about something so that you understand it, or to teach someone else about something so that they understand it	Employees must familiarise themselves with the health and safety manual.	εξοικειώνω, ενημερώνω
2 - The natural world	2B - Closer to home	37	munch	verb	to eat something noisily	Barry sat munching on an apple.	μασουλάω
2 - The natural world	2B - Closer to home	37	roam	verb	to walk or travel, usually for a long time, with no clear purpose or direction	The dogs are allowed to roam around.	περιφέρομαι, περιπλανώμαι
2 - The natural world	2B - Closer to home	37	blare	verb	to make a very loud unpleasant noise	Horns blared in the street outside.	ηχώ, ουρλιάζω
2 - The natural world	2B - Closer to home	37	livestock	noun	animals such as cows and sheep that are kept on a farm		κτηνοτροφία, ζώα φάρμας
2 - The natural world	2B - Closer to home	38	inhumane	adjective	extremely cruel and causing unacceptable suffering	the inhumane treatment of political prisoners	απάνθρωπος, σκληρός
2 - The natural world	2B - Closer to home	38	crustacean	noun	an animal such as a lobster or a crab that has a hard outer shell and several pairs of legs, and usually lives in water		οστρακόδερμο

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
2 - The natural world	2B - Closer to home	38	teem	verb	to be very full of people or animals, all moving about	The island was teeming with tourists.	βρίθω από, αφθονώ
2 - The natural world	2B - Closer to home	38	sediment	noun	solid substances that settle at the bottom of a liquid	a thick layer of sediment	ίζημα, κατακάθι
2 - The natural world	2B - Closer to home	38	entail	verb	to involve something as a necessary part or result	A new computer system entails a lot of re-training.	απαιτώ, συνεπάγομαι
SRB2	2A - Wild experience	17	implement	verb	to take action or make changes that you have officially decided should happen	We have decided to implement the committee's recommendations in full.	εκτελώ, ενεργώ, παρέχω τα μέσα
SRB2	2A - Wild experience	17	amend	verb	to correct or make small changes to something that is written or spoken	The law was amended to include women.	τροποποιώ, διορθώνω
SRB2	2A - Wild experience	17	obtain	verb	to get something that you want, especially through your own effort, skill, or work	You will need to obtain permission from the principal.	αποκτώ, βρίσκω, προμηθεύομαι
SRB2	2A - Wild experience	17	undergrowth	noun	bushes, small trees, and other plants growing around and under bigger trees		χαμηλή βλάστηση
SRB2	2A - Wild experience	17	controversial	adjective	causing a lot of disagreement, because many people have strong opinions about the subject being discussed	the controversial issue of welfare reform	αμφιλεγόμενος, επίμαχος
SRB2	2A - Wild experience	17	empathy	noun	the ability to understand other people's feelings and problems	She had great empathy with people.	συμπόνια, ενσυναίσθηση
SRB2	2A - Wild experience	17	on a par with	prepositional phrase	to be at the same level or standard	The wages of clerks were on a par with those of manual workers.	στο ίδιο επίπεδο με
SRB2	2A - Wild experience	17	disrupt	verb	to prevent something from continuing in its usual way by causing problems	Traffic was disrupted by a hoax bomb.	διασπώ, αναστατώνω
SRB2	2A - Wild experience	18	ferment	verb	if fruit, beer, wine etc ferments, or if it is fermented, the sugar in it changes to alcohol	fermented fruit juice	βράζω, προκαλώ ζύμωση
SRB2	2A - Wild experience	18	net	adjective	the net amount is the final amount that remains after all the other amounts have been taken away	The net profit (=after taxes, costs etc) was up 16.3% last month.	καθαρός, χωρίς έκπτωση, εκκαθαρισμένος
SRB2	2A - Wild experience	18	emission	noun	a gas or other substance that is sent into the air	Britain agreed to cut emissions of nitrogen oxide from power stations.	εκπομπή αερίων

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB2	2A - Wild experience	19	arid	adjective	arid land or an arid climate is very dry because it has very little rain	Water from the Great Lakes is pumped to arid regions.	άγονος, ξερός
SRB2	2A - Wild experience	19	impinge on	verb	to have a harmful effect on someone or something	Personal problems experienced by students may impinge on their work.	προσक्रύω σε
SRB2	2A - Wild experience	19	remnant	noun	a small part of something that remains after the rest of it has been used, destroyed, or eaten	The remnants of a meal stood on the table.	απομεινάρι
SRB2	2A - Wild experience	19	dwindling	adjective	gradually becoming less and less or smaller and smaller	The elephant population is dwindling.	συρρικνούμενος
SRB2	2A - Wild experience	19	refute	verb	to prove that a statement or idea is not correct	an attempt to refute Darwin's theories	διαψεύδω, αντικρούω, ανασκευάζω
SRB2	2A - Wild experience	19	communal	adjective	shared by a group of people or animals, especially a group who live together, involving people from many different races, religions, or language groups	the worst communal violence in two years	κοινόχρηστος, κοινοτικός
SRB2	2A - Wild experience	19	wind turbine	noun	a modern windmill for providing electrical power		ανεμογεννήτρια
SRB2	2A - Wild experience	20	alleviate	verb	to make something less painful or difficult to deal with	a new medicine to alleviate the symptoms of flu	ανακουφίζω, ελαφρύνω
SRB2	2A - Wild experience	20	aggravate	verb	to make a bad situation, an illness, or an injury worse	Their money problems were further aggravated by a rise in interest rates.	χειροτερεύω, ερεθίζω
SRB2	2A - Wild experience	20	knock-on effect	noun phrase	to start a process in which everything that happens causes something else to happen	These price rises will have a knock-on effect on the economy.	αλυσιδωτή επίπτωση
SRB2	2B - Closer to home	22	triviality	noun	something that is not important at all,	Don't waste time on trivialities	κοινοτοπία, μηδαμινότητα
SRB2	2B - Closer to home	22	comply	verb	to do what you have to do or are asked to do	Failure to comply with the regulations will result in prosecution.	συμμορφώνομαι
SRB2	2B - Closer to home	22	tentative	adjective	not definite or certain, and may be changed later	The government is taking tentative steps towards tackling the country's economic problems.	δοκιμαστικός, δειλός, αβέβαιος

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB2	2B - Closer to home	22	indignant	adjective	angry and surprised because you feel insulted or unfairly treated	Liz was indignant at the way her child had been treated.	αγανακτισμένος
SRB2	2B - Closer to home	23	miasmic	adjective	dirty air or a thick unpleasant mist that smells bad	He looked up at me through a miasmic cigarette smoke.	δύσοσμος, μιάρος
SRB2	2B - Closer to home	23	draconian	adjective	very strict and cruel	draconian measures to control population growth	δρακόντειος, πολύ σκληρός και αυστηρός
SRB2	2B - Closer to home	23	disproportionate	adjective	too much or too little in relation to something else	the disproportionate amount of money being spent on defence	δυσανάλογος
SRB2	2B - Closer to home	23	illicitly	adverb	not allowed by laws or rules, or strongly disapproved of by society	illicit drugs	παράνομα
SRB2	2B - Closer to home	23	protocol	noun	a system of rules about the correct way to behave on an official occasion	a breach of diplomatic protocol	πρωτόκολλο
SRB2	2B - Closer to home	23	transparent	adjective	if something is transparent, you can see through it	a transparent plastic container	διαφανής, ολοφάνερος
SRB2	2B - Closer to home	23	galling	adjective	making you feel upset and angry because of something that is unfair	The most galling thing is that the guy who got promoted is less qualified than me.	ενοχλητικός
SRB2	2B - Closer to home	23	delinquent	adjective	behaving in a way that is illegal or that society does not approve of	delinquent girls/boys/children/teenagers	εγκληματικός, παραβατικός
SRB2	2B - Closer to home	23	brandish	verb	to wave something around in a dangerous or threatening way, especially a weapon	A man leapt out brandishing a kitchen knife.	κραδαίνω
SRB2	2B - Closer to home	23	dodgy	adjective	seeming to be false, dishonest, or not to be trusted, involving risk or danger	One girl thought the men looked dodgy.	αναξιόπιστος και ανέντιμος, επικίνδυνος
SRB2	2B - Closer to home	23	landfill	noun	a place where waste is buried under the ground		χώρος υγειονομικής ταφής απορριμμάτων, χωματερή
SRB2	2B - Closer to home	23	beyond the pale	prepositional phrase	offensive or unacceptable	His opinions are entirely beyond the pale.	προσβλητικός ή απαράδεκτος
SRB2	2B - Closer to home	23	anguish	noun	mental or physical suffering caused by extreme pain or worry	the anguish of not knowing what had happened to her	αγωνία, οδύνη
SRB2	2B - Closer to home	24	predator	noun	an animal that kills and eats other animals		αρπακτικό
SRB2	2B - Closer to home	24	scurry	verb	to move quickly with short steps, especially because you are in a hurry	People were scurrying off to work.	σπεύδω, τρέχω

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB2	2B - Closer to home	25	formidable	adjective	very powerful or impressive, and often frightening	The building is grey, formidable, not at all picturesque.	τρομερός
SRB2	2B - Closer to home	25	in bulk	prepositional phrase	if you buy goods in bulk, you buy large amounts each time you buy them		μαζικά, χονδρικώς
SRB2	2B - Closer to home	25	discount	noun	a reduction in the usual price of something	Members get a 15% discount.	έκπτωση
SRB2	2B - Closer to home	26	in close proximity	noun phrase	nearness in distance or time		κοντά
SRB2	2B - Closer to home	26	on the brink of	prepositional phrase	a situation when you are almost in a new situation, usually a bad one	In October 1962 the world seemed on the brink of nuclear war.	στα πρόθυρα
SRB2	2B - Closer to home	27	ostensibly	adverb	if something is ostensibly true, people say that it is true but it is not really true	She stayed behind at the office, ostensibly to work.	φαινομενικά
SRB2	2B - Closer to home	27	on loan	prepositional phrase	if something or someone is on loan, they have been borrowed	The book I wanted was out on loan.	το έχει δανειστεί κάποιος
SRB2	2B - Closer to home	27	fault	verb	to criticize someone or something for a mistake	The judge cannot be faulted on his decision.	ψέγω, μέφομαι
3 - Surviving and thriving	Lead-in	39	exasperating	adjective	extremely annoying	You have this exasperating habit of never looking at me!	εξοργιστικός
3 - Surviving and thriving	Lead-in	39	manipulative	adjective	clever at controlling or deceiving people to get what you want - used in order to show disapproval	She was sly, selfish, and manipulative.	χειριστικός
3 - Surviving and thriving	Lead-in	39	indecision	noun	the state of being unable to decide what to do	There were weeks of indecision about who would go and when.	αναποφασιστικότητα
3 - Surviving and thriving	Lead-in	39	resolve	verb	to find a satisfactory way of dealing with a problem or difficulty	The crisis was resolved by negotiations.	επιλύω
3 - Surviving and thriving	3A - Who's in control?	40	irrespective of	adverb	used when saying that a particular fact has no effect on a situation and is not important	The course is open to anyone, irrespective of age.	ανεξάρτητα από
3 - Surviving and thriving	3A - Who's in control?	40	accessible	adjective	easy to obtain or use	the need for a health service that is accessible to all	προσβάσιμος
3 - Surviving and thriving	3A - Who's in control?	40	exponent	noun	an exponent of an idea, belief etc tries to explain it and persuade others that it is good or useful	a leading exponent of desktop publishing	δείκτης, εκθέτης

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
3 - Surviving and thriving	3A - Who's in control?	40	unfulfilled	adjective	an unfulfilled hope, desire, dream etc has not been achieved	His dream of competing in the Olympics remained unfulfilled.	ανεκπλήρωτος, απραγματοποίητος
3 - Surviving and thriving	3A - Who's in control?	40	credible	adjective	deserving or able to be believed or trusted	He was unable to give a credible explanation for his behaviour.	πιστευτός, αξιόπιστος
3 - Surviving and thriving	3A - Who's in control?	40	fabrication	noun	a piece of information or story that someone has invented in order to deceive people	Of course, it might all be complete fabrication.	κατασκεύασμα
3 - Surviving and thriving	3A - Who's in control?	40	pronouncement	noun	an official public statement	the Pope's last pronouncement on birth control	διακήρυξη
3 - Surviving and thriving	3A - Who's in control?	40	fallacy	noun	a false idea or belief, especially one that a lot of people believe is true	It's a common fallacy that a neutered dog will become fat and lazy.	πλάνη
3 - Surviving and thriving	3A - Who's in control?	40	misconception	noun	an idea which is wrong or untrue, but which people believe because they do not understand the subject properly	There is a popular misconception that too much exercise is bad for you.	παρανόηση
3 - Surviving and thriving	3A - Who's in control?	40	perspective	noun	a way of thinking about something, especially one which is influenced by the type of person you are or by your experiences	His father's death gave him a whole new perspective on life.	οπτική γωνία, προοπτική
3 - Surviving and thriving	3A - Who's in control?	40	jargon	noun	words and expressions used in a particular profession or by a particular group of people, which are difficult for other people to understand – often used to show disapproval	documents full of legal jargon	ορολογία
3 - Surviving and thriving	3A - Who's in control?	40	prose	noun	written language in its usual form, as opposed to poetry	a volume of Shelley's poetry and prose	πεζός λόγος
3 - Surviving and thriving	3A - Who's in control?	40	advocate	verb	to publicly support a particular way of doing something	Extremists were openly advocating violence.	υποστηρίζω
3 - Surviving and thriving	3A - Who's in control?	40	solace	noun	a feeling of emotional comfort at a time of great sadness or disappointment	After the death of her son, Val found solace in the church.	παρηγοριά
3 - Surviving and thriving	3A - Who's in control?	40	premise	noun	a statement or idea that you accept as true and use as a base for developing other ideas	The idea that there is life on other planets is the central premise of the novel.	υπόθεση, θέμα
3 - Surviving and thriving	3A - Who's in control?	40	objective	adjective	based on facts, or making a decision that is based on facts rather than on your feelings or beliefs	It's hard to give an objective opinion about your own children.	αντικειμενικός

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
3 - Surviving and thriving	3A - Who's in control?	41	proponent	noun	someone who supports something or persuades people to do something	Steinem has always been a strong proponent of women's rights.	υπερασπιστής
3 - Surviving and thriving	3A - Who's in control?	41	hackneyed	adjective	a hackneyed phrase is boring and does not have much meaning because it has been used so often		τετριμμένος
3 - Surviving and thriving	3A - Who's in control?	41	nurture	verb	to help a plan, idea, feeling etc to develop, to feed and take care of a child or a plant while it is growing	European union is an ideal that has been nurtured since the post-war years.	γαλουχώ, καλλιεργώ για ιδέα
3 - Surviving and thriving	3A - Who's in control?	41	masquerade as	verb	to pretend to be something or someone different	A number of police officers masqueraded as demonstrators.	μεταμφιέζομαι
3 - Surviving and thriving	3A - Who's in control?	41	legitimate	adjective	fair or reasonable, acceptable or allowed by law	That's a perfectly legitimate question.	θεμιτός, νόμιμος
3 - Surviving and thriving	3A - Who's in control?	41	scrutiny	noun	careful and thorough examination of someone or something	Their activities have come under police scrutiny.	εξονυχιστικός έλεγχος
3 - Surviving and thriving	3A - Who's in control?	41	primarily	adverb	mainly	The advertisement is aimed primarily at children.	κυρίως
3 - Surviving and thriving	3A - Who's in control?	41	derive from	verb	to develop or come from something else	This word is derived from Latin.	προέρχομαι από
3 - Surviving and thriving	3A - Who's in control?	41	questionable	adjective	not likely to be true or correct	The statistics are highly questionable.	αμφισβητήσιμος
3 - Surviving and thriving	3A - Who's in control?	41	unassailable	adjective	not able to be criticized, made weaker, or beaten	an unassailable argument	απρόσβλητος
3 - Surviving and thriving	3A - Who's in control?	41	assertion	noun	something that you say or write that you strongly believe	the assertion that house prices are falling	ισχυρισμός
3 - Surviving and thriving	3A - Who's in control?	41	suppress	verb	to stop people from opposing the government, especially by using force	The uprising was ruthlessly suppressed.	καταστέλλω
3 - Surviving and thriving	3A - Who's in control?	41	aside	noun	a remark or story that is not part of the main subject of a speech	I should add, as an aside, that the younger the child, the faster they learn.	(τυχαία) παρατήρηση
3 - Surviving and thriving	3A - Who's in control?	41	guarantor	noun	someone who promises to pay a debt if the person who should pay it does not		εγγυητής
3 - Surviving and thriving	3A - Who's in control?	41	sanity	noun	the condition of being mentally healthy	I began to doubt his sanity.	πνευματική υγεία

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
3 - Surviving and thriving	3A - Who's in control?	41	prone to	adjective	likely to do something or suffer from something, especially something bad or harmful	Some plants are very prone to disease.	επιρρεπής σε
3 - Surviving and thriving	3A - Who's in control?	41	niggling	adjective	a slight doubt etc that you cannot stop thinking about	niggling suspicion	ασήμαντος
3 - Surviving and thriving	3A - Who's in control?	41	surmountable	adjective	a problem or difficulty that can be dealt with successfully		βατός
3 - Surviving and thriving	3A - Who's in control?	41	aggravating	adjective	making a bad situation, an illness, or an injury worse		επιβαρυντικός
3 - Surviving and thriving	3A - Who's in control?	41	counsel	noun	a type of lawyer who represents you in court	The judge asked counsel for the defence to explain.	συνήγορος
3 - Surviving and thriving	3A - Who's in control?	41	premise	noun	a statement or idea that you accept as true and use as a base for developing other ideas	The idea that there is life on other planets is the central premise of the novel.	υπόθεση, πρόταση, θεωρία
3 - Surviving and thriving	3A - Who's in control?	41	paradox	noun	a situation that seems strange because it involves two ideas or qualities that are very different	It's a paradox that in such a rich country there can be so much poverty.	παράδοξο
3 - Surviving and thriving	3A - Who's in control?	41	illuminate	verb	to make a light shine on something, or to fill a place with light	A single candle illuminated his face.	φωτίζω, διαφωτίζω
3 - Surviving and thriving	3A - Who's in control?	41	crippling	adjective	causing so much damage or harm that something no longer works or is no longer effective	the crippling effects of war on the economy	παραλυτικός, βλαβερός
3 - Surviving and thriving	3A - Who's in control?	41	address	verb	if you address a problem, you start trying to solve it, to speak to someone directly	Our products address the needs of real users.	απευθύνομαι, προσφωνώ
3 - Surviving and thriving	3A - Who's in control?	41	given (that)	preposition	taking something into account	Given that the patients have some disabilities, we still try to enable them to be as independent as possible.	δεδομένου ότι
3 - Surviving and thriving	3A - Who's in control?	41	succumb (to)	verb	to stop opposing someone or something that is stronger than you, and allow them to take control	Succumbing to pressure from the chemical industry, Governor Blakely amended the regulations.	υποκύπτω σε
3 - Surviving and thriving	3A - Who's in control?	42	face-to-face	adjective	a face-to-face meeting, conversation etc is one where you are with another person and talking to them	a face-to-face interview	πρόσωπο με πρόσωπο

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
3 - Surviving and thriving	3A - Who's in control?	43	digestion	noun	the process of digesting food	Too much tea is bad for your digestion.	πέψη
3 - Surviving and thriving	3A - Who's in control?	44	indifferent to	adjective	not at all interested in someone or something	Sarah was absolutely indifferent to him, and it hurt.	αδιάφορος απέναντι σε
3 - Surviving and thriving	3A - Who's in control?	44	confront	verb	to deal with something very difficult or unpleasant in a brave and determined way	We try to help people confront their problems.	αντιμετωπίζω
3 - Surviving and thriving	3A - Who's in control?	44	retention	noun	the act of keeping something, the ability to keep something in your memory	I have a real problem with retention of information.	διατήρηση / μνημονικό
3 - Surviving and thriving	3A - Who's in control?	44	seemingly	adverb	appearing to have a particular quality, when this may or may not be true	seemingly unrelated bits of information	φαινομενικά
3 - Surviving and thriving	3A - Who's in control?	45	altruism	noun	when you care about or help other people, even though this brings no advantage to yourself	Many choose to work in developing countries out of altruism.	αλτρουισμός, αγάπη για τον συνάνθρωπο
3 - Surviving and thriving	3A - Who's in control?	45	perceived	adjective	something or someone understood or thought of in a particular way		αντιληπτός
3 - Surviving and thriving	3A - Who's in control?	45	coin	verb	to invent a new word or expression, especially one that many people start to use	The word 'aromatherapy' was coined in the 1920s.	επινοώ
3 - Surviving and thriving	3A - Who's in control?	45	centrepiece	noun	the most important, noticeable, or attractive part of something	The centrepiece of Bevan's policy was the National Health Service.	το πιο σημαντικό σημείο, μέρος
3 - Surviving and thriving	3A - Who's in control?	45	fuel	verb	to make something, especially something bad, increase or become stronger	His words fuelled her anger still more.	πυροδοτώ, ρίχνω λάδι στη φωτιά
3 - Surviving and thriving	3A - Who's in control?	46	akin to	adjective	very similar to something	Something akin to panic overwhelmed him.	συγγενής προς, παρόμοιος με
3 - Surviving and thriving	3A - Who's in control?	46	adversity	noun	a situation in which you have a lot of problems that seem to be caused by bad luck	his courage in the face of adversity	αντιξοότητα
3 - Surviving and thriving	3A - Who's in control?	46	be deprived of	verb phrase	not having the things that are necessary for a comfortable or happy life	Deprived children tend to do less well at school.	στερημένος από
3 - Surviving and thriving	3A - Who's in control?	46	plummet	verb	to suddenly and quickly decrease in value or amount	Profits plummeted from £49 million to £11 million.	κατρακυλώ

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
3 - Surviving and thriving	3A - Who's in control?	46	ineffectual	adjective	not having the ability, confidence, or personal authority to get things done	an ineffectual leader	αναποτελεσματικός
3 - Surviving and thriving	3B - Mind and body	47	buy into (sth)	phrasal verb	to accept that an idea is right and allow it to influence you	People have generally bought into the idea of recycling.	πιστεύω κάτι, το χάβω
3 - Surviving and thriving	3B - Mind and body	47	grumpiness	noun	the state of being bad-tempered and easily annoyed	His grumpiness seemed to get worse as he got older.	βλοσυρότητα, κακοκεφιά
3 - Surviving and thriving	3B - Mind and body	47	reap benefits	verb	to get something, especially something good, as a result of what you have done	Those who took the financial risk reaped the benefits.	αποκομίζω οφέλη
3 - Surviving and thriving	3B - Mind and body	47	downward spiral	noun phrase	a process, usually a harmful one, in which something gradually but continuously gets worse or better	He was caught in a downward spiral of debt that ended in bankruptcy.	καθοδική πορεία
3 - Surviving and thriving	3B - Mind and body	47	practitioner	noun	someone who works as a doctor or a lawyer	a practitioner of alternative medicine	επαγγελματίας
3 - Surviving and thriving	3B - Mind and body	47	intimidating	adjective	making you feel worried and not confident	Some people find interview situations very intimidating.	τρομακτικός
3 - Surviving and thriving	3B - Mind and body	47	dispel	verb	to make something go away, especially a belief, idea, or feeling	We want to dispel the myth that you cannot eat well in Britain.	διαλύω
3 - Surviving and thriving	3B - Mind and body	47	reticence	noun	an unwillingness to talk about what you feel or what you know	The doctors are not surprised by Gwen's reticence to talk about her ordeal.	απροθυμία, διστακτικότητα
3 - Surviving and thriving	3B - Mind and body	47	sufficient	adjective	as much as is needed for a particular purpose	We can only prosecute if there is sufficient evidence.	επαρκής
3 - Surviving and thriving	3B - Mind and body	48	detrimental	adjective	causing harm or damage	the detrimental effect of pollution on the environment	επιβλαβής
3 - Surviving and thriving	3B - Mind and body	48	exclusive	adjective	available or belonging only to particular people, and not shared	Our figure skating club has exclusive use of the rink on Mondays.	αποκλειστικός
3 - Surviving and thriving	3B - Mind and body	48	privileged	adjective	having advantages because of your wealth, social position etc	Students from a privileged background have an advantage at university.	προνομιούχος
3 - Surviving and thriving	3B - Mind and body	48	uplifting	adjective	making you feel happier and more hopeful	an uplifting experience	ενθαρρυντικός, εμπνευστικός
3 - Surviving and thriving	3B - Mind and body	48	unwind	verb	to relax and stop feeling anxious	a beautiful country hotel that is the perfect place to unwind	χαλαρώνω

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
3 - Surviving and thriving	3B - Mind and body	50	intrusion	noun	when someone does something or something happens that affects your private life or activities in an unwanted way	I resented this intrusion into my domestic affairs.	εισβολή
3 - Surviving and thriving	3B - Mind and body	50	blunt	adjective	speaking in an honest way even if this upsets people	To be blunt, many of the candidates cannot read or write.	απότομος
3 - Surviving and thriving	3B - Mind and body	50	sneak around	verb	to go somewhere secretly and quietly in order to avoid being seen or heard	She snuck around the house once her parents were asleep.	τριγυρνά κρυφά
3 - Surviving and thriving	3B - Mind and body	51	antisocial	adjective	antisocial behaviour is violent or harmful to other people, or shows that you do not care about other people	She was finding it hard to cope with her son's increasingly antisocial behaviour.	αντικοινωνικός
3 - Surviving and thriving	3B - Mind and body	51	tireless	adjective	working very hard in a determined way without stopping	the tireless efforts of the rescue workers	ακούραστος
3 - Surviving and thriving	3B - Mind and body	52	drowsiness	noun	the feeling of tiredness and being almost asleep		υπνηλία
3 - Surviving and thriving	3B - Mind and body	52	chronic	adjective	a chronic problem is one that continues for a long time and cannot easily be solved	There is a chronic shortage of teachers.	χρόνιος
3 - Surviving and thriving	3B - Mind and body	54	infuriating	adjective	very annoying	The infuriating thing is that he is always right.	εξοργιστικός
SRB3	3A - Who's in control?	28	assertivess training	noun phrase	training to behave in a confident way, so that people notice you		εκπαίδευση αυτοπεποίθησης
SRB3	3A - Who's in control?	28	authoritarian	adjective	strictly forcing people to obey a set of rules or laws, especially ones that are wrong or unfair	an authoritarian government	απολυταρχικός
SRB3	3A - Who's in control?	28	raise awareness of	verb phrase	improve people's knowledge	Health officials have tried to raise awareness about AIDS.	ευαισθητοποιώ
SRB3	3A - Who's in control?	30	intuition	noun	the ability to understand or know something because of a feeling rather than by considering the facts	Intuition told her it was unwise to argue.	διαίσθηση
SRB3	3A - Who's in control?	30	ensure	verb	to make certain that something will happen properly	facilities to ensure the safety of cyclists	διασφαλίζω, εξασφαλίζω
SRB3	3A - Who's in control?	30	behind your back	prepositional phrase	if you do something behind someone's back, you do it without them knowing	I don't like the idea of the two of them talking about me behind my back.	κρυφά, πίσω από την πλάτη κάποιου

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB3	3A - Who's in control?	30	arise	verb	if a problem or difficult situation arises, it begins to happen	A crisis has arisen in the Foreign Office.	προκύπτω
SRB3	3A - Who's in control?	31	gene	noun	a part of a cell in a living thing that controls what it looks like, how it grows, and how it develops. People get their genes from their parents	human genes	γονίδιο
SRB3	3A - Who's in control?	31	obscure	adjective	not well known and usually not very important	The details of his life remain obscure.	ασαφής
SRB3	3A - Who's in control?	32	define yourself as	verb phrase	to describe yourself correctly and thoroughly, and to say what standards, limits, qualities etc you have that make you different from others		αυτοπροσδιορίζομαι
SRB3	3A - Who's in control?	32	imbalance	noun	a lack of a fair or correct balance between two things, which results in problems or unfairness	The government must redress the imbalance (=put it right) in spending on black and white children.	ανισότητα, ανισορροπία
SRB3	3A - Who's in control?	32	inappropriate	adjective	not suitable or right for a particular purpose or in a particular situation	His comments were wholly inappropriate on such a solemn occasion.	ακατάλληλος
SRB3	3A - Who's in control?	32	eradicate	verb	to completely get rid of something such as a disease or a social problem	We can eradicate this disease from the world.	εξαλείφω
SRB3	3B - Mind and body	33	catharsis	noun	the act or process of removing strong or violent emotions by expressing them through writing, talking, acting etc	Music is a means of catharsis for me.	κάθαρση
SRB3	3B - Mind and body	33	insomnia	noun	if you suffer from insomnia, you are not able to sleep		αϋπνία
SRB3	3B - Mind and body	34	autistic	adjective	a person who suffers from a mental disorder (=problem) that makes him / her unable to communicate properly, or to form relationships		αυτιστικός
SRB3	3B - Mind and body	34	mnemonic	noun	something such as a poem or a sentence that you use to help you remember a rule, a name etc		μνημονικό
SRB3	3B - Mind and body	34	seizure	noun	a sudden condition in which someone cannot control the movements of their body, which continues for a short time	He had an epileptic seizure.	κρίση

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB3	3B - Mind and body	34	stroke	noun	if someone has a stroke, an artery (=tube carrying blood) in their brain suddenly bursts or becomes blocked, so that they may die or be unable to use some muscles	She died following a massive stroke.	εγκεφαλικό
SRB3	3B - Mind and body	34	fleeting	adjective	lasting for only a short time	a fleeting smile	φευγαλέος
SRB3	3B - Mind and body	34	at face value	prepositional phrase	to accept someone or something just as it appears; to believe that the way things appear is the way they really are.		όπως ακριβώς είναι, ως έχει
SRB3	3B - Mind and body	34	hone	verb	to improve your skill at doing something, especially when you are already very good at it	He set about honing his skills as a draughtsman.	ακονίζω
SRB3	3B - Mind and body	34	dead on	adjectival phrase	exactly right; on target		ακριβής, εύστοχος
SRB3	3B - Mind and body	34	impaired	adjective	damaged, less strong, or not as good as before	visually/hearing/mentally etc impaired	άτομα με προβλήματα (όρασης, ακοής κλπ)
SRB3	3B - Mind and body	34	anew	adverb	to begin a different job, start to live in a different place etc, especially after a difficult period in your life	I was ready to leave everything behind and start anew in California.	εκ νέου
SRB3	3B - Mind and body	34	outrageous	adjective	very shocking and extremely unfair or offensive	outrageous prices	εξωφρενικός
SRB3	3B - Mind and body	34	concede	verb	to admit that something is true or correct, although you wish it were not true	That's the only possible solution.' 'Yes, I suppose so,' Charles conceded.	παραδέχομαι
SRB3	3B - Mind and body	34	enhanced	adjective	improved or better	enhanced access to information	ενισχύω, βελτιώνω
SRB3	3B - Mind and body	34	torment	verb	to make someone suffer a lot, especially mentally	Seth was tormented by feelings of guilt.	βασανίζω
SRB3	3B - Mind and body	34	semantic	adjective	relating to the meanings of words		σημασιολογικός
SRB3	3B - Mind and body	35	savant	noun	someone who has mental problems and may have lower intelligence than average, but who can do one thing very well, such as adding numbers very quickly		άτομο που φέρει μια διανοητική αναπηρία σε συνδυασμό με μια εξαιρετική διανοητική ικανότητα (Σύνδρομο του Σαβάντ)

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB3	3B - Mind and body	35	misguided	adjective	a misguided idea or opinion is wrong because it is based on a wrong understanding of a situation	His parents still clung to the misguided belief that his common sense would keep him out of serious trouble.	εσφαλμένος, παραπλανητικός
SRB3	3B - Mind and body	35	reinforce	verb	to give support to an opinion, idea, or feeling, and make it stronger	The film reinforces the idea that women should be pretty and dumb.	ενισχύω, υποστηρίζω
SRB3	3B - Mind and body	35	conjure up	phrasal verb	to bring a thought, picture, idea, or memory to someone's mind	Dieting always seems to conjure up images of endless salads.	πλάθω, αναπολώ
SRB3	3B - Mind and body	36	slump	verb	to fall or lean against something because you are not strong enough to stand	She slumped against the wall.	σωριάζομαι, καταπίπτω
SRB3	3B - Mind and body	36	aligned	adjective	things arranged so that they form a line or are parallel to each other, or in a position that forms a line etc	This policy is closely aligned with the goals of the organization.	ευθυγραμμισμένος
SRB3	3B - Mind and body	36	devastated	adjective	feeling extremely shocked and sad	She was left feeling totally devastated.	συντετριμμένος
SRB3	3B - Mind and body	38	assimilate	verb	to completely understand and begin to use new ideas, information etc	It will take time to assimilate all these facts.	αφομοιώνω
SRB3	3B - Mind and body	38	cram	verb	to force something into a small space	Jill crammed her clothes into the bag.	παραγεμίζω, στριμώχνω
SRB3	3B - Mind and body	38	inconclusive	adjective	not leading to a clear decision or result	The evidence against the two men was inconclusive.	ασαφής
SRB3	3B - Mind and body	38	attention span	noun phrase	the period of time during which you continue to be interested in something	Children often have a short attention span.	διάρκεια προσοχής
SRB3	3B - Mind and body	38	adverse	adjective	not good or favourable	They fear it could have an adverse effect on global financial markets.	δυσμενής
4 - Information	4A - Too much of a good thing?	56	blessed	verb	to be fortunate that something is the case	We were blessed with fine weather for the whole week.	ευλογημένος, τυχερός
4 - Information	4A - Too much of a good thing?	56	take precedence	verb phrase	when someone or something is considered to be more important than someone or something else, and therefore comes first or must be dealt with first	Guests were seated in order of precedence.	έχω προτεραιότητα

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
4 - Information	4A - Too much of a good thing?	56	crouch	verb	to lower your body close to the ground by bending your knees completely	He crouched in the shadows near the doorway.	σκύβω κάτω
4 - Information	4A - Too much of a good thing?	56	erode	verb	to gradually reduce something such as someone's power or confidence	Repeated exam failure had eroded her confidence.	διαβρώνω
4 - Information	4A - Too much of a good thing?	56	obsession	noun	an extreme unhealthy interest in something or worry about something, which stops you from thinking about anything else	Gambling became an obsession, and he eventually lost everything.	εμμονή
4 - Information	4A - Too much of a good thing?	56	permeate	verb	if ideas, beliefs, emotions etc permeate something, they are present in every part of it	An emotional intensity permeates every one of O'Connor's songs.	εμποτίζω
4 - Information	4A - Too much of a good thing?	56	impulse	noun	a sudden strong desire to do something without thinking about whether it is a sensible thing to do	Marge's first impulse was to run.	παρόρμηση
4 - Information	4A - Too much of a good thing?	56	reinforcement	noun	the act of making something stronger	The bridge needs some structural reinforcement.	ενίσχυση
4 - Information	4A - Too much of a good thing?	56	fallible	adjective	able to make mistakes or be wrong	These surveys are often a rather fallible guide to public opinion.	σφαλερός, που μπορεί να κάνει λάθος
4 - Information	4A - Too much of a good thing?	56	mundane	adjective	ordinary and not interesting or exciting	The mundane task of setting the table can be fun on holidays.	κοινότυπος, βαρετός
4 - Information	4A - Too much of a good thing?	57	habitually	adverb	usually or by habit	I'm the type of person who habitually checks their email every morning.	συνήθως
4 - Information	4A - Too much of a good thing?	57	feel compelled to do sth	verb phrase	to have the strong feeling that you must do something	He felt compelled to tell her the truth.	αισθάνομαι υποχρεωμένος να κάνω κάτι
4 - Information	4A - Too much of a good thing?	57	exterior	adjective	coming from or relating to facts, situations etc other than the one you are considering	information that is exterior to the text itself	εξωτερικός
4 - Information	4A - Too much of a good thing?	57	incessant	adjective	continuing without stopping	incessant rain	αδιάκοπος, ακατάπαυστος
4 - Information	4A - Too much of a good thing?	59	golden opportunity	noun phrase	a chance to do something or an occasion when it is easy for you to do something	a rare opportunity to see inside this historic building	χρυσή ευκαιρία

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
4 - Information	4A - Too much of a good thing?	59	conventional	adjective	a conventional method, product, practice etc has been used for a long time and is considered the usual type	Internet connections through conventional phone lines are fairly slow.	συνηθισμένος, συμβατικός
4 - Information	4A - Too much of a good thing?	59	pin number	noun phrase	personal identification number, a number that you use when you get money from a machine using a plastic card	PINs are used in banking but are also used in other, non-financial systems.	αριθμός PIN
4 - Information	4A - Too much of a good thing?	60	underestimate	verb	to think or guess that something is smaller, cheaper, easier etc than it really is	We underestimated how long it would take to get there.	υποτιμώ
4 - Information	4A - Too much of a good thing?	60	overcomplicate	verb	make something more complicated than necessary.	the basic idea is quite simple, but some people tend to overcomplicate it	περιπλέκω, μπερδεύω υπερβολικά
4 - Information	4A - Too much of a good thing?	60	co-ordinated	adjective	organised activity so that the people involved in it work well together and achieve a good result	a co-ordinated approach to economic and social questions	συντονισμένος
4 - Information	4A - Too much of a good thing?	60	unfounded	adjective	unfounded statements, feelings, opinions etc are wrong because they are not based on facts	Unfounded rumours began circulating that Ian and Susan were having an affair.	αβάσιμος, αθεμελίωτος
4 - Information	4A - Too much of a good thing?	60	code of (business) conduct	phrase	the way someone behaves, especially in public, in their job etc	the Law Society's Code of Professional Conduct	κώδικας (επαγγελματικής) συμπεριφοράς
4 - Information	4A - Too much of a good thing?	60	be inclined to	phrase	to hold a particular opinion, but not very strongly	Arthur has some strange ideas, but on this occasion I'm inclined to agree with him.	είμαι διατεθειμένος να
4 - Information	4A - Too much of a good thing?	60	indiscretion	noun	an action or remark that shows a lack of good judgment, especially one that is morally unacceptable	Earl describes his past links with the racist group as a youthful indiscretion.	απερισκεψία, ατασθαλία / αδιακρισία
4 - Information	4B - Open up your world	63	diehard	adjective	resisting change and refusing to accept new ideas	Diehard conservatives remain opposed to the president's health care reforms.	σκληροπυρηνικός, αδιάλλακτος
4 - Information	4B - Open up your world	63	be up to speed with (sth)	verb phrase	having the latest information or knowledge about something	Some school officials are only now getting up to speed regarding computers.	ενημερώνομαι για κάτι
4 - Information	4B - Open up your world	63	think 'outside the box'	verb phrase	to think of new, different, or unusual ways of doing something, especially in business	If we try to think outside the box, we might find a better solution.	σκέφτομαι αντισυμβατικά, εκτός της πεπατημένης

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
4 - Information	4B - Open up your world	63	initiative	noun	an important new plan or process to achieve a particular aim or to solve a particular problem	a government initiative to help exporters	πρωτοβουλία
4 - Information	4B - Open up your world	63	constraint	noun	something that limits your freedom to do what you want	Constraints on spending have forced the company to rethink its plans.	περιορισμός
4 - Information	4B - Open up your world	63	collaboration	noun	when you work together with another person or group to achieve something, especially in science or art	The company is building the centre in collaboration with the Institute of Offshore Engineering.	συνεργασία
4 - Information	4B - Open up your world	63	sponsor	verb	to give money to a sports event, theatre, organization etc, often in exchange for the right to advertise	The club is sponsored by Emirates Airline.	χρηματοδοτώ, επιχορηγώ
4 - Information	4B - Open up your world	63	tinker	verb	to make small changes to something in order to repair it or make it work better	Congress has been tinkering with the legislation.	μαστορεύω
4 - Information	4B - Open up your world	63	stifle	verb	to stop something from happening or developing	rules and regulations that stifle innovation	καταπνίγω
4 - Information	4B - Open up your world	63	barrier	noun	a rule, problem etc that prevents people from doing something, or limits what they can do	Problems with childcare remain the biggest barrier to women succeeding at work.	εμπόδιο
4 - Information	4B - Open up your world	63	impede	verb	to make it difficult for someone or something to move forward or make progress	Storms at sea impeded our progress.	εμποδίζω, παρακωλύω
4 - Information	4B - Open up your world	63	impetus	noun	an influence that makes something happen or makes it happen more quickly	The report may provide further impetus for reform.	κίνητρο, ερέθισμα
4 - Information	4B - Open up your world	63	cast (new) light on	verb phrase	to provide new information about something, making it easier to understand	research findings that cast new light on the origin of our universe	ρίχνω φως, παρέχω νέες πληροφορίες
4 - Information	4B - Open up your world	64	censorship	noun	the practice or system of censoring something	censorship of books	λογοκρισία
4 - Information	4B - Open up your world	64	controversy	noun	a serious argument about something that involves many people and continues for a long time	a political controversy	αντιπαράθεση, διαμάχη
4 - Information	4B - Open up your world	64	bias	noun	an opinion about whether a person, group, or idea is good or bad which influences how you deal with it	political bias in the press	προκατάληψη

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
4 - Information	4B - Open up your world	64	objectivity	noun	the quality of being objective	The newspaper article lacked any objectivity.	αντικειμενικότητα
4 - Information	4B - Open up your world	64	be accustomed to (sth)	verb phrase	to be familiar with something and accept it as normal	We were accustomed to working together.	είμαι συνηθισμένος σε
4 - Information	4B - Open up your world	64	illicit	adjective	not allowed by laws or rules, or strongly disapproved of by society	illicit drugs	παράνομος
4 - Information	4B - Open up your world	64	be subject to	phrase	if someone or something is subject to something, especially something bad, it is possible or likely that they will be affected by it	Prices are subject to change.	υπόκειμαι σε
4 - Information	4B - Open up your world	64	provoke	verb	to cause a reaction or feeling, especially a sudden one	The novel has provoked fierce debate in the US.	προκαλώ
4 - Information	4B - Open up your world	65	broadsheet (newspaper)	noun phrase	a newspaper printed on large sheets of paper, especially a serious newspaper		εφημερίδα μεγάλου μεγέθους, σοβαρού περιεχομένου
4 - Information	4B - Open up your world	65	act as a vehicle for	verb phrase	something you use to express and spread your ideas, opinions etc	The 1936 Olympics were used as a vehicle for Nazi propaganda.	λειτουργώ ως μέσο, όχημα κάποιου
4 - Information	4B - Open up your world	66	mutation	noun	a change in the genetic structure of an animal or plant that makes it different from others of the same kind	Any mutation in the gene increases the risk of developing the disease.	μετάλλαξη
4 - Information	4B - Open up your world	66	hard drive	noun phrase	the part of a computer where information and programs are stored, consisting of hard disks and the electronic equipment that reads what is stored on them		σκληρός δίσκος υπολογιστή
4 - Information	4B - Open up your world	67	establish	verb	to start a company, organization, system, etc that is intended to exist or continue for a long time, to found	Our goal is to establish a new research centre in the North.	ιδρύω, εγκαθιστώ, συστήνω
4 - Information	4B - Open up your world	67	lend weight to (sth)	phrasal verb	to make an opinion or belief seem more likely to be correct.	The evidence from the latest studies lends weight to the theory.	δίνω βάρος σε κάτι
4 - Information	4B - Open up your world	69	premises	noun	the buildings and land that a shop, restaurant, company etc uses	Schools may earn extra money by renting out their premises.	εγκαταστάσεις εταιριών, γραφείων κλπ
4 - Information	4B - Open up your world	70	incompetent	adjective	not having the ability or skill to do a job properly	weak, incompetent leadership	ανίκανος, ακατάλληλος, ανεπαρκής

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
4 - Information	4B - Open up your world	70	sift through	verb phrase	to examine information, documents etc carefully in order to find something out or decide what is important and what is not	Police are sifting through the evidence.	περνώ από κόσκινο, ερευνώ με προσοχή
4 - Information	4B - Open up your world	70	prioritise	verb	to put several things, problems etc in order of importance, so that you can deal with the most important ones first	You need to prioritise your tasks.	βάζω προτεραιότητες
4 - Information	4B - Open up your world	70	weed out	phrasal verb	to get rid of people or things that are not very good	The research will help governments to weed out ineffective aid schemes.	ξεκαθαρίζω, ξεριζώνω
SRB 4 - Information	4A - Too much of a good thing?	39	conservative	adjective	not liking changes or new ideas	conservative views	συντηρητικός
SRB 4 - Information	4A - Too much of a good thing?	39	reflect	verb	if a person or a thing is reflected in a mirror, glass, or water, you can see an image of the person or thing on the surface of the mirror, glass, or water	She could see her face reflected in the car's windshield.	αντικατοπτρίζω, καθρεφτίζομαι
SRB 4 - Information	4A - Too much of a good thing?	39	be confined to	phrase	to exist in or affect only a particular place or group	The risk of infection is confined to medical personnel.	περιορίζομαι σε
SRB 4 - Information	4A - Too much of a good thing?	39	crack down on	phrasal verb	to become more strict in dealing with a problem and punishing the people involved	The government is determined to crack down on terrorism.	πατάσσω
SRB 4 - Information	4A - Too much of a good thing?	39	retract (a statement, comment)	verb	if you retract something that you said or agreed, you say that you did not mean it	He confessed to the murder but later retracted his statement.	ανακαλώ
SRB 4 - Information	4A - Too much of a good thing?	39	repercussions	noun	the effects of an action or event, especially bad effects that continue for some time	The collapse of the company had repercussions for the whole industry.	επιπτώσεις
SRB 4 - Information	4A - Too much of a good thing?	39	allegation	noun	a statement that someone has done something wrong or illegal, but that has not been proved	Mr Singh has strongly denied the allegations of sexual harassment.	ισχυρισμός
SRB 4 - Information	4A - Too much of a good thing?	39	bribe	noun	money or a gift that you illegally give someone to persuade them to do something for you	The officials said that they had been offered bribes before an important game.	δωροδοκία
SRB 4 - Information	4A - Too much of a good thing?	39	piece together	phrasal verb	to use all the information you have about a situation in order to discover the truth about it	Police are trying to piece together his movements before the murder.	συνταιριάζω, συνδυάζω πληροφορίες

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB 4 - Information	4A - Too much of a good thing?	40	key (on a computer)	noun	the buttons that you press on a computer keyboard to operate the computer	Press the ESCAPE key to exit.	πλήκτρο σε πληκτρολόγιο υπολογιστή
SRB 4 - Information	4A - Too much of a good thing?	41	be packed (with people)	adjectival phrase	extremely full of people	a packed courtroom	υπερπλήρης, κατάμεστος με ανθρώπους
SRB 4 - Information	4A - Too much of a good thing?	41	ditch	verb	to stop having something because you no longer want it	The government has ditched plans to privatise the prison.	ξεφορτώνομαι, καταργώ
SRB 4 - Information	4A - Too much of a good thing?	41	cutbacks	noun	a reduction in something, such as the number of workers in a company or the amount of money a government or company spends	The shortage of teachers was blamed on government cutbacks.	περικοπές
SRB 4 - Information	4A - Too much of a good thing?	44	embrace (ideas)	verb	to eagerly accept a new idea, opinion, religion etc	We hope these regions will embrace democratic reforms.	ενστερνίζομαι (ιδέες)
SRB 4 - Information	4B - Open up your world	44	pejorative	adjective	a word or expression that is pejorative is used to show disapproval or to insult someone	For hard-line Republicans, the word 'liberal' had become a pejorative term.	υποτιμητικός, μειωτικός
SRB 4 - Information	4B - Open up your world	44	laypeople	noun	people not trained in a particular subject or type of work, especially when they are being compared with someone who is	If you don't understand what the doctor says, ask to have it explained in layman's terms.	οι απλοί άνθρωποι που δεν έχουν εξειδικευμένες γνώσεις πάνω σε κάτι.
SRB 4 - Information	4B - Open up your world	44	credence	noun	the acceptance of something as true	I don't give any credence to these rumors.	αξιοπιστία
SRB 4 - Information	4B - Open up your world	44	integrity	noun	the quality of being honest and strong about what you believe to be right	a man of great moral integrity	ακεραιότητα
SRB 4 - Information	4B - Open up your world	44	dubbed	verb (p.part.)	to give something or someone a name that describes them in some way, to change the original spoken language of a film or television programme into another language	The body, thousands of years old, was found in the Alps and dubbed 'The Iceman'. a British film dubbed into French	επονομάζω / μεταγλωττίζω, ντουμπλάρω
SRB 4 - Information	4B - Open up your world	44	on the fringes	prepositional phrase	not completely belonging to or accepted by a group of people who share the same job, activities etc	a small group on the fringes of the art world	στις παρυφές
SRB 4 - Information	4B - Open up your world	44	by the dozen	phrase	in groups of 12. If something is produced by the dozen, large numbers of that thing are being produced	The government is producing new policies by the dozen.	με τη ντουζίνα

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB 4 - Information	4B - Open up your world	44	incongruent	adjective	incompatible, not fitting well together		ασύμβατος
SRB 4 - Information	4B - Open up your world	44	dig (one's) heels in	phrase	to refuse to do something in spite of other people's efforts to persuade you	The student dug her heels in and refused to obey the instructions.	μουλαρώνω, πεισμώνω
SRB 4 - Information	4B - Open up your world	44	fixed in stone	phrase	used to say that an idea or plan cannot change	John has several new ideas for the show, but nothing is fixed in stone yet.	που δεν μπορεί να αλλάξει
SRB 4 - Information	4B - Open up your world	44	seminal	adjective	a seminal article, book etc is important, and influences the way things develop in the future	a seminal study of eighteenth-century France	με επιρροή, σημαίνων
SRB 4 - Information	4B - Open up your world	44	cocoon	noun	a silk cover that young moths and other insects make to protect themselves while they are growing, a place or situation in which you feel comfortable and safe, and are protected from anything unpleasant	She was surrounded by the cocoon of a loving family.	κουκούλι, κάψουλα
SRB 4 - Information	4B - Open up your world	45	quackery	noun	the activities of someone who pretends to be a doctor		αγυρτεία
SRB 4 - Information	4B - Open up your world	45	cut-and-thrust (debate)	adjectival phrase	lively discussion or activity	I don't mind the cut and thrust of argument, but I prefer friendlier and more relaxed conversation.	έντονη συζήτηση με διαφωνία
SRB 4 - Information	4B - Open up your world	45	nerd	colloquial noun	someone who seems only interested in computers and other technical things - used to show disapproval	a computer nerd	σπασίκλας, φυτό
SRB 4 - Information	4B - Open up your world	45	embedded	adjective	put firmly and deeply into something else, or to be put into something in this way	A piece of glass was embedded in her hand.	ενσωματωμένος, ένθετος
SRB 4 - Information	4B - Open up your world	45	backfire	verb	if a plan or action backfires, it has the opposite effect to the one you intended	The company's new policy backfired when a number of employees threatened to quit.	γυρνάει μπούμερανγκ
SRB 4 - Information	4B - Open up your world	45	exhaustive	adjective	extremely thorough and complete	an exhaustive investigation	εξαντλητικός
SRB 4 - Information	4B - Open up your world	45	insular	adjective	interested in your own group, country, way of life etc and no others - used to show disapproval	an insular community	στενόμυαλος
SRB 4 - Information	4B - Open up your world	45	permeable	adjective	material that is permeable allows water, gas etc to pass through it	the permeable cell membrane	διαπερατός

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB 4 - Information	4B - Open up your world	45	imprimatur	noun	approval of something, especially from an important person	His actions have the imprimatur of the Secretary of State.	επίσημη έγκριση
SRB 4 - Information	4B - Open up your world	45	cultic milieu	noun phrase	the religious things and people that surround you and influence the way you live and think	Proust's work reflected his own social and cultural milieu.	λατρευτικό περιβάλλον
SRB 4 - Information	4B - Open up your world	45	sequester (oneself)	verb	to take property away from the person it belongs to because they have not paid their debts		κατάσχω
SRB 4 - Information	4B - Open up your world	45	in contention	phrase	having a chance of winning something	Owen's goal kept England in contention.	μένω στον αγώνα, στη διεκδίκηση
SRB 4 - Information	4B - Open up your world	46	cite	verb	to give the exact words of something that has been written, especially in order to support an opinion or prove an idea	The passage cited above is from a Robert Frost poem.	αναφέρω, παραθέτω
SRB 4 - Information	4B - Open up your world	46	genre	noun	a particular type of art, writing, music etc, which has certain features that all examples of this type share	a new genre of filmmaking	είδος, στυλ
SRB 4 - Information	4B - Open up your world	47	lay (sth) to rest	verb phrase	to stop people from worrying about or believing something	The minister resigned, and the government hoped that the scandal would finally be laid to rest.	καθησυχάζω
SRB 4 - Information	4B - Open up your world	47	inept	adjective	not good at doing something	He was criticized for his inept handling of the problem.	ανίκανος, άπειρος
SRB 4 - Information	4B - Open up your world	47	well-adjusted	adjective	emotionally healthy and able to deal well with the problems of life	a happy, well-adjusted child	καλά προσαρμοσμένος
SRB 4 - Information	4B - Open up your world	47	be instrumental in	adjectival phrase	to be important in making something happen	He was instrumental in developing links with European organizations.	σημαντικός, συντελεστικός
5 - Language and literature	5A - It's all in a word!	72	abound	verb	to exist in very large numbers	Rumours abound as to the reasons for his resignation.	αφθονώ
5 - Language and literature	5A - It's all in a word!	72	surge	noun	a sudden increase in amount or number	a surge in food costs	ξαφνική αύξηση
5 - Language and literature	5A - It's all in a word!	72	deploy	verb	to use something for a particular purpose, especially ideas, arguments etc	a job in which a variety of professional skills will be deployed	αναπτύσσω, εφαρμόζω

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5 - Language and literature	5A - It's all in a word!	72	ensue	verb	to happen after or as a result of something	problems that ensue from food and medical shortages	προκύπτω, επακολουθώ
5 - Language and literature	5A - It's all in a word!	72	speculation	noun	when you guess about the possible causes or effects of something without knowing all the facts, or the guesses that you make	There is speculation that the president is ill.	εικασία
5 - Language and literature	5A - It's all in a word!	72	stack	verb	to make things into a neat pile, or to form a neat pile	The assistants price the items and stack them on the shelves.	στοιβάζω
5 - Language and literature	5A - It's all in a word!	72	deem	verb	to think of something in a particular way or as having a particular quality	They deemed that he was no longer capable of managing the business.	θεωρώ, κρίνω
5 - Language and literature	5A - It's all in a word!	72	kudos	noun	the state of being admired and respected for being important or for doing something important	He acquired kudos just by appearing on television.	δόξα, φήμη
5 - Language and literature	5A - It's all in a word!	72	tangible	adjective	relating to things a person or company owns that have a known value, for example property, buildings, or equipment	Investors began buying gold and tangible assets rather than shares.	απτός, χειροπιαστός
5 - Language and literature	5A - It's all in a word!	72	relegate	verb	to give someone or something a less important position than before	Women tended to be relegated to typing and filing jobs.	υποβιβάζω
5 - Language and literature	5A - It's all in a word!	72	odds	noun pl	how likely it is that something will or will not happen	The odds are that he will commit the same crime again.	πιθανότητες
5 - Language and literature	5A - It's all in a word!	73	cart	verb	to take something somewhere in a cart, truck etc	Household waste is carted away by the city's Sanitation Department.	κουβαλάω
5 - Language and literature	5A - It's all in a word!	73	come to the crunch	verb phrase	an important time, especially one when a difficult decision has to be made	When it came to the crunch, she couldn't agree to marry him.	η ώρα της κρίσης
5 - Language and literature	5A - It's all in a word!	73	nose around / about	phrasal verb	to look around a place in order to try to find something, when there is no one else there	What were you doing nosing around in my office?	τριγυρνάω ψάχνοντας
5 - Language and literature	5A - It's all in a word!	73	speak volumes	expression	if something speaks volumes, it clearly shows the nature of something or the feelings of a person	What you wear speaks volumes about you.	λέει πολλά, σημαίνει πολλά
5 - Language and literature	5A - It's all in a word!	73	leaning	noun	a tendency to prefer or agree with a particular set of beliefs, opinions etc	his radical political leanings	κλίση, τοποθέτηση, προτίμηση

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5 - Language and literature	5A - It's all in a word!	73	ambiance	noun	the qualities and character of a particular place and the way these make you feel	The restaurant's new owners have created a welcoming ambiance.	ατμόσφαιρα, κλίμα
5 - Language and literature	5A - It's all in a word!	73	engage with	verb	to get involved with other people and their ideas in order to understand them	Are you so tired you don't have the energy to engage with your kids?	ασχολούμαι με
5 - Language and literature	5A - It's all in a word!	73	binding	noun	a book cover, material sewn or stuck along the edge of a piece of cloth for strength or decoration		δέσιμο, βιβλιοδεσία
5 - Language and literature	5A - It's all in a word!	73	perch	noun	a branch or stick where a bird sits, a high place or position, especially one where you can sit and watch something	She watched the parade from her perch on her father's shoulders.	κούρνια
5 - Language and literature	5A - It's all in a word!	73	redundant	adjective	if you are redundant, your employer no longer has a job for you, not necessary because something else means or does the same thing	As the economy weakens, more and more jobs will be made redundant.	περιττός, πλεονάζων
5 - Language and literature	5A - It's all in a word!	73	tome	noun	a large heavy book		ογκώδης τόμος
5 - Language and literature	5A - It's all in a word!	73	affinity	noun	a strong feeling that you like and understand someone or something	his remarkable affinity with animals	σχέση, έλξη ,συμπάθεια
5 - Language and literature	5A - It's all in a word!	73	prospective	adjective	someone who is likely to do a particular thing or achieve a particular position	the prospective costs of providing pensions	αναμενόμενος, προσδοκώμενος
5 - Language and literature	5A - It's all in a word!	74	have a good eye for (sth)	noun phrase	to be good at noticing a particular type of thing, especially something attractive, valuable, of good quality etc	She's definitely got a good eye for a bargain.	έχω "μάτι" για κάτι
5 - Language and literature	5A - It's all in a word!	75	budge	verb	to move, or to make someone or something move, to change your opinion, or to make someone change their opinion	The government has refused to budge.	κινούμαι, κινώ
5 - Language and literature	5A - It's all in a word!	75	tongue-tied	adjective	unable to talk in a relaxed way because you feel nervous or embarrassed	When adults spoke to her, she became tongue-tied and shy.	σιωπηλός, βουβός
5 - Language and literature	5A - It's all in a word!	75	fair play	expression	playing according to the rules of a game without cheating	rules designed to ensure fair play	τίμιο παιχνίδι

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5 - Language and literature	5A - It's all in a word!	75	foregone conclusion	noun phrase	if something is a foregone conclusion, its result is certain, even though it has not happened yet	The election result was a foregone conclusion.	προτετελεσμένο γεγονός
5 - Language and literature	5A - It's all in a word!	75	foul play	expression	an action that is dishonest, unfair, or illegal, especially one that happens during a sports game	The police said they had no reason to suspect foul play.	αντικανονική ενέργεια
5 - Language and literature	5A - It's all in a word!	75	send sb packing	verb phrase	to ask someone to leave immediately	There were some kids at the door asking for money but I sent them packing.	ξαποστέλνω, διώχνω
5 - Language and literature	5A - It's all in a word!	75	laughing stock	noun phrase	someone who is a laughing stock has done something so silly that people have no respect for them	The programme has made the U.S. a laughingstock.	περίγελος
5 - Language and literature	5A - It's all in a word!	75	string sth together	phrasal verb	to combine things in order to make something that is complete, good, useful etc	They string together image after image until the documentary is completed.	ενώνω, συνδέω
5 - Language and literature	5A - It's all in a word!	75	knack	noun	a natural skill or ability	Some people seem to have a knack for making money.	ικανότητα, δεξιότητα, μαστοριά
5 - Language and literature	5A - It's all in a word!	75	succinctly	adverb	clearly expressed in a few words - use this to show approval	Anderson put the same point more succinctly.	ευκρινώς, συνοπτικά
5 - Language and literature	5A - It's all in a word!	75	lexicon	noun phrase	all the words and phrases used in a language or that a particular person knows	New words continuously enter the lexicon of the language.	λεξιλόγιο
5 - Language and literature	5A - It's all in a word!	75	good riddance	noun phrase	a rude way of saying you are glad someone has left	She was awful. Good riddance to her, I say!	ξεκουμπίδια
5 - Language and literature	5B - An open book	79	on an impulse	prepositional phrase	a sudden strong desire to do something without thinking about whether it is a sensible thing to do	On impulse, I picked up the phone and rang her.	από παρόρμηση
5 - Language and literature	5B - An open book	79	underlying	adjective	the cause, idea etc that is the most important, although it is not easily noticed	the underlying causes of her depression	βαθύτερος, υποκείμενος
5 - Language and literature	5B - An open book	79	human endeavour	noun	effort by people in general to do something new or difficult	an outstanding example of human endeavor	ανθρώπινη προσπάθεια
5 - Language and literature	5B - An open book	79	keep (sb) on tenterhooks	verb phrase	to make someone feel nervous and excited waiting to find out something or for something to happen	We were kept on tenterhooks while the judges made their decision.	κρατάω κάποιον σε αγωνία

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5 - Language and literature	5B - An open book	79	unfolding	adjective	an unfolding event, situation etc is happening now	There is serious UN concern about unfolding events in Syria.	σε εξέλιξη
5 - Language and literature	5B - An open book	79	intricate	adjective	containing many small parts or details that all work or fit together	intricate patterns	περίπλοκος
5 - Language and literature	5B - An open book	79	quirky	adjective	unusual, especially in an interesting way	I like his quirky sense of humour.	ιδιόρρυθμος
5 - Language and literature	5B - An open book	79	daunting	adjective	frightening in a way that makes you feel less confident	He's got the daunting task of following in Ferguson's footsteps.	τρομακτικός
5 - Language and literature	5B - An open book	79	insight	noun	a sudden clear understanding of something or part of something, especially a complicated situation or idea	The article gives us a real insight into the causes of the present economic crisis.	σαφής εικόνα, αντίληψη
5 - Language and literature	5B - An open book	79	browse	verb phrase	to search for information on a computer or on the Internet	a feature that allows you to browse your hard drive and choose the graphic you want to display	περιηγούμαι (στο διαδίκτυο)
5 - Language and literature	5B - An open book	79	eclectic	adjective	including a mixture of many different things or people, especially so that you can use the best of all of them	an eclectic mixture of 18th and 19th century furniture	ετερόκλητος
5 - Language and literature	5B - An open book	79	eye-opener	noun	an experience from which you learn something surprising or new	The whole trip has been a real eye-opener.	αποκάλυψη, κάτι που ανοίγει τα μάτια
5 - Language and literature	5B - An open book	79	perceptive	adjective	someone who is perceptive notices things quickly and understands situations, people's feelings etc well – used to show approval	You're right. That's very perceptive of you.	διορατικός, οξυδερκής
5 - Language and literature	5B - An open book	83	avid	adjective	doing something as much as possible	an avid collector of old jazz records	φανατικός, ενθουσιώδης
5 - Language and literature	5B - An open book	85	be captivated by (sth)	phrase	to be very attracted to someone, so that you give them all your attention	He was captivated by her beauty.	γοητεύομαι από κάτι
5 - Language and literature	5B - An open book	86	surreptitiously	adverb	secretly, without other people knowing or seeing	The police surreptitiously recorded the meeting and used the tape as evidence.	κρυφά, μυστικά
5 - Language and literature	5B - An open book	80	ongoing	adjective	continuing, or continuing to develop	their ongoing search for a new director	συνεχιζόμενος
5 - Language and literature	5B - An open book	80	with the aid of	prepositional phrase	help that you need to do a particular thing	Father Poole walked painfully, with the aid of a stick.	υποβοηθούμενος από

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
5 - Language and literature	5B - An open book	83	avid	adjective	doing something as much as possible	an avid collector of old jazz records	φανατικός, ενθουσιώδης
5 - Language and literature	5B - An open book	83	fervent	adjective	believing or feeling something very strongly and sincerely	a fervent appeal for peace	θερμός, φλογερός
5 - Language and literature	5B - An open book	83	outlandish	adjective	strange and unusual	outlandish clothes	αλλόκοτος, παράξενος
5 - Language and literature	5B - An open book	83	cliffhanger	noun	a situation in a story, film, or a 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	the episode's cliffhanger ending	δραματική στιγμή
5 - Language and literature	5B - An open book	85	be captivated by (sth)	phrase	to be very attracted to someone, so that you give them all your attention	He was captivated by her beauty.	γοητεύομαι από κάτι
5 - Language and literature	5B - An open book	86	melt away	phrasal verb	if a crowd of people melts away, the people gradually leave, to gradually disappear	Her determination to take revenge slowly melted away.	εξαφανίζομαι, διαλύομαι
5 - Language and literature	5B - An open book	86	the bee's knees	phrase	to be very good	She thought the party was just the bee's knees.	εξαιρετικός
5 - Language and literature	5B - An open book	86	get the hang of sth	verb phrase	to learn how to do something or use something	It seems difficult at first, but you'll soon get the hang of it.	συνηθίζω, παίρνω το κολάι
5 - Language and literature	5B - An open book	86	intelligible	adjective	if speech, writing, or an idea is intelligible, it can be easily understood	His reply was barely intelligible.	κατανοητός
5 - Language and literature	5B - An open book	86	produce the goods	expression	to produce what is wanted	What they promise sounds impressive, let's see if they can produce the goods.	φέρνω εις πέρας, καταφέρνω
SRB5	5A - It's all in a word!	50	delegate	noun	someone who has been elected or chosen to speak, vote, or take decisions for a group	Around 350 delegates attended the conference.	αντιπρόσωπος
SRB5	5A - It's all in a word!	50	blurb	noun	a short description giving information about a book, new product etc		διαφήμιση
SRB5	5A - It's all in a word!	50	inflated	adjective	inflated prices, amounts etc are high and unreasonable	He has a very inflated opinion of himself.	διογκωμένος, παράλογος
SRB5	5A - It's all in a word!	50	disarming	adjective	making you feel less angry or disapproving towards someone, and more friendly	a disarming sense of humor	αφοπλιστικός

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SRB5	5A - It's all in a word!	50	lingua franca	noun	a language used between people whose main languages are different	English is the lingua franca in many countries.	κοινή γλώσσα
SRB5	5A - It's all in a word!	51	ubiquitous	adjective	seeming to be everywhere - sometimes used humorously	Coffee shops are ubiquitous these days.	πανταχού παρών
SRB5	5A - It's all in a word!	51	derivation	noun	the origin of something, especially a word		καταγωγή, προέλευση, ετυμολογία
SRB5	5A - It's all in a word!	51	wacky	adjective	silly in an exciting or amusing way	a wonderfully wacky idea	εκκεντρικός
SRB5	5A - It's all in a word!	51	acronym	noun	a word made up from the first letters of the name of something such as an organization	NATO is an acronym for the North Atlantic Treaty Organization.	ακρωνύμιο
SRB5	5A - It's all in a word!	52	illuminating	adjective	making things much clearer and easier to understand	a very illuminating book	διαφωτιστικός
SRB5	5A - It's all in a word!	52	subsequently	adverb	after an event in the past	The book was subsequently translated into 15 languages.	ακολούθως, κατόπιν
SRB5	5A - It's all in a word!	52	play host to	verb phrase	provide the place, food etc for a special meeting or event	The gallery is playing host to an exhibition of sculpture.	φιλοξενώ
SRB5	5A - It's all in a word!	53	perennial	adjective	continuing or existing for a long time, or happening again and again	Lack of resources has been a perennial problem since the beginning.	αιώνιος, μόνιμος, πολυετής
SRB5	5A - It's all in a word!	54	savvy	adjective	someone who is savvy is clever and knows how to deal with situations successfully	savvy consumers	έξυπνος, πανούργος, έμπειρος
SRB5	5A - It's all in a word!	54	quirky	adjective	unusual, especially in an interesting way	I like his quirky sense of humour.	ιδιότροπος
SRB5	5A - It's all in a word!	54	tap into	phrasal verb	to use or take what is needed from something such as an energy supply or an amount of money	People are tapping into the power supply illegally.	επωφελούμαι
SRB5	5A - It's all in a word!	54	displacement activities	noun phrase	an unnecessary activity that you do because you are trying to delay doing a more difficult or unpleasant activity	When I was studying for my exams I used to clean the house as a displacement activity.	μετατόπιση δραστηριοτήτων
SRB5	5A - It's all in a word!	54	beguile	verb	to interest and attract someone	She was beguiled by his smooth talk.	σαγηνεύω, γοητεύω
SRB5	5A - It's all in a word!	54	bash out a whole raft of	phrase	to produce something quickly or in great quantities but without much care or thought a large number of things	The company has bashed out a whole raft of new software products.	παράγω γρήγορα και σε μεγάλες ποσότητες κάτι

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB5	5A - It's all in a word!	54	a whole different ballgame	phrase	a completely different situation, often one that is difficult or that you know little about		εντελώς διαφορετική υπόθεση
SRB5	5A - It's all in a word!	54	volume of sales	phrase	the total amount of sales, especially when they are large or increasing		ο όγκος των πωλήσεων
SRB5	5A - It's all in a word!	54	dumb down	verb	to present news or information in a simple and attractive way without many details so that everyone can understand it - used to show disapproval	Have history textbooks been dumbed down over the past decade?	υπεραπλουστεύω, απλοποιώ, εκλαϊκεύω
SRB5	5A - It's all in a word!	54	walk a tightrope	expression	to be in a difficult situation in which something bad could happen if you make a mistake	I feel as though I'm walking a tightrope between success and failure.	ακροβατώ
SRB5	5B - An open book	55	upbeat	adjective	positive and making you feel that good things will happen	an upbeat message	αισιόδοξος
SRB5	5B - An open book	55	compulsion (to do sth)	noun	a strong and unreasonable desire to do something	the compulsion to smoke or eat too much	καταναγκασμός
SRB5	5B - An open book	55	needless to say	adjectival phrase	used when you are telling someone something that they probably know or expect	Needless to say, any contributions of money will be gratefully received.	περιττό να πω
SRB5	5B - An open book	55	counterpart	noun	someone or something that has the same job or purpose as someone or something else in a different place	Belgian officials are discussing this with their French counterparts.	ομόλογος
SRB5	5B - An open book	55	conceivably	adverb	able to be believed or imagined	Conceivably, interest rates could rise very high indeed.	ενδεχομένως
SRB5	5B - An open book	55	repertoire	noun	the total number of things that someone or something is able to do	the behavioral repertoire of infants	ρεπερτόριο
SRB5	5B - An open book	56	codex	noun	an ancient book written by hand	a sixth-century codex	κώδικας (χειρόγραφο βιβλίο)
SRB5	5B - An open book	56	hand-wringing	noun	to rub and twist your hands together because you are worried and upset		σφίγγω τα χέρια μου
SRB5	5B - An open book	56	dodo	noun	a large bird that was unable to fly and no longer exists, a stupid person		Ντόντο, πτηνό το οποίο έχει εκλείψει
SRB5	5B - An open book	56	geometric pattern	noun phrase	a pattern having or using the shapes and lines in geometry		γεωμετρικό σχέδιο

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB5	5B - An open book	56	margin	noun	the empty space at the side of a page	Someone had scribbled a note in the margin.	περιθώριο
SRB5	5B - An open book	56	congregate	verb	to come together in a group	Crowds began to congregate to hear the President's speech.	συναθροίζομαι
SRB5	5B - An open book	56	node	noun	a place where lines in a network cross or join		κόμβος
SRB5	5B - An open book	56	painstakingly	adverb	very carefully and thoroughly	The old painting was painstakingly restored.	επιμελώς, προσεκτικά
SRB5	5B - An open book	56	dog-eared	adjective	dog-eared books or papers have been used so much that the corners are turned over or torn	a dog-eared novel	πολυδιαβασμένο βιβλίο, που του έχουν στρίψει οι άκρες
SRB5	5B - An open book	56	superseded	adjective	if a new idea, product, or method supersedes another one, it becomes used instead because it is more modern or effective	Their map has since been superseded by photographic atlases.	ξεπερασμένος, αχρηστευμένος
SRB5	5B - An open book	57	blur	verb	to become difficult to see or to make something difficult to see, because the edges are not clear	The street lights were blurred by the fog.	θολώνω, θαμπώνω
SRB5	5B - An open book	57	demise	noun	the end of something that used to exist	the imminent demise (=happening soon) of the local newspaper	θάνατος
SRB5	5B - An open book	57	mourn	verb	to feel very sad and to miss someone after they have died	Hundreds of people gathered to mourn the slain president.	θρηνώ, πενθώ
SRB5	5B - An open book	57	imminent	adjective	an event that is imminent, especially an unpleasant one, will happen very soon	He was in imminent danger of dying.	επικείμενος, άμεσος
SRB5	5B - An open book	57	curate	verb	to be in charge of a museum, a collection of art, or a particular exhibition or arts festival	The museum director curated the exhibition.	επιμελούμαι, οργανώνω, φροντίζω
SRB5	5B - An open book	57	incorporate	verb	to include something as part of a group, system, plan etc	We've incorporated many environmentally-friendly features into the design of the building.	ενσωματώνω
SRB5	5B - An open book	57	push the boundaries	verb phrase	to make a new discovery, work of art etc that is very different from what people have known before, and that changes the way they think	art that pushes back the boundaries	ωθώ τα όρια, κάνω νέα ανακάλυψη, καινοτομώ

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB5	5B - An open book	57	augment	verb	to increase the value, amount, effectiveness etc of something	Any surplus was sold to augment their income.	αυξάνω
SRB5	5B - An open book	57	interface	noun	the way in which you see the information from a computer program on a screen, or how you type information into the program		διεπαφή
SRB5	5B - An open book	57	collaborative	adjective	a job or piece of work that involves two or more people working together to achieve something		συνεργατικός
SRB5	5B - An open book	57	inception	noun	the start of an organization or institution	a CD collection covering the band from its inception in 1994	έναρξη, ξεκίνημα
SRB5	5B - An open book	57	annotated	adjective	short notes added to a book or piece of writing to explain parts of it	an annotated edition of 'Othello'	σχολιασμένος
SRB5	5B - An open book	58	anonymity	noun	when other people do not know who you are or what your name is	Every step will be taken to preserve your anonymity.	ανωνυμία
SRB5	5B - An open book	59	mixed blessing	expression	a situation that has both good and bad parts	Having children so early in their marriage was a mixed blessing.	ευχή και κατάρρα
SRB5	5B - An open book	60	alcove	noun	a place in the wall of a room that is built further back than the rest of the wall		εσοχή, κόγχη
SRB5	5B - An open book	60	array	noun	a group of people or things, especially one that is large or impressive	There was a vast array of colours to choose from.	παράταξη, ποικιλία
6 - Travel	6A - Sense of adventure	88	that old chestnut	noun phrase	a joke or story that has been repeated many times	If I hear that old chestnut again, I'll scream!	η γνωστή ιστορία
6 - Travel	6A - Sense of adventure	88	be a far cry from (sth)	verb phrase	to be very different from something	The company lost £3 million, which is a far cry from last year's £60 million profit.	απέχω κατά πολύ από κάτι
6 - Travel	6A - Sense of adventure	88	the passage of time	noun phrase	the passing of time	With the passage of time, things began to look more hopeful.	το πέρασμα του χρόνου
6 - Travel	6A - Sense of adventure	88	tides of history	noun phrase	the way in which important events develop over a long period of time	Politicians might think they can control the tides of history, but they're wrong.	ο ρους της ιστορίας
6 - Travel	6A - Sense of adventure	88	vagabonding	noun	the activity of travelling continuously and not having a permanent home	How old were you when you first started vagabonding?	περιπλάνηση
6 - Travel	6A - Sense of adventure	88	relish	verb	to enjoy an experience or the thought of something that is going to happen	I don't relish the thought of you walking home alone.	απολαμβάνω

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
6 - Travel	6A - Sense of adventure	88	grimy	adjective	covered with dirt	grimy windows	βρώμικος
6 - Travel	6A - Sense of adventure	88	privileged	adjective	having advantages because of your wealth, social position, job etc	Only the privileged few can afford private education.	προνομιούχος
6 - Travel	6A - Sense of adventure	88	officialdom	noun	government departments or the people who work in them – used when you think they are not helpful	Fining people for chewing gum is officialdom gone mad!	γραφειοκρατία
6 - Travel	6A - Sense of adventure	88	fraught	adjective	full of problems etc	Their marriage has been fraught with difficulties.	γεμάτος
6 - Travel	6A - Sense of adventure	88	allure	noun	a mysterious, exciting, or desirable quality	the allure of foreign travel	γοητεία, θέλητρο
6 - Travel	6A - Sense of adventure	88	hub	noun	the central and most important part of an area, system, activity etc, which all the other parts are connected to	Birmingham is at the hub of Britain's motorway network.	κόμβος, κέντρο
6 - Travel	6A - Sense of adventure	88	tendency	noun	if someone or something has a tendency to do or become a particular thing, they are likely to do or become it	Greg's tendency to be critical made him unpopular with his co-workers.	τάση
6 - Travel	6A - Sense of adventure	89	ravaged	adjective	damaged very badly	ravaged health	κατεστραμμένος
6 - Travel	6A - Sense of adventure	89	wrinkle	noun	wrinkles are lines on your face and skin that you get when you are old	Her face was a mass of wrinkles.	ρυτίδα, ζάρα
6 - Travel	6A - Sense of adventure	89	motto	noun	a short sentence or phrase giving a rule on how to behave, which expresses the aims or beliefs of a person, school, or institution	'Be prepared' is the motto of the boy scouts.	ρητό, γνωμικό
6 - Travel	6A - Sense of adventure	89	flog (to)	verb	to beat a person or animal with a whip or stick	He was publicly flogged and humiliated.	μαστιγώνω, ραβδίζω
6 - Travel	6A - Sense of adventure	89	stumble across	phrasal verb	to find or discover something by chance and unexpectedly	Researchers have stumbled across a drug that may help patients with Parkinson's disease.	ανακαλύπτω τυχαία
6 - Travel	6A - Sense of adventure	89	random tip	noun phrase	a helpful piece of advice given without any definite plan or aim		τυχαία συμβουλή, πληροφορία
6 - Travel	6A - Sense of adventure	89	back of beyond	idiomatic phrase	a place far away from any big town	They live in some village in the back of beyond.	στη μέση του πουθενά

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
6 - Travel	6A - Sense of adventure	89	haphazard	adjective	happening or done in a way that is not planned or organized	I continued my studies in a rather haphazard way.	αμεθόδευτος, τυχαίος
6 - Travel	6A - Sense of adventure	89	irrelevance	noun	a lack of importance in a particular situation	He believes that these outdated organizations will continue down the path to irrelevance.	ασυνάφεια, έλλειψη σπουδαιότητας
6 - Travel	6A - Sense of adventure	89	be tainted by	adjectival phrase	if something bad taints a situation or person, it makes the person or situation seem bad	Baker argues that his trial was tainted by negative publicity.	επηρεάζομαι από
6 - Travel	6A - Sense of adventure	89	compromise (sth.)	verb	to do something which is against your principles and which therefore seems dishonest or shameful	As soon as you compromise your principles you are lost.	διακινδυνεύω, εκθέτω
6 - Travel	6A - Sense of adventure	89	far-flung	adjective	very distant	expeditions to far-flung corners of the globe	απομακρυσμένος
6 - Travel	6A - Sense of adventure	89	scribble	verb	to write something quickly and untidily	I scribbled his phone number in my address book.	κακογράφω, μουτζουρώνω
6 - Travel	6A - Sense of adventure	90	strewn (all over)	adjective	scattered around a large area	The street was strewn with broken glass.	διασκορπισμένος
6 - Travel	6A - Sense of adventure	90	quaint	adjective	unusual and attractive, especially in an old-fashioned way	a quaint little village in Yorkshire	γραφικός, κομψός
6 - Travel	6A - Sense of adventure	90	in retrospect	adverbial phrase	thinking back to a time in the past, especially with the advantage of knowing more now than you did then	In retrospect, I wonder if we should have done more.	εκ των υστέρων
6 - Travel	6A - Sense of adventure	90	adversity	noun	a situation in which you have a lot of problems that seem to be caused by bad luck	his courage in the face of adversity	αντιξοότητα
6 - Travel	6A - Sense of adventure	90	beset	verb	to make someone experience serious problems or dangers	The business has been beset with financial problems.	περιβάλλω, περιστοιχίζω
6 - Travel	6A - Sense of adventure	90	Australian outback	noun	the Australian countryside far away from cities, where few people live		η ύπαιθρος της Αυστραλίας
6 - Travel	6A - Sense of adventure	91	exponent	noun	an exponent of an idea, belief etc tries to explain it and persuade others that it is good or useful	a leading exponent of desktop publishing	υπέρμαχος, υποστηρικτής
6 - Travel	6A - Sense of adventure	91	(swimming) goggles	noun	a pair of glasses made of glass or plastic with a rubber or plastic edge that fit against your skin and protect your eyes		προστατευτικά γυαλιά (κολύμβησης)

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
6 - Travel	6A - Sense of adventure	92	glacier	noun	a large mass of ice which moves slowly down a mountain valley		παγετώνας
6 - Travel	6A - Sense of adventure	93	yacht chartering	noun	to pay a yacht company to use their boat		ενοικίαση θαλαμηγού
6 - Travel	6A - Sense of adventure	93	skipper	noun	the person in charge of a ship		πλοίαρχος
6 - Travel	6A - Sense of adventure	93	legally binding	collocation	a legally binding agreement, contract, decision, etc. is one that the law says you must obey	Each order that is accepted constitutes a legally binding contract between the seller and the purchaser.	νομικά δεσμευτικός
6 - Travel	6A - Sense of adventure	94	commute	verb	to regularly travel a long distance to get to work	Jim commutes to Manhattan every day.	ταξιδεύω μεγάλη απόσταση για να πάω στη δουλειά
6 - Travel	6B - The conscientious traveller	95	slip through the net	verb phrase	if someone or something falls or slips through the net, a system which was designed to help or check them has not succeeded in doing this	In a class of 30 children it is easy for some to slip through the net and learn nothing.	ξεγλιστρώ
6 - Travel	6B - The conscientious traveller	95	sustainable travel	noun phrase	forms of travel that do not use a lot of fuel or harm the environment	Improving bus and rail services shows the government's commitment to sustainable travel	βιώσιμη κινητικότητα
6 - Travel	6B - The conscientious traveller	95	underlie	verb phrase	to be the cause of something, or be the basic thing from which something develops	the one basic principle that underlies all of the party's policies	αποτελώ τη βάση
6 - Travel	6B - The conscientious traveller	95	notion	noun	an idea, belief, or opinion	misguided notions of male superiority	αντίληψη, ιδέα
6 - Travel	6B - The conscientious traveller	95	intrinsic	adjective	being part of the nature or character of someone or something	the intrinsic interest of the subject	εγγενής
6 - Travel	6B - The conscientious traveller	95	watchdog	noun	a person or group of people whose job is to protect the rights of people who buy things and to make sure companies do not do anything illegal or harmful	a consumer watchdog	φρουρός, φύλακας
6 - Travel	6B - The conscientious traveller	95	credentials	noun pl	someone's education, achievements, experience etc that prove they have the ability to do something	There are doubts over his credentials as a future Prime Minister.	διαπιστευτήρια

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
6 - Travel	6B - The conscientious traveller	95	unwind	verb	to relax and stop feeling anxious	a beautiful country hotel that is the perfect place to unwind	χαλαρώνω
6 - Travel	6B - The conscientious traveller	98	mania	noun	a strong desire for something or interest in something, especially one that affects a lot of people at the same time	the Victorian mania for butterfly collecting	μανία
6 - Travel	6B - The conscientious traveller	98	essence	noun	used when talking about the most basic and important part of something, especially an idea, belief, or argument	In essence his message was very simple.	ουσία
6 - Travel	6B - The conscientious traveller	98	holiday snap	collocation	a holiday photograph taken quickly and often not very skilfully [= snapshot]		φωτογραφία διακοπών
6 - Travel	6B - The conscientious traveller	98	posterity	noun	all the people in the future who will be alive after you are dead	a priceless work of art that must be kept for posterity	οι επόμενες γενιές
6 - Travel	6B - The conscientious traveller	98	mania	noun	a strong desire for something or interest in something, especially one that affects a lot of people at the same time	the Victorian mania for butterfly collecting	μανία
6 - Travel	6B - The conscientious traveller	98	exquisite	adjective	extremely beautiful and very delicately made	the most exquisite craftsmanship	εξαίσιος, πανέμορφος
6 - Travel	6B - The conscientious traveller	98	carving	noun	an object or pattern made by cutting a shape in wood or stone for decoration		σκάλισμα, ανάγλυφη παράσταση
6 - Travel	6B - The conscientious traveller	98	essence	noun	used when talking about the most basic and important part of something, especially an idea, belief, or argument	In essence his message was very simple.	ουσία
6 - Travel	6B - The conscientious traveller	99	knock-down prices	noun pl	prices that have been reduced by a large amount	It sells designer goods at knock-down prices	εξευτελιστικές τιμές
6 - Travel	6B - The conscientious traveller	99	trout	noun	a common river-fish, often used for food, or the flesh of this fish		πέστροφα
6 - Travel	6B - The conscientious traveller	99	wild boar	noun	a large wild pig with long hair		αγριογούρουνο

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
6 - Travel	6B - The conscientious traveller	99	venison	noun	the meat of a deer		κρέας ελαφιού
6 - Travel	6B - The conscientious traveller	99	gastronomic	adjective	relating to the art of cooking good food or the pleasure of eating it	the gastronomic delights of Thailand	γαστρονομικός
6 - Travel	6B - The conscientious traveller	99	(be) infused with	adjective	to be filled with a particular feeling or quality	Her books are infused with humour and wisdom.	εμποτισμένος με
6 - Travel	6B - The conscientious traveller	99	chestnut	noun	a smooth red-brown nut that you can eat	roast chestnuts	κάστανο
6 - Travel	6B - The conscientious traveller	99	porcini	noun	a type of wild mushroom, used in cooking		μανιτάρι πορτσίνι
6 - Travel	6B - The conscientious traveller	99	nettle	noun	a wild plant with rough leaves that sting you		τσουκνίδα
6 - Travel	6B - The conscientious traveller	99	knock-down prices	noun pl	prices that have been reduced by a large amount	It sells designer goods at knock-down prices	εξευτελιστικές τιμές
6 - Travel	6B - The conscientious traveller	100	preconceived	adjective	preconceived ideas, opinions etc are formed before you really have enough knowledge or experience	We started from scratch with no preconceived ideas.	προκατειλημμένος
6 - Travel	6B - The conscientious traveller	100	weird	adjective	very strange and unusual, and difficult to understand or explain	A really weird thing happened last night	αλλόκοτος, παράξενος
6 - Travel	6B - The conscientious traveller	100	evoke	verb	to produce a strong feeling or memory in someone	The photographs evoked strong memories of our holidays in France.	προκαλώ, ανακαλώ
6 - Travel	6B - The conscientious traveller	100	preconceived	adjective	preconceived ideas, opinions etc are formed before you really have enough knowledge or experience	We started from scratch with no preconceived ideas.	προκατειλημμένος
6 - Travel	6B - The conscientious traveller	100	venture out	phrasal verb			τολμώ, διακινδυνεύω

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
6 - Travel	6B - The conscientious traveller	100	sojourn	noun	a short period of time that you stay in a place that is not your home	a brief sojourn in Europe	διαμονή
6 - Travel	6B - The conscientious traveller	102	drought	noun	a long period of dry weather when there is not enough water for plants and animals to live		ξηρασία
6 - Travel	6B - The conscientious traveller	102	destined for	phrase	seeming certain to happen at some time in the future	She seemed destined for a successful career.	που προορίζεται για
6 - Travel	6B - The conscientious traveller	102	plumber	noun	someone whose job is to repair water pipes, baths, toilets etc		υδραυλικός
6 - Travel	6B - The conscientious traveller	102	compensation	noun	money paid to someone because they have suffered injury or loss, or because something they own has been damaged	She received compensation from the government for the damage caused to her property.	αποζημίωση
SRB 6 - Travel	6A - Sense of adventure	61	backpacking	noun	the activity of travelling for pleasure, usually without very much money, and carrying a backpack		ταξίδι με σακίδιο
SRB 6 - Travel	6A - Sense of adventure	61	contentious	adjective	causing a lot of argument and disagreement between people	Animal welfare did not become a contentious issue until the late 1970's.	αμφιλεγόμενος
SRB 6 - Travel	6A - Sense of adventure	61	mattress	noun	the soft part of a bed that you lie on	an old, lumpy mattress	στρώμα
SRB 6 - Travel	6A - Sense of adventure	61	infrastructure	noun	the basic systems and structures that a country or organization needs in order to work properly, for example roads, railways, banks etc	Some countries lack a suitable economic infrastructure.	υποδομή
SRB 6 - Travel	6A - Sense of adventure	61	rail	noun	the railway system	the American rail system	ο σιδηρόδρομος
SRB 6 - Travel	6A - Sense of adventure	61	crop art	noun phrase	Crop art falls into several different categories, all of which employ land and/or what grows from it to create images.		η δημιουργία εικόνων πάνω στη γη μέσω της γεωργικής καλλιέργειας
SRB 6 - Travel	6A - Sense of adventure	61	(be) infested with	phrase	if insects, rats etc infest a place, there are a lot of them and they usually cause damage	The kitchen was infested with cockroaches.	μολυσμένος από, γεμάτος με (έντομα κλπ)

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB 6 - Travel	6A - Sense of adventure	61	(be) plagued by	phrase	to cause pain, suffering, or trouble to someone, especially for a long period of time	Financial problems continued to plague the company.	μαστιζομαι από
SRB 6 - Travel	6A - Sense of adventure	61	elation	noun	a feeling of great happiness and excitement		χαρά, αγαλλίαση
SRB 6 - Travel	6A - Sense of adventure	61	excruciating	adjective	extremely painful	When I bend my arm, the pain is excruciating.	βασανιστικός, ανυπόφορος
SRB 6 - Travel	6A - Sense of adventure	62	whim	noun	a sudden feeling that you would like to do or have something, especially when there is no important or good reason	I didn't leave just on a whim	παρόρμηση, καπρίτσιο
SRB 6 - Travel	6A - Sense of adventure	62	decommission	verb	to stop using a ship, weapon, or nuclear reactor and to take it to pieces		παροπλίζω
SRB 6 - Travel	6A - Sense of adventure	62	heritage	noun	the traditional beliefs, values, customs etc of a family, country, or society	the importance of preserving the national heritage	κηρονομιά
SRB 6 - Travel	6A - Sense of adventure	62	defunct	adjective	not existing any more, or not useful any more	the now-defunct nuclear reactor	ανενεργός / μακαρίτης, αποθανών
SRB 6 - Travel	6A - Sense of adventure	62	niche	noun	if you find your niche, you find a job or activity that is very suitable for you	Amanda soon found her niche at the club.	θέση, κλίση σε
SRB 6 - Travel	6A - Sense of adventure	62	craze	noun	a fashion, game, type of music etc that becomes very popular for a short time	She started a craze for this type of jewellery.	τρέλα, μανία
SRB 6 - Travel	6A - Sense of adventure	63	work (one's) fingers to the bone	phrase	to work very hard		εργάζομαι πολύ σκληρά για μεγάλο διάστημα
SRB 6 - Travel	6A - Sense of adventure	63	warden	noun	a person who is responsible for a particular place and whose job is to make sure its rules are obeyed	the warden of the college	φύλακας
SRB 6 - Travel	6A - Sense of adventure	64	gust	noun	a sudden strong movement of wind, air, rain etc	A sudden gust of wind blew the door shut.	δυνατή πνοή αέρα
SRB 6 - Travel	6A - Sense of adventure	65	sedate	adjective	calm, serious, and formal	The wedding was rather a sedate occasion.	ήσυχος, ήρεμος
SRB 6 - Travel	6A - Sense of adventure	65	glinting	present participle	giving out small flashes of light	The gold rims of his spectacles glinted in the sun.	αστραφτερός, σπινθηροβόλος
SRB 6 - Travel	6A - Sense of adventure	65	thrill-seeker	noun	someone who does things that are dangerous because they like the feeling of excitement it gives them	a roller coaster that will please thrill-seekers	εραστής της περιπέτειας, κυνηγός της ανατρίχίλας

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB 6 - Travel	6A - Sense of adventure	65	tucked away	adjectival phrase	if someone or something is tucked away, they are hidden or difficult to find	The envelope was tucked away in her jewel box.	κρυμμένος
SRB 6 - Travel	6A - Sense of adventure	65	boundlessness	noun	having no limit or end	The boundlessness of the Australian outback.	απεραντοσύνη
SRB 6 - Travel	6A - Sense of adventure	65	confines	noun	limits or borders	within the confines of the prison	όρια, σύνορα
SRB 6 - Travel	6A - Sense of adventure	65	set foot in	verb phrase	to go to or enter a place	She swore she would never set foot in his house again.	πατάω το πόδι μου, μπαίνω
SRB 6 - Travel	6A - Sense of adventure	65	oar	noun	a long pole with a wide flat blade at one end, used for rowing a boat		κουπί
SRB 6 - Travel	6A - Sense of adventure	65	coffin	noun	a long box in which a dead person is buried or burnt		φέρετρο
SRB 6 - Travel	6A - Sense of adventure	65	introspection	noun	the process of thinking deeply about your own thoughts, feelings, or behaviour		ενδοσκόπηση, αυτοεξέταση
SRB 6 - Travel	6A - Sense of adventure	65	overriding	adjective	more important than anything else	a question of overriding importance	επιτακτικός
SRB 6 - Travel	6B - The conscientious traveller	66	birthplace	noun	the place where someone was born, used especially when talking about someone famous	Stratford-upon-Avon was Shakespeare's birthplace.	γενέτειρα
SRB 6 - Travel	6B - The conscientious traveller	66	epic	adjective	an epic book, poem, or film tells a long story about brave actions and exciting events	epic poetry	επικός
SRB 6 - Travel	6B - The conscientious traveller	66	pilgrimage	noun	a journey to a holy place for religious reasons	the chance to go on pilgrimage to Mecca	προσκύνημα, θρησκευτικό ταξίδι
SRB 6 - Travel	6B - The conscientious traveller	66	hippy	noun	someone, especially in the 1960s, who opposed violence peacefully and often wore unusual clothes, had long hair, and took drugs for pleasure		χίπης
SRB 6 - Travel	6B - The conscientious traveller	66	prophet	noun	a man who people in the Christian, Jewish, or Muslim religion believe has been sent by God to lead them and teach them their religion	the prophet Elijah	προφήτης

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB 6 - Travel	6B - The conscientious traveller	66	saint	noun	written abbreviation St or St. someone who is given the title 'saint' by the Christian church after they have died, because they have been very good or holy	Saint Patrick	άγιος
SRB 6 - Travel	6B - The conscientious traveller	66	limping	present participle	walking slowly and with difficulty because one leg is hurt or injured	Moreno limped off the field with a foot injury.	κουτσαίνοντας
SRB 6 - Travel	6B - The conscientious traveller	66	blister	noun	a swelling on your skin containing clear liquid, caused for example by a burn or continuous rubbing	New shoes always give me blisters.	φουσκάλα
SRB 6 - Travel	6B - The conscientious traveller	66	vision	noun	ability to see	She suffered temporary loss of vision after being struck on the head.	όραση
SRB 6 - Travel	6B - The conscientious traveller	66	exhortation	noun	the act of trying very hard to persuade someone to do something		προτροπή
SRB 6 - Travel	6B - The conscientious traveller	66	come unstuck	idiomatic phrase	if a person, plan, or system comes unstuck, they fail at what they were trying to achieve	a dangerous area of rock where many climbers come unstuck	αποτυγχάνω
SRB 6 - Travel	6B - The conscientious traveller	66	sweatshop	noun	a small business, factory etc where people work hard in bad conditions for very little money - used to show disapproval		επιχείρηση όπου οι εργαζόμενοι πληρώνονται ελάχιστα αν και εργάζονται σκληρά
SRB 6 - Travel	6B - The conscientious traveller	66	manifest (itself)	verb	to appear or to become easy to see	His illness began to manifest itself at around this time.	εκδηλώνομαι, εμφανίζομαι
SRB 6 - Travel	6B - The conscientious traveller	66	quest	noun	a long search for something that is difficult to find	his long quest for truth	αναζήτηση
SRB 6 - Travel	6B - The conscientious traveller	67	pilgrim	noun	a religious person who travels a long way to a holy place	pilgrims visiting a holy shrine	προσκυνητής, θρησκευτικός ταξιδιώτης
SRB 6 - Travel	6B - The conscientious traveller	67	peer	verb	to look very carefully at something, especially because you are having difficulty seeing it	He was peering through the wet windscreen at the cars ahead.	κοιτάζω από κοντά, περιεργάζομαι

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB 6 - Travel	6B - The conscientious traveller	67	sandal-clad (foot)	adjective	wearing sandals		σανδαλοφορεμένος
SRB 6 - Travel	6B - The conscientious traveller	67	maternal instinct	collocation	the maternal bond that forms between a mother and her child		μητρικό ένστικτο
SRB 6 - Travel	6B - The conscientious traveller	67	hair-raising	adjective	frightening and dangerous in a way that is exciting:	a hair-raising car chase	ανατριχιαστικός, τρομαχτικός
SRB 6 - Travel	6B - The conscientious traveller	67	transpire	verb	to happen. if it transpires that something is true, you discover that it is true	It now transpires that he kept all the money for himself.	συμβαίνει / αποκαλύπτομαι, μαθεύομαι
SRB 6 - Travel	6B - The conscientious traveller	67	sign up	phrasal verb	to put your name on a list for something because you want to take part in it	I'm thinking of signing up for a yoga course.	εγγράφομαι
SRB 6 - Travel	6B - The conscientious traveller	67	itinerary	noun	a plan or list of the places you will visit on a journey		πρόγραμμα, δρομολόγιο
SRB 6 - Travel	6B - The conscientious traveller	67	power tool	noun phrase	a tool that works by electricity		ηλεκτρικό εργαλείο
SRB 6 - Travel	6B - The conscientious traveller	67	go for it	idiomatic phrase	used to encourage someone to try to achieve something	If you really want the job, go for it!	προσπαθώ, επιδιώκω
SRB 6 - Travel	6B - The conscientious traveller	67	stroll	verb	to walk somewhere in a slow relaxed way	We were strolling along, laughing and joking.	πηγαίνω βόλτα, περπατώ αργά
SRB 6 - Travel	6B - The conscientious traveller	67	cynical	adjective	unwilling to believe that people have good, honest, or sincere reasons for doing something	a cynical view of human nature	κυνικός
SRB 6 - Travel	6B - The conscientious traveller	67	secular	adjective	not connected with or controlled by a church or other religious authority	secular education	κοσμικός, του κράτους (≠θρησκευτικός)
SRB 6 - Travel	6B - The conscientious traveller	67	is on me	phrase	this means that the person speaking will pay the whole amount, used typically when something purchased is shared between two or more people - such as a restaurant meal		κερνάω εγώ

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB 6 - Travel	6B - The conscientious traveller	67	red-rimmed	adjective	having a red edge or border	red-rimmed glasses	με κόκκινο σκελετό
SRB 6 - Travel	6B - The conscientious traveller	68	accredited	adjective	having official approval to do something, especially because of having reached an acceptable standard	an accredited language school	πιστοποιημένος, διαπιστευμένος
SRB 6 - Travel	6B - The conscientious traveller	68	photo-voltaic panel	phrase	a piece of equipment, usually kept on a roof, that collects and uses the sun's energy to heat water or make electricity or solar panel		φωτοβολταϊκός πίνακας (πάνελ)
SRB 6 - Travel	6B - The conscientious traveller	68	things to come	phrase	what is likely to develop or happen in the future		τα μελλούμενα, αυτά που θα συμβούν
SRB 6 - Travel	6B - The conscientious traveller	69	submerge	verb	to go under the surface of the water and be completely covered by it	The submarine submerged.	βουτάω στο νερό, καταδύομαι
SRB 6 - Travel	6B - The conscientious traveller	69	hand it to someone	verb phrase	used to say that you admire someone	You have to hand it to her. She's really made a success of that company.	αναγνωρίζω την αξία κάποιου
SRB 6 - Travel	6B - The conscientious traveller	69	hoist	verb	to raise, lift, or pull up something, especially using ropes	The crew hurried to hoist the flag.	υψώνω, ανεβάζω
SRB 6 - Travel	6B - The conscientious traveller	69	take (it) for a spin	idiomatic phrase	a short trip in a car for pleasure	Let's go for a spin in the country.	πάω μια βόλτα με αμάξι, μηχανή κλπ
SRB 6 - Travel	6B - The conscientious traveller	70	(be) steeped in	phrase	to have a lot of a particular quality	a town steeped in history	διαποτίζομαι από
7 - The way we live	7A - Communities	103	stress buster	phrase	a product, practice, system, etc that is designed to alleviate stress		αγχολυτικό
7 - The way we live	7A - Communities	103	organic produce	collocation	relating to farming or gardening methods of growing food without using artificial chemicals, or produced or grown by these method		βιολογικά προϊόντα
7 - The way we live	7A - Communities	103	allotment	noun	a small area of land that people can rent for growing vegetables		ενοικιαζόμενο αγροτεμάχιο

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
7 - The way we live	7A - Communities	104	stay abreast of (sth)	verb phrase	to make sure that you know all the most recent facts or information about a particular subject or situation	It's important to stay abreast of the latest developments in computers.	μένω ενήμερος για κάτι
7 - The way we live	7A - Communities	104	rein (sth/sb) in	phrasal verb	to start to control a situation more strictly	The government began to rein in public spending.	χαλιναγωγώ
7 - The way we live	7A - Communities	104	(political) fermentation	noun	a process in which political change is causing great trouble or excitement in a country	It was an era of political fermentation, during which Europe experienced two world wars.	πολιτική ζύμωση
7 - The way we live	7A - Communities	104	proclamation	noun	an official public statement about something that is important, or when someone makes such a statement	The authorities issued a proclamation forbidding public meetings.	διακήρυξη
7 - The way we live	7A - Communities	104	flit	verb	to move lightly or quickly and not stay in one place for very long	Birds flitted about in the trees above them.	πηγαινοέρχομαι
7 - The way we live	7A - Communities	104	beverage	noun	a hot or cold drink	alcoholic beverages	ποτό, ρόφημα
7 - The way we live	7A - Communities	104	oscillate	verb	to move backwards and forwards in a regular way	The needle on the dial began to oscillate.	ταλαντεύομαι
7 - The way we live	7A - Communities	104	(public) outcry	noun	an angry protest by a lot of ordinary people	The closure of the local hospital has caused a huge public outcry.	(δημόσια) κατακραυγή
7 - The way we live	7A - Communities	104	invigorating	adjective	making you feel healthy and giving you a lot of energy	an invigorating swim before breakfast	αναζωογονητικός
7 - The way we live	7A - Communities	105	rumour	noun	information or a story that is passed from one person to another and which may or may not be true	I've heard all sorts of rumours about him and his secretary.	φήμη, διάδοση
7 - The way we live	7A - Communities	105	patron	noun	someone who supports the activities of an organization, for example by giving money	a wealthy patron	προστάτης, χρηματοδότης
7 - The way we live	7A - Communities	105	establishment	noun	an organization or institution, especially a business, shop etc	a top class training establishment	εγκατάσταση
7 - The way we live	7A - Communities	105	be reflected in	verb phrase	if a person or a thing is reflected in a mirror, glass, or water, you can see an image of the person or thing on the surface of the mirror, glass, or water	She could see her face reflected in the car's windshield.	αντικατοπτρίζομαι
7 - The way we live	7A - Communities	105	décor	noun	the way that the inside of a building is decorated	The decor is a mix of antique and modern.	διακόσμηση

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
7 - The way we live	7A - Communities	105	adorn with	verb	to decorate something	church walls adorned with religious paintings	(δια)κοσμή με
7 - The way we live	7A - Communities	105	gilt-framed	adjective	frame with a thin layer of gold or gold paint		με επίχρυσο πλαίσιο
7 - The way we live	7A - Communities	105	rationalism	noun	the belief that your actions should be based on scientific thinking rather than emotions or religious beliefs	philosophers who accept scientific rationalism	ορθολογισμός
7 - The way we live	7A - Communities	105	sphere	noun	a ball shape, a particular area of activity, work, knowledge etc	Women have often been excluded from positions of power in the public sphere.	σφαίρα
7 - The way we live	7A - Communities	105	ethos	noun	the set of ideas and moral attitudes that are typical of a particular group	a community in which people lived according to an ethos of sharing and caring	ήθος, ηθική
7 - The way we live	7A - Communities	105	strike the right note	idiomatic phrase	to succeed in being right and suitable for a particular occasion	Bush is hoping to hit the right note again with voters.	δίνω το σωστό τόνο
7 - The way we live	7A - Communities	105	mental faculties	noun pl	a natural ability, such as the ability to see, hear, or think clearly	the patient's mental faculties	διανοητικές ικανότητες
7 - The way we live	7A - Communities	105	clientele	noun	all the people who regularly use a shop, restaurant etc	The restaurant attracts a young clientele.	πελατεία
7 - The way we live	7A - Communities	105	by virtue of	phrase	by means of, or as a result of something	She became a British resident by virtue of her marriage.	εξαιτίας, λόγω
7 - The way we live	7A - Communities	105	notable	adjective	important, interesting, excellent, or unusual enough to be noticed or mentioned	A notable feature of the church is its unusual bell tower.	σημαντικός, αξιοσημείωτος, αξιόλογος
7 - The way we live	7A - Communities	105	outlaw	verb	to completely stop something by making it illegal	The bill would have outlawed several types of guns.	θέτω εκτός νόμου, επικηρύσσω
7 - The way we live	7A - Communities	105	tone down	phrasal verb	to reduce the effect of something such as a speech or piece of writing, so that people will not be offended	His advisers told him to tone down his speech.	ρίχνω τους τόνους
7 - The way we live	7A - Communities	105	cautionary tale	phrase	the story of an event that is used to warn people	a cautionary tale about how not to buy a computer	παράδειγμα προς αποφυγήν
7 - The way we live	7A - Communities	105	undermine	verb	to gradually make someone or something less strong or effective	economic policies that threaten to undermine the health care system	υπονομεύω

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7 - The way we live	7A - Communities	105	hotspot	noun	a place in a public building where there is a computer system with an access point, which allows people in the building with a wireless computer or bluetooth mobile phone to connect to a service such as the Internet		μέρος σε δημόσιο χώρο όπου υπάρχει δυνατότητα ασύρματης σύνδεσης στο διαδίκτυο
7 - The way we live	7A - Communities	105	foster	verb	to help a skill, feeling, idea etc develop over a period of time, or to take someone else's child into your family for a period of time but without becoming their legal parent	The couple wanted to adopt a black child they had been fostering.	περιθάλπτω, ανατρέφω
7 - The way we live	7A - Communities	105	quarrel	noun	an angry argument or disagreement	Jacob left after a quarrel with his wife.	φιλονικία, καυγάς
7 - The way we live	7A - Communities	105	atone for sth.	verb	to do something to show that you are sorry for having done something wrong	Richard was anxious to atone for his thoughtlessness.	εξιλεώνομαι για
7 - The way we live	7A - Communities	105	detractor	noun	someone who says bad things about someone or something, in order to make them seem less good than they really are	Even the President's detractors admit that the decision was the right one.	επικριτής
7 - The way we live	7A - Communities	105	chew	verb	to bite food several times before swallowing it	This meat's so tough I can hardly chew it!	μασάω
7 - The way we live	7A - Communities	105	infuse	verb	to fill something or someone with a particular feeling or quality	Her books are infused with humour and wisdom.	εμποτίζω, ενσταλάζω
7 - The way we live	7A - Communities	105	regular	noun	someone who often goes to the same bar, restaurant etc or who takes part in an activity very often	The barman knows all the regulars by name.	θαμώνας
7 - The way we live	7A - Communities	105	lavish	adjective	large, impressive, or expensive, very generous	He was always lavish in his praise of my efforts.	πολυτελής, γενναιόδωρος
7 - The way we live	7A - Communities	105	social stratum	noun phrase	a social class in a society	people of different social strata	κοινωνικό στρώμα
7 - The way we live	7A - Communities	105	forum	noun	an organization, meeting, TV programme etc where people have a chance to publicly discuss an important subject	The journal aims to provide a forum for discussion and debate.	τόπος δημόσιας συζήτησης, βήμα

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7 - The way we live	7A - Communities	105	nickname	verb	a name given to someone, especially by their friends or family, that is not their real name and is often connected with what they look like or something they have done	We had nicknames for all the teachers.	παρατσούκλι
7 - The way we live	7A - Communities	105	verse	noun	a set of lines that forms one part of a song, poem, or a book such as the Bible or the Koran	Learn the first two verses of the poem by heart.	στίχος
7 - The way we live	7A - Communities	105	kinship	noun	a family relationship	the ties of kinship	συγγένεια, δεσμός
7 - The way we live	7A - Communities	105	coincidence	noun	when two things happen at the same time, in the same place, or to the same people in a way that seems surprising or unusual	"I'm going to Appleby tomorrow." "What a coincidence!! I'm going up there too."	σύμπτωση
7 - The way we live	7A - Communities	105	parallel	noun	a relationship or similarity between two things, especially things that exist or happen in different places or at different times	Entering the world of fine art, she found many parallels with the world of fashion.	παραλληλισμός
7 - The way we live	7A - Communities	105	nexus	noun	a connection or network of connections between a number of people, things, or ideas	a nexus of social relationships	σύνδεσμος, πλέγμα
7 - The way we live	7A - Communities	105	pamphlet	noun	a very thin book with paper covers, that gives information about something	a political pamphlet	φυλλάδιο
7 - The way we live	7A - Communities	106	grievous bodily harm	phrase	serious injury caused by a criminal attack		βαριά σωματική βλάβη
7 - The way we live	7A - Communities	107	herald	verb	to be a sign of something that is going to come or happen soon	A flash of lightning heralded torrential rain.	αναγγέλω
7 - The way we live	7A - Communities	107	prominent	adjective	important, something that is in a prominent place is easily seen	a prominent Russian scientist	διαπρεπής, εξέχων
7 - The way we live	7A - Communities	107	enclosure	noun	an area surrounded by a wall or fence, and used for a particular purpose	the bear enclosure at the zoo	περίφραξη, περίβλημα
7 - The way we live	7A - Communities	107	(in) stark contrast (with)	collocation	a great difference between people, ideas, situations, things etc that are being compared	The winter heatwave in California is a stark contrast to the below-freezing temperatures on the East Coast.	σε πλήρη αντίθεση με

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
7 - The way we live	7A - Communities	108	allay fears	verb phrase	someone feel less afraid, worried etc	The president made a statement to allay public anxiety.	καθησυχάζω τους φόβους
7 - The way we live	7A - Communities	108	budget	noun	the money that is available to an organization or person, or a plan of how it will be spent	a welfare program with a budget of \$2 million	προϋπολογισμός
7 - The way we live	7A - Communities	108	shared space approach	phrase	Shared space is an urban design approach which seeks to minimise demarcations between vehicle traffic and pedestrians, often by removing features such as curbs, road surface markings, traffic signs, and regulations.		αρχιτεκτονική προσέγγιση για το σχεδιασμό κοινόχρηστων χώρων
7 - The way we live	7A - Communities	108	recklessly	adverb	not caring or worrying about the possible bad or dangerous results of your actions	He was accused of causing death by driving recklessly.	ρισκοκίνδυνα, απρόσεκτα
7 - The way we live	7A - Communities	109	cutback	noun	a reduction in something, such as the number of workers in a company or the amount of money a government or company spends	The shortage of teachers was blamed on government cutbacks.	περικοπή
7 - The way we live	7A - Communities	109	net profit	noun phrase	the actual profit after expenses have been paid		καθαρό κέρδος
7 - The way we live	7A - Communities	109	smallholding	noun	a piece of land used for farming, that is smaller than an ordinary farm		μικρή γεωργική ιδιοκτησία
7 - The way we live	7A - Communities	109	investment capital	noun	money or property, especially when it is used to start a business or to produce more wealth	The government is eager to attract foreign capital.	επενδυτικό κεφάλαιο
7 - The way we live	7A - Communities	110	think (sth) up	phrasal verb	to produce a new idea, name etc by thinking	We had to think up a good excuse, and quickly.	σκαρφίζομαι, επινοώ
7 - The way we live	7A - Communities	110	lads	noun	a group of male friends that a man works with or spends his free time with	a night out with the lads	φιλαράκια, αντροπαρέα
7 - The way we live	7B - Lifestyles	111	axe	verb	to suddenly dismiss someone from their job	There are plans to axe 2600 staff.	περικόπτω, καταργώ
7 - The way we live	7B - Lifestyles	111	a must	noun	something that you must do or must have	Warm clothes are a must in the mountains.	επιβεβλημένος, απαραίτητος
7 - The way we live	7B - Lifestyles	111	set (sb) back	phrasal verb	to delay the progress or development of something, or delay someone from finishing something	Environmental experts said the move would set back further research.	αναβάλλω

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7 - The way we live	7B - Lifestyles	111	a means to an end	phrase	something that you do only to achieve a result, not because you want to do it or because it is important	For Geoff, the job was simply a means to an end.	το μέσο για έναν σκοπό
7 - The way we live	7B - Lifestyles	113	replenish	verb	to put new supplies into something, or to fill something again	More vaccines are needed to replenish our stocks.	αναπληρώνω
7 - The way we live	7B - Lifestyles	114	freelance	adjective	working independently for different companies rather than being employed by one particular company	She works freelance from home.	ελεύθερος επαγγελματίας
7 - The way we live	7B - Lifestyles	114	adhere to	verb	to stick firmly to something, to continue to behave according to a particular rule, agreement, or belief	I have adhered strictly to the rules.	τηρώ, εμμένω σε
7 - The way we live	7B - Lifestyles	114	digital nomad	collocation	digital nomads are individuals that use digital technologies to work. Such workers typically work remotely—from home, coffee shops, public libraries		ψηφιακός νομάς (κάποιος ο οποίος χρησιμοποιώντας τις νέες τεχνολογίες εργάζεται σε διάφορα μέρη)
7 - The way we live	7B - Lifestyles	114	pedestrianise	verb	to change a street or shopping area so that cars and trucks are no longer allowed		πεζοδρομώ
7 - The way we live	7B - Lifestyles	114	nomadic	adjective	if someone leads a nomadic life, they travel from place to place and do not live in any one place for very long	The son of an air force pilot, he had a somewhat nomadic childhood.	νομαδικός
7 - The way we live	7B - Lifestyles	115	radically	adverb	new ideas, against what most people think or believe	a radically different method of production	ριζικά, ριζοσπαστικά
7 - The way we live	7B - Lifestyles	115	nine-to-five	adjective	between nine o'clock and five o'clock, the normal working hours of an office worker	a nine-to-five job	οχτάωρο ωράριο εργασίας
7 - The way we live	7B - Lifestyles	115	mould	noun	a hollow container that you pour a liquid or soft substance into, so that when it becomes solid, it takes the shape of the container	Another method, used especially for figures, was to pour the clay into a mould.	καλούπι
7 - The way we live	7B - Lifestyles	115	enhance	verb	to improve something	The publicity has enhanced his reputation.	ενισχύω
7 - The way we live	7B - Lifestyles	118	uphold	verb	to defend or support a law, system, or principle so that it continues to exist	a committee that aims to uphold educational standards	στηρίζω, υποστηρίζω

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
7 - The way we live	7B - Lifestyles	118	restoration	noun	when you repair something such as an old building or a piece of furniture, so that it looks the same as when it was first built or made	a fund for the restoration of historic buildings	αναπαλαίωση, αποκατάσταση
7 - The way we live	7B - Lifestyles	118	councillor	noun	a member of a council	Write to your local councillor to complain.	δημοτικός σύμβουλος
7 - The way we live	7B - Lifestyles	118	be in sb's shoes	idiomatic phrase	in someone else's situation, especially a bad one	I wouldn't like to be in his shoes when his wife finds out what happened.	μπαίνω στη (δυσάρεστη) θέση κάποιου
7 - The way we live	7B - Lifestyles	118	indigenous	adjective	indigenous people or things have always been in the place where they are, rather than being brought there from somewhere else	Blueberries are indigenous to America.	ιθαγενής, αυτόχθονας
7 - The way we live	7B - Lifestyles	118	(university) faculty	noun	a department or group of related departments within a university	the Faculty of Law	πανεπιστημιακό τμήμα
7 - The way we live	7B - Lifestyles	118	a slip of the tongue	idiomatic phrase	a small mistake in something you say	Did I say \$100? It must have been a slip of the tongue.	γλωσσικό ολίσθημα
7 - The way we live	7B - Lifestyles	118	speak (one's) mind	idiomatic phrase	to tell people exactly what you think, even if it offends them	He was a tough politician who wasn't afraid to speak his mind.	λέω ξεκάθαρα την γνώμη μου
7 - The way we live	7B - Lifestyles	118	demolition	noun	completely ending something or destroying a building	He demolished my argument in minutes.	κατεδάφιση, κατάρριψη
7 - The way we live	7B - Lifestyles	118	deed	noun	something someone does, especially something that is very good or very bad	After the morning's good deeds he deserved a rest.	πράξη, κατόρθωμα
7 - The way we live	7B - Lifestyles	118	banter	noun	friendly conversation in which people make a lot of jokes with, and amusing remarks about, each other	easy banter between her cousins	πείραγμα
7 - The way we live	7B - Lifestyles	118	nondescript	adjective	someone or something that is nondescript looks very ordinary and is not at all interesting or unusual	a rather nondescript suburban house	κοινός, ασήμαντος, απαρατήρητος
7 - The way we live	7B - Lifestyles	118	impetus	noun	an influence that makes something happen or makes it happen more quickly	The discovery gave fresh impetus to the research.	ώθηση, ορμή
7 - The way we live	7B - Lifestyles	118	unequivocal	adjective	completely clear and without any possibility of doubt	His answer was an unequivocal 'No'.	κατηγορηματικός, αδιαμφισβήτητος

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB 7 - The way we live	7A - Communities	72	ivory	noun	the hard smooth yellowish-white substance from the tusks (=long teeth) of an elephant	an ivory chess set	ελεφαντόδοντο
SRB 7 - The way we live	7A - Communities	72	poaching	noun	illegally catching or shoot animals, birds, or fish, especially on private land without permission	Deer have been poached here for years.	λαθραίο κυνήγι άγριων ζώων
SRB 7 - The way we live	7A - Communities	72	span	noun	a period of time between two dates or events	Over a span of ten years, the company has made great progress.	διάρκεια
SRB 7 - The way we live	7A - Communities	72	the tide is turning	idiomatic phrase	reversal in the direction of events, a reversal in public opinion		αλλαγή στην ροή των γεγονότων, αλλαγή της κοινής γνώμης
SRB 7 - The way we live	7A - Communities	72	overbearing	adjective	always trying to control other people without considering their wishes or feelings	a bossy, overbearing wife	αυταρχικός
SRB 7 - The way we live	7A - Communities	72	argue (one's) case	verb phrase	to state, giving clear reasons, that something is true, should be done etc	She argued the case for changing the law.	υποστηρίζω, επιχειρηματολογώ υπέρ
SRB 7 - The way we live	7A - Communities	72	back (sb) up	phrasal verb	to say or show that what someone is saying is true, to provide support or help for someone or something	Jane would back me up if she were here.	υποστηρίζω
SRB 7 - The way we live	7A - Communities	72	bling	colloquial noun	expensive objects such as jewellery that are worn in a way that is very easy to notice		φανταχτερά κοσμήματα
SRB 7 - The way we live	7A - Communities	72	mural	noun	a painting that is painted on a wall, either inside or outside a building		τοιχογραφία
SRB 7 - The way we live	7A - Communities	73	seedling	noun	a young plant or tree grown from a seed		δενδρύλλιο
SRB 7 - The way we live	7A - Communities	73	unbidden	p.p. as adverb	without being asked for, expected, or invited		απρόσκλητος
SRB 7 - The way we live	7A - Communities	73	absurd	adjective	completely stupid or unreasonable	It seems quite absurd to expect anyone to drive for 3 hours just for a 20 minute meeting.	παράλογος
SRB 7 - The way we live	7A - Communities	73	tick	noun	a mark written next to an answer, something on a list etc, to show that it is correct or has been dealt with	Put a tick in the box if you agree with this statement.	τικ, σημάδι

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB 7 - The way we live	7A - Communities	73	overwhelmingly	adverb	having such a great effect on you that you feel confused and do not know how to react	Congress voted overwhelmingly in favor of the bill.	συντριπτικά
SRB 7 - The way we live	7A - Communities	74	fiddle with (sth)	verb	to keep moving and touching something, especially because you are bored or nervous	She was at her desk in the living room, fiddling with a deck of cards.	παίζω με, χαζολογώ
SRB 7 - The way we live	7A - Communities	74	leave (sb) stranded	collocation	a person or vehicle that is stranded is unable to move from the place where they are	Air travellers were left stranded because of icy conditions.	μένω αποκλεισμένος
SRB 7 - The way we live	7A - Communities	74	flight simulator	noun phrase	a machine used to train pilots that copies closely the movements and conditions that exist when flying an aircraft		προσομοιωτής πτήσης
SRB 7 - The way we live	7A - Communities	74	fetching	adjective	attractive, especially because the clothes you are wearing suit you	Your sister looks very fetching in that dress.	γοητευτικός
SRB 7 - The way we live	7A - Communities	74	give it a rest	colloquial phrase	used to tell someone to stop talking about something because they are annoying you	Give it a rest, Jack!	μην το συζητάς, άστο
SRB 7 - The way we live	7A - Communities	74	settlement	noun	a group of houses and buildings where people live, especially in a place where few people have lived before	The railway stations created new settlements.	οικισμός
SRB 7 - The way we live	7A - Communities	74	straw bale	noun phrase	a large quantity of hay that is tightly tied together especially into a block	a bale of straw	αχυρόδεμα
SRB 7 - The way we live	7A - Communities	74	rammed earth	noun phrase	a technique for building walls using natural raw materials such as earth, chalk, lime or gravel		συμπιεσμένο χώμα
SRB 7 - The way we live	7A - Communities	76	hands-on assistance	phrase	helping someone yourself rather than just talking about it or telling other people to do it		έμπρακτη βοήθεια
SRB 7 - The way we live	7A - Communities	76	draw up	phrasal verb	to prepare a written document, such as a list or contract	Draw up a list of all the things you want to do.	καταρτίζω, σχεδιάζω
SRB 7 - The way we live	7A - Communities	76	potential hazard	noun phrase	potential risk	That pile of rubbish is a potential fire hazard	πιθανός, δυνητικός κίνδυνος
SRB 7 - The way we live	7A - Communities	76	kit	noun	a set of tools, equipment etc that you use for a particular purpose or activity	Sally keeps her make-up kit in her bag.	σύνεργα

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB 7 - The way we live	7A - Communities	76	subsidy	noun	money that is paid by a government or organization to make prices lower, reduce the cost of producing goods etc	international disagreement over trade subsidies	επιδότηση
SRB 7 - The way we live	7A - Communities	76	overlook	verb	to not notice something, or not see how important it is	It is easy to overlook a small detail like that.	παραβλέπω
SRB 7 - The way we live	7A - Communities	76	perk	noun	something that you get legally from your work in addition to your wages, such as goods, meals, or a car	I only eat here because it's free - one of the perks of the job.	προνόμιο, “τυχερό”
SRB 7 - The way we live	7A - Communities	76	remuneration package	noun phrase	the pay you give someone for something they have done for you		πακέτο αποδοχών
SRB 7 - The way we live	7A - Communities	76	claim	noun	a statement that something is true, even though it has not been proved	Gould rejected claims that he had acted irresponsibly.	αξίωση, ισχυρισμός
SRB 7 - The way we live	7A - Communities	76	comprehensive-ness	noun	including all the necessary facts, details, or problems that need to be dealt with		εύρος, έκταση
SRB 7 - The way we live	7B - Lifestyles	77	tenant	noun	someone who lives in a house, room etc and pays rent to the person who owns it	The desk was left by the previous tenant.	ενοικιαστής
SRB 7 - The way we live	7B - Lifestyles	78	daycare	noun	when babies or young children, or sick or old people are looked after during the day, especially while their family members are at work	Local authorities may provide day care for under fives.	ημερήσια φροντίδα
SRB 7 - The way we live	7B - Lifestyles	78	reversal	noun	a change to an opposite arrangement, process, or way of doing something	a sudden reversal of government policy	αντιστροφή, ανατροπή
SRB 7 - The way we live	7B - Lifestyles	78	bosom	noun	the front part of a woman's chest	She cradled the child to her bosom.	κόρφος, στήθος
SRB 7 - The way we live	7B - Lifestyles	78	child-rearing	noun	looking after a child until they are fully grown		ανατροφή των παιδιών
SRB 7 - The way we live	7B - Lifestyles	78	nursery	noun	a place where young children are taken care of during the day while their parents are at work		παιδικός σταθμός
SRB 7 - The way we live	7B - Lifestyles	78	swear by	verb	to have great confidence in how good or effective something is	He swears by vitamin C pills.	ορκίζομαι σε
SRB 7 - The way we live	7B - Lifestyles	78	striker	noun	a player in football whose main job is to score goals		επιθετικός (παίκτης)

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB 7 - The way we live	7B - Lifestyles	78	whinge	verb	to keep complaining in an annoying way	Stop whingeing about the situation and accept it.	μουρμουρίζω, παραπονιέμαι
SRB 7 - The way we live	7B - Lifestyles	78	inflict	verb	to make someone suffer something unpleasant	The strikes inflicted serious damage on the economy.	επιβάλλω, προκαλώ
SRB 7 - The way we live	7B - Lifestyles	78	blissfully	adverb	extremely happily or enjoyably	blissfully unaware of the impending danger	μακαρίως
SRB 7 - The way we live	7B - Lifestyles	78	pull (one's) weight	idiomatic phrase	to do your full share of work	He accused me of not pulling my weight.	κάνω αυτά που μου αναλογούν
SRB 7 - The way we live	7B - Lifestyles	78	misgivings	noun	a feeling of doubt or fear about what might happen or about whether something is right	Despite her misgivings about leaving the baby, she decided to accompany her husband.	ενδοιασμός, φόβος
SRB 7 - The way we live	7B - Lifestyles	78	recourse to	phrase	something that you do to achieve something or deal with a situation, or the act of doing it	We may conclude that he never had recourse to this simple experiment.	προσφεύγω σε
SRB 7 - The way we live	7B - Lifestyles	79	tedious	adjective	something that is tedious continues for a long time and is not interesting	The work was tiring and tedious.	κουραστικός, βαρετός
SRB 7 - The way we live	7B - Lifestyles	79	go into sth lightly	idiomatic phrase	start doing something on a whim		ξεκινώ να κάνω κάτι χωρίς πολλή σκέψη
SRB 7 - The way we live	7B - Lifestyles	80	takeaway	noun	a meal that you buy at a shop or restaurant to eat at home	Let's have a takeaway tonight.	φαγητό σε πακέτο
SRB 7 - The way we live	7B - Lifestyles	80	gap year	noun phrase	a year between leaving school and going to university, which some young people use as an opportunity to travel, earn money, or get experience of working	Some students choose to work in high-tech industries during their gap year.	ο χρόνος αμέσως μετά το σχολείο και πριν το πανεπιστήμιο
SRB 7 - The way we live	7B - Lifestyles	80	bypass	noun	a road that goes around a town or other busy area rather than through it		παρακαμπτήρια οδός
SRB 7 - The way we live	7B - Lifestyles	80	agenda	noun	a list of problems or subjects that a government, organization etc is planning to deal with	Measures to combat terrorism will be high on the agenda.	ημερήσια διάταξη, ατζέντα
SRB 7 - The way we live	7B - Lifestyles	80	precedence	noun	when someone or something is considered to be more important than someone or something else, and therefore comes first or must be dealt with first	Do we want a society where appearance takes precedence over skill or virtue?	προτεραιότητα

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
8 - Changing fashions	Lead-in	119	innovation	noun	a new idea, method, or invention	We must encourage innovation if the company is to remain competitive.	καινοτομία
8 - Changing fashions	Lead-in	119	perpendicular	noun, adjective	not leaning to one side or the other but exactly vertical	a perpendicular line	κάθετος
8 - Changing fashions	Lead-in	119	symmetry	noun	the quality of being symmetrical	the symmetry of the design	συμμετρία
8 - Changing fashions	8A - A question of style	120	regenerate	verb	to make something develop and grow strong again	efforts to regenerate the US economy	αναζωογονώ, αναβιώνω
8 - Changing fashions	8A - A question of style	120	contemporaries	noun plural	someone who lived or was in a particular place at the same time as someone else	Oswald was much admired by his contemporaries at the Academy.	σύγχρονοι, της ίδιας γενιάς
8 - Changing fashions	8A - A question of style	120	halt	verb	to prevent someone or something from continuing - used especially in news reports	The government has failed to halt economic decline.	σταματώ
8 - Changing fashions	8A - A question of style	120	obsolete	adjective	no longer useful, because something newer and better has been invented	obsolete weapons	παρωχημένος, απαρχαιωμένος
8 - Changing fashions	8A - A question of style	120	alteration	noun	a small change that makes someone or something slightly different, or the process of this change	If you make alterations to the Windows setup, save the new settings before closing.	αλλαγή, μετατροπή
8 - Changing fashions	8A - A question of style	120	fortress	noun	a large strong building used for defending an important place and protecting people or things	The fortress was captured after a long siege.	οχυρό
8 - Changing fashions	8A - A question of style	120	grass-roots	adjective	relating to the ordinary people in an organization, rather than the leaders	We want to get the views of members at a grass-roots level.	λαϊκός, σε επίπεδο βάσης
8 - Changing fashions	8A - A question of style	120	upheaval	noun	a very big change that often causes problems	political upheaval	αναταραχή, αναστάτωση
8 - Changing fashions	8A - A question of style	120	transparency	noun	the quality of glass, plastic etc that makes it possible for you to see through it	The transparency of glass can be measured using a spectrometer.	διαφάνεια
8 - Changing fashions	8A - A question of style	120	gut	verb	to completely destroy the inside of a building, especially by fire	The building was completely gutted by fire.	καταστρέφω εντελώς
8 - Changing fashions	8A - A question of style	120	friction	noun	disagreement, angry feelings, or unfriendliness between people	Having my mother living with us causes friction at home.	τριβή

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
8 - Changing fashions	8A - A question of style	120	dismantle	verb	to take a machine or piece of equipment apart so that it is in separate pieces	Chris dismantled the bike in five minutes.	αποσυναρμολογώ
8 - Changing fashions	8A - A question of style	120	flip side	noun	the bad effects of something that also has good effects	The flip side of the treatment is that it can make patients feel very tired.	η άλλη πλευρά, η άλλη όψη του νομίσματος
8 - Changing fashions	8A - A question of style	120	buoyancy	noun	the ability of prices, a business etc to quickly get back to a high level after a difficult period	The buoyancy of domestic demand, which grew by 4 per cent last year, is a good sign for the economy.	πλευστότητα
8 - Changing fashions	8A - A question of style	120	elevated	adjective	raised off the ground or higher up than other things	The train runs on an elevated track.	υπερυψωμένος
8 - Changing fashions	8A - A question of style	120	contemporary	noun	someone who lived or was in a particular place at the same time as someone else	Oswald was much admired by his contemporaries at the Academy.	σύγχρονος
8 - Changing fashions	8A - A question of style	120	embody	verb	to be a very good example of an idea or quality	She embodies everything I admire in a teacher.	ενσαρκώνω
8 - Changing fashions	8A - A question of style	121	fete	verb	to honour someone	The team were feted in the science community for their work.	τιμώ
8 - Changing fashions	8A - A question of style	121	strike a deal	verb phrase	to agree to do something for someone if they do something for you	There are rumors that the president struck a private deal with the corporation's chairman.	καταλήγω σε συμφωνία
8 - Changing fashions	8A - A question of style	122	self-assurance	noun	feeling calm and confident about what you are doing		αυτοπεποίθηση
8 - Changing fashions	8A - A question of style	122	eccentric	adjective	behaving in a way that is unusual and different from most people	His eccentric behaviour lost him his job.	εκκεντρικός
8 - Changing fashions	8A - A question of style	123	shoestring	adjective	a shoestring business, operation etc is one that does not spend or cost much money	shoestring interior design	με ελάχιστα κεφάλαια
8 - Changing fashions	8A - A question of style	123	renovator	noun	restorer		ανακαινιστής
8 - Changing fashions	8A - A question of style	123	refurbishment	noun	decoration and repair of something such as a building or office in order to improve its appearance	The complete refurbishment of Grand Hotel.	ανακαίνιση

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
8 - Changing fashions	8A - A question of style	123	source	verb	if goods are sourced from a particular place, they are obtained from that place	Fish for the restaurant is sourced daily from British ports.	πηγάζω, προέρχομαι από
8 - Changing fashions	8A - A question of style	123	upside	noun	the positive part of a situation that is generally bad	The upside of the whole thing is that we got a free trip to Jamaica.	πλεονέκτημα
8 - Changing fashions	8A - A question of style	123	pioneering	adjective	introducing new and better methods or ideas for the first time	She played a pioneering role in opening higher education to women.	πρωτοποριακός
8 - Changing fashions	8A - A question of style	124	indication	noun	a sign, remark, event etc that shows what is happening, what someone is thinking or feeling, or what is true	Dark green leaves are a good indication of healthy roots.	ένδειξη
8 - Changing fashions	8A - A question of style	124	designated	adjective	someone or something chosen for a particular job or purpose	The lake was recently designated a conservation area.	προσδιορισμένος, καθορισμένος
8 - Changing fashions	8A - A question of style	125	dubious	adjective	probably not honest, true, right etc	The firm was accused of dubious accounting practices.	αμφίβολος
8 - Changing fashions	8A - A question of style	126	be loath/loth to do sth	phrase	to be unwilling to do something	Sarah was loath to tell her mother what had happened.	απρόθυμος
8 - Changing fashions	8B - Everything under the sun	127	talk sb into doing sth	phrasal verb	to persuade someone to do something		πείθω κάποιον να κάνει κάτι
8 - Changing fashions	8B - Everything under the sun	127	part with	phrasal verb	to give something to someone else, although you do not want to	I'm reluctant to part with any of the kittens, but we need the money.	αποχωρίζομαι κάτι
8 - Changing fashions	8B - Everything under the sun	127	mislead	verb	to make someone believe something that is not true by giving them information that is false or not complete	Politicians have misled the public over the dangers of these chemicals.	παραπλανώ
8 - Changing fashions	8B - Everything under the sun	127	unappreciated	adjective	not fully understood, recognized, or valued	She had been brought up in a family where she felt unappreciated and undervalued.	υποτιμημένος, παραγνωρισμένος
8 - Changing fashions	8B - Everything under the sun	127	durability	noun	the ability to withstand wear, pressure, or damage	the reliability and durability of plastics	ανθεκτικότητα, αντοχή
8 - Changing fashions	8B - Everything under the sun	127	go with the flow	noun phrase	to agree that you will do the thing that most people want to do	I don't mind, I'll just go with the flow.	πάω με το ρεύμα
8 - Changing fashions	8B - Everything under the sun	127	root (sth) out	phrasal verb	to find something by searching for it	I'll try to root out my old bike and you can have it.	ξετρυπώνω

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
8 - Changing fashions	8B - Everything under the sun	127	stash (sth) away	verb phrase	to store something secretly or safely somewhere	He has money stashed away in the Bahamas.	κρύβω, καταχωνιάζω
8 - Changing fashions	8B - Everything under the sun	127	get full credit (for)	noun phrase	to receive complete approval or praise for something you have done	Women did not get full credit for the sacrifices they made.	αναγνωρίζομαι
8 - Changing fashions	8B - Everything under the sun	127	wow factor	noun	an interesting, exciting, or unusual feature of something, that people will notice and think is very impressive	The huge windows certainly give the house a wow factor.	το μεγάλο πλεονέκτημα
8 - Changing fashions	8B - Everything under the sun	127	turn the corner	noun phrase	to start to become successful after a period of being unsuccessful	He believes that the economy has turned the corner and will grow next year.	ξεπερνά ένα εμπόδιο
8 - Changing fashions	8B - Everything under the sun	127	give free rein to (sb/sth)	noun phrase	to allow an emotion or feeling to be expressed freely	He gave free rein to his imagination.	απελευθερώνω
8 - Changing fashions	8B - Everything under the sun	127	clear-cut	adjective	easy to understand or be certain about	There is not always a clear-cut distinction between right and wrong.	σαφής, ξεκάθαρος
8 - Changing fashions	8B - Everything under the sun	127	mainstream	adjective	accepted by or involving most people in a society	Deaf children can often be included in mainstream education.	βασικός, ευρέως αποδεκτός
8 - Changing fashions	8B - Everything under the sun	127	perseverance	noun	determination to keep trying to achieve something in spite of difficulties – use this to show approval	It took perseverance to overcome his reading problems.	επιμονή, αποφασιστικότητα
8 - Changing fashions	8B - Everything under the sun	128	memorabilia	noun pl	things that you keep or collect because they are connected with a famous person, event, or time	a collection of war memorabilia	αναμνηστικά
8 - Changing fashions	8B - Everything under the sun	128	sentimental value	noun phrase	the value of something to someone because of personal or emotional associations rather than material worth		συναισθηματική αξία
8 - Changing fashions	8B - Everything under the sun	129	minimalist	adjective	relating to a style of art, design, music etc that uses only a very few simple ideas or patterns	Minimalist design is heavily influenced by traditional Japanese design.	μινιμαλιστικός
8 - Changing fashions	8B - Everything under the sun	129	uncluttered	adjective	not having too many objects, details, or elements	he rooms were plain and uncluttered.	λιτός, απέρριπτος
8 - Changing fashions	8B - Everything under the sun	129	accumulate	verb	to gradually get more and more money, possessions, knowledge etc over a period of time	It is unjust that a privileged few should continue to accumulate wealth.	αποκτώ, συσσωρεύω

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
8 - Changing fashions	8B - Everything under the sun	129	hoard	verb	to collect and save large amounts of food, money etc, especially when it is not necessary to do so	families who hoarded food during the strike	βάζω στην άκρη, μαζεύω
8 - Changing fashions	8B - Everything under the sun	129	ingrained	adjective	ingrained attitudes or behaviour are firmly established and therefore difficult to change	The idea of doing our duty is deeply ingrained in most people.	βαθιά ριζωμένος
8 - Changing fashions	8B - Everything under the sun	130	neutral	adjective	not supporting any of the people or groups involved in an argument or disagreement	I always tried to remain neutral when they started arguing.	ουδέτερος
8 - Changing fashions	8B - Everything under the sun	130	forgery	noun	the crime of copying official documents, money etc	The painting was a very clever forgery.	πλαστογραφία
8 - Changing fashions	8B - Everything under the sun	130	contemplate (doing sth)	verb	to think about something that you might do in the future	Did you ever contemplate resigning?	συλλογίζομαι
8 - Changing fashions	8B - Everything under the sun	130	brush up (a language)	phrasal verb	to practise and improve your skills or your knowledge of something that you learned in the past	I must brush up on my French before I go to Paris.	φρεσκάρω, ξεσκονίζω (μια ξένη γλώσσα)
8 - Changing fashions	8B - Everything under the sun	130	do the round of	verb phrase	to go around from one place to another, especially looking for work or advertising something	Ryan is making the rounds of talk shows to promote her new movie.	πηγαίνω από μέρος σε μέρος αναζητώντας εργασία ή διαφημίζοντας κάτι
8 - Changing fashions	8B - Everything under the sun	130	scout	verb	to look for something in a particular area	I'm scouting round for a place to stay.	κατοπτεύω, αναζητώ
8 - Changing fashions	8B - Everything under the sun	130	acclaim	noun	to praise someone or something publicly	His work was acclaimed by art critics.	αποθεώνω, επευφημώ
8 - Changing fashions	8B - Everything under the sun	130	philanthropic	adjective	a philanthropic person or institution gives money and help to people who are poor or in trouble	a philanthropic foundation	φιλανθρωπικός
8 - Changing fashions	8B - Everything under the sun	131	obsolescence	noun	when something becomes old-fashioned and no longer useful, because something newer and better has been invented	Obsolescence is more of a problem for the technology industry than any other.	απαρχαίωση, παλαίωση
8 - Changing fashions	8B - Everything under the sun	131	time span	noun phrase	a period of time	It's difficult to imagine a time span of a million years.	χρονικό διάστημα
8 - Changing fashions	8B - Everything under the sun	131	launch	noun	when a new product, book etc is made available or made known	the launch of a new women's magazine	έναρξη, λανσάρισμα

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
8 - Changing fashions	8B - Everything under the sun	133	outlet	noun	a shop that sells things for less than the usual price, especially things from a particular company or things of a particular type	Benetton has retail outlets in every major European city.	κατάστημα λιανικής πώλησης
8 - Changing fashions	8B - Everything under the sun	133	roll your eyes (at)	verb phrase	to move your eyes around and up, especially in order to show that you are annoyed or think something is silly	Lucy rolled her eyes as Tom sat down beside her.	κουνάω τα μάτια μου ώστε να δείξω ότι ενοχλούμαι
8 - Changing fashions	8B - Everything under the sun	134	a thorny problem	phrase	a problem that is complicated and difficult		ακανθώδες ζήτημα
8 - Changing fashions	8B - Everything under the sun	134	culminate (in)	verb	if a process culminates in or with a particular event, it ends with that event	A series of events for teachers and students will culminate in a Shakespeare festival next year.	κορυφώνομαι, μεσουρανώ
8 - Changing fashions	8B - Everything under the sun	134	heated discussion	phrase	a discussion that is full of angry and excited feelings		έντονη συζήτηση
8 - Changing fashions	8B - Everything under the sun	134	discordant	adjective	a discordant sound is unpleasant because it is made up of musical notes that do not go together well	The modern decor strikes a discordant note in this old building.	παράφωνος, ασύμφωνος
8 - Changing fashions	8B - Everything under the sun	134	in the eye of the beholder	expression	used to express the fact that not all people have the same opinions about what is attractive	Beauty remains in the eye of the beholder.	υποκειμενικός, στα μάτια του παρατηρητή
8 - Changing fashions	8B - Everything under the sun	134	deliberation	noun	careful consideration or discussion of something	After much deliberation, first prize was awarded to Derek Murray.	μελέτη, περίσκεψη, διαβούλευση
8 - Changing fashions	8B - Everything under the sun	134	fork out (money)	phrasal verb	to spend a lot of money on something, not because you want to but because you have to	I had to fork out £600 on my car when I had it serviced.	ξοδεύω απρόθυμα
8 - Changing fashions	8B - Everything under the sun	134	elaborate	adjective	having a lot of small parts or details put together in a complicated way	pure silks embroidered with elaborate patterns	λεπτομερής, περίτεχνος
8 - Changing fashions	8B - Everything under the sun	134	wield	verb	to have a lot of power or influence, and to use it	The Church wields immense power in Ireland.	ασκώ, χειρίζομαι
SRB8	8A - A question of style	83	privacy	noun	the state of being able to be alone, and not seen or heard by other people	With seven people squashed in one house, you don't get much privacy.	ιδιωτικότητα, ησυχία
SRB8	8A - A question of style	83	irresistibly	adverb	in such an attractive, desirable way that you cannot prevent yourself from wanting something		ακαταμάχητα

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB8	8A - A question of style	83	illusory	adjective	false but seeming to be real or true	First impressions can often prove illusory.	απατηλός
SRB8	8A - A question of style	83	hint	noun	something that you say or do to suggest something to someone, without telling them directly	There have been hints that he may take up coaching.	υπαινιγμός, υπονοούμενο
SRB8	8A - A question of style	83	preoccupation	noun	when someone thinks or worries about something a lot, with the result that they do not pay attention to other things	The management's preoccupation with costs and profits resulted in a drop in quality and customer service.	έγνοια, ανησυχία
SRB8	8A - A question of style	83	down-to-earth	adjective	practical and direct in a sensible honest way	Fran's a friendly, down-to-earth person.	λογικός, προσγειωμένος
SRB8	8A - A question of style	84	confidence trickster	noun	a dishonest person who plays tricks on someone in order to get their money		απατεώνας
SRB8	8A - A question of style	84	bogus	adjective	not true or real, although someone is trying to make you think it is	bogus insurance claims	ψεύτικος, κίβδηλος
SRB8	8A - A question of style	84	in situ	expression	if something remains in situ, it remains in its usual place	mosaics and frescoes have been left in situ	στην αρχική θέση
SRB8	8A - A question of style	84	hoodwink (sb into doing sth)	verb	to trick someone in a clever way so that you can get an advantage for yourself	an attempt to hoodwink the public	απατώ, ξεγελώ
SRB8	8A - A question of style	84	without trace	prepositional phrase	without a small sign that shows that someone or something was present or existed	There was no trace of anyone having entered the room since then.	χωρίς ίχνος
SRB8	8A - A question of style	85	up-and-coming	adjective	likely to become successful or popular	up-and-coming young artists	ανερχόμενος
SRB8	8A - A question of style	85	acquire	verb	to obtain something by buying it or being given it	She has acquired an email address and a site on the WorldWide Web.	αποκτώ, αγοράζω
SRB8	8A - A question of style	85	crook	noun	a dishonest person or a criminal	The crooks got away across the park.	απατεώνας
SRB8	8A - A question of style	86	adjustment	noun	a small change made to a machine, system, or calculation	Once we make the adjustments for inflation, the fall in interest rates is quite small.	προσαρμογή, ρύθμιση
SRB8	8A - A question of style	87	ceramics	noun plural	the art of making pots, bowls, tiles etc, by shaping pieces of clay and baking them until they are hard	an exhibition of ceramics	κεραμική

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB8	8A - A question of style	87	art pottery	noun phrase	the art of making objects out of baked clay	Native American art pottery	αγγειοπλαστική
SRB8	8A - A question of style	87	stand up to	phrasal verb	to refuse to accept unfair treatment from a person or organization	He'll respect you more if you stand up to him.	αντιστέκομαι, υψώνω το ανάστημά μου
SRB8	8A - A question of style	87	aesthetically	adverb	connected with beauty and the study of beauty	aesthetically pleasing	αισθητικά
SRB8	8A - A question of style	87	corridor	noun	a long narrow passage on a train or between rooms in a building, with doors leading off it	We had to wait outside in the corridor until our names were called.	διάδρομος
SRB8	8A - A question of style	87	a giveaway price	phrase	at such a low price that it almost given free		σε εξευτελιστική τιμή
SRB8	8A - A question of style	87	critical appraisal	noun phrase	an important statement or opinion judging the worth, value, or condition of something	a critical appraisal of the existing facilities	κριτική αξιολόγηση
SRB8	8A - A question of style	87	craftsmanship	noun	very detailed work that has been done using a lot of skill, so that the result is beautiful	The carving is a superb piece of craftsmanship.	δεξιότητες, μαστοριά
SRB8	8B - Everything under the sun	88	defining moment	phrase	an event that determines all subsequent related events	Both of those events were defining moments in my life.	καθοριστική στιγμή
SRB8	8B - Everything under the sun	88	covetable	adjective	having a very strong desire to have something that someone else has		επιθυμητός, πολυπόθητος
SRB8	8B - Everything under the sun	88	idiosyncratic	adjective	having an unusual habit or way of behaving that someone has		ιδιόμορφος
SRB8	8B - Everything under the sun	88	referral	noun	when someone sends someone or something to another person to be helped or dealt with	The doctor will give you a referral to a specialist in your area.	παραπεμπτικό σημείωμα
SRB8	8B - Everything under the sun	88	leverage	verb	to make money available to someone in order to invest or to buy something such as a company	the use of public funds to leverage private investment	μοχλεύω
SRB8	8B - Everything under the sun	88	high-end	adjective	relating to products or services that are more expensive and of better quality than other products of the same type	high-end computer memory chips	ακριβός, υψηλής ποιότητας
SRB8	8B - Everything under the sun	88	somebody's undoing	phrase	to cause someone's shame, failure etc	In the end, drink was his undoing.	η καταστροφή κάποιου
SRB8	8B - Everything under the sun	88	iteration	noun	saying or doing something again		επανάληψη

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB8	8B - Everything under the sun	88	incentive	noun	something that encourages you to work harder, start a new activity etc	As an added incentive, there's a bottle of champagne for the best team.	κίνητρο
SRB8	8B - Everything under the sun	88	co-opt	verb	to make someone a member of a group, committee etc, by the agreement of all the members	The committee may co-opt additional members for special purposes.	κάνω μέλος, επιλέγω
SRB8	8B - Everything under the sun	88	parlay	verb	to use advantages that you already have, such as your skills, experience, or money, and increase their value by using all your opportunities well	He owned five movie theaters, which he eventually parlayed into hotels.	μετατρέπω, χρησιμοποιώ ως
SRB8	8B - Everything under the sun	88	monetise	verb	to change government bonds and debts into money		ρευστοποιώ
SRB8	8B - Everything under the sun	89	quantify	verb	to calculate the value of something and express it as a number or an amount	an attempt to quantify the region's social and economic decline	ποσοτικοποιώ
SRB8	8B - Everything under the sun	89	received wisdom	phrase	knowledge or information that people generally believe is true, although in fact it is often false	The received wisdom is that marriage makes a relationship more secure, but as the divorce rates show, this is not necessarily true.	κοινή παραδοχή
SRB8	8B - Everything under the sun	89	endorsement	noun	if a famous person endorses a product or service, they say in an advertisement that they use and like it	celebrity endorsements	υποστήριξη
SRB8	8B - Everything under the sun	89	simultaneously	adverb	happening at exactly the same time	The opera will be broadcast simultaneously on television and radio.	ταυτόχρονα, συγχρόνως
SRB8	8B - Everything under the sun	90	avant-garde	adjective	avant-garde music, literature etc is extremely modern and often seems strange or slightly shocking	an avant-garde play	πρωτοποριακός, προχωρημένος
SRB8	8B - Everything under the sun	90	adage	noun	a well-known phrase that says something wise about human experience	the old adage that a picture is worth a thousand words	γνωμικό, παροιμία
SRB8	8B - Everything under the sun	91	justifiable	adjective	actions, reactions, decisions etc that are justifiable are acceptable because they are done for good reasons	justifiable anger	δικαιολογημένος, εύλογος
SRB8	8B - Everything under the sun	91	grave	adjective	grave problems, situations, or worries are very great or bad	Matthew's life is in grave danger.	πολύ σοβαρός, θανάσιμος

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB8	8B - Everything under the sun	91	cobbler (old-fashioned)	noun	someone who makes and repairs shoes		τσαγκάρης
SRB8	8B - Everything under the sun	91	espadrille	noun plural	a light shoe that is made of cloth and rope		εσπαντρίγια
SRB8	8B - Everything under the sun	91	toy with	phrasal verb	to think about an idea or possibility, usually for a short time and not very seriously	I've been toying with the idea of going to Japan to visit them.	παίζω, φλερτάρω με μια ιδέα
SRB8	8B - Everything under the sun	92	stand for election	verb phrase	to be elected	She was one of the first women to stand for election to parliament.	εκλέγομαι
SRB8	8B - Everything under the sun	92	obligatory	adjective	something that is obligatory must be done because of a law, rule etc	It is obligatory for companies to provide details of their industrial processes.	υποχρεωτικός
SRB8	8B - Everything under the sun	93	see fit	verb phrase	to decide that something is the best thing to do, especially when other people do not agree with you	The government saw fit to ignore our advice.	βρίσκω κάτι πρέπει, βολικό
SRB8	8B - Everything under the sun	93	ambiguity	noun	the state of being unclear, confusing, or not certain, or things that produce this effect	There was an element of ambiguity in the president's reply.	ασάφεια
SRB8	8B - Everything under the sun	93	come down on (the side of)	phrasal verb	to decide to support someone or something	The committee came down in favour of making the information public.	αποφασίζω να υποστηρίξω
SRB8	8B - Everything under the sun	93	evocation	noun	the act of producing a strong feeling or memory in someone	The poem is an evocation of lost love.	ανάμνηση, ζωντάνεμα
SRB8	8B - Everything under the sun	93	reverence	noun	great respect and admiration for someone or something	reverence for tradition	σεβασμός, ευλάβεια
SRB8	8B - Everything under the sun	93	depict	verb	to describe something or someone in writing or speech, or to show them in a painting, picture etc	a book depicting life in pre-revolutionary Russia	απεικονίζω, περιγράφω
SRB8	8B - Everything under the sun	93	rule-bound	adjective	limited or restricted by rules	a complex and rule-bound system, difficult to understand, and hard to administer	δεσμευτικός από κανόνες ή νόμους
9 - Fitness and nutrition	9A - How far can you go?	135	agility	noun	the ability to move quickly and easily	With surprising agility, Karl darted across the road.	ευκινησία
9 - Fitness and nutrition	9A - How far can you go?	136	gangly	adjective	unusually tall and thin, and not able to move gracefully	an awkward, gangly teenager	ψηλόλινγος

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
9 - Fitness and nutrition	9A - How far can you go?	136	epic	adjective	an epic event continues for a long time and involves brave or exciting actions	his epic journey to South America	επικός
9 - Fitness and nutrition	9A - How far can you go?	136	stagger	verb	to walk or move unsteadily, almost falling over	He managed to stagger home.	τρεκλίζω
9 - Fitness and nutrition	9A - How far can you go?	136	stalemate	noun	a situation in which it seems impossible to settle an argument or disagreement, and neither side can get an advantage	The discussions with the miners' union ended in stalemate.	αδιέξοδο
9 - Fitness and nutrition	9A - How far can you go?	136	incongruous	adjective	strange, unexpected, or unsuitable in a particular situation	The new theatre looks utterly incongruous in its setting.	αταίριαστος
9 - Fitness and nutrition	9A - How far can you go?	136	baggy	adjective	baggy clothes are big and do not fit tightly on your body	She was wearing jeans and a baggy T-shirt.	φαρδύς, χαλαρός
9 - Fitness and nutrition	9A - How far can you go?	136	languid	adjective	moving slowly and involving very little energy	He greeted Charles with a languid wave of his hand.	νωχελικός
9 - Fitness and nutrition	9A - How far can you go?	136	partisan	adjective	strongly supporting a particular political party, plan, or leader, usually without considering the other choices carefully	British newspapers are highly partisan.	μεροληπτικός
9 - Fitness and nutrition	9A - How far can you go?	136	jostle	verb	to push or knock against someone in a crowd, especially so that you can get somewhere or do something before other people	Followers of the president jostled for position in front of the TV cameras.	σπρώχνομαι
9 - Fitness and nutrition	9A - How far can you go?	136	fidget	verb	to keep moving your hands or feet, especially because you are bored or nervous	Stop fidgeting with your pens!	κινούμαι νευρικά
9 - Fitness and nutrition	9A - How far can you go?	137	disarmingly	adverb	in a way that makes you feel less angry or disapproving towards someone	He was disarmingly honest about his past mistakes.	αφοπλιστικά
9 - Fitness and nutrition	9A - How far can you go?	137	abiding	adjective	an abiding feeling or belief continues for a long time and is not likely to change	Phil has a deep and abiding love for his family.	διαρκής, αμετάβλητος
9 - Fitness and nutrition	9A - How far can you go?	137	trickle	verb	if liquid trickles somewhere, it flows slowly in drops or in a thin stream	The tears trickled down her cheeks.	στάζω, σταλάζω
9 - Fitness and nutrition	9A - How far can you go?	137	hypnotise	verb	to produce a sleep-like state in someone so that you can influence their thoughts and actions	We were completely hypnotized by her performance of the Haydn.	υπνωτίζω, μαγεύω
9 - Fitness and nutrition	9A - How far can you go?	137	latter	adjective	being the second of two people or things, or the last in a list just mentioned	In the latter case, buyers pay a 15% commission.	ο τελευταίος (από τους δύο)

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
9 - Fitness and nutrition	9A - How far can you go?	137	adrenalin	noun	a chemical produced by your body when you are afraid, angry, or excited, which makes your heart beat faster	There's nothing like a good horror film to get the adrenalin going.	αδρεναλίνη
9 - Fitness and nutrition	9A - How far can you go?	137	changeover (in a tennis match)	noun	a change from one activity, system, or way of working to another	a changeover from military to civilian government	μετάβαση, αλλαγή
9 - Fitness and nutrition	9A - How far can you go?	137	register	verb	to put someone's or something's name on an official list	The tanker is registered in Rotterdam.	εγγράφομαι
9 - Fitness and nutrition	9A - How far can you go?	137	reach a milestone	noun phrase	a very important event in the development of something	The treatment of diabetes reached a significant milestone in the 1970s.	φτάνω σε ένα ορόσημο
9 - Fitness and nutrition	9A - How far can you go?	137	on a knife edge	noun phrase	if a situation is on a knife edge, the result is extremely uncertain	The future of the company is on a knife edge.	στην κόψη του ξυραφιού
9 - Fitness and nutrition	9A - How far can you go?	137	in the aftermath	adverbial phrase	the period of time after something such as a war, storm, or accident when people are still dealing with the results	the danger of disease in the aftermath of the earthquake	στον απόηχο
9 - Fitness and nutrition	9A - How far can you go?	137	weep inconsolably	collocation	to cry so sadly that it is impossible for anyone to comfort you	The boy cried inconsolably after the death of his dog.	κλαίω απαρηγόρητα
9 - Fitness and nutrition	9A - How far can you go?	137	locker room	noun phrase	a room in a sports building, school etc where people change their clothes and leave them in lockers		αποδυτήρια
9 - Fitness and nutrition	9A - How far can you go?	137	humble	adjective	not considering yourself or your ideas to be as important as other people's	a modest and humble man	ταπεινός, σεμνός
9 - Fitness and nutrition	9A - How far can you go?	137	haunt	verb	if the soul of a dead person haunts a place, it appears there often	The pub is said to be haunted by the ghost of a former landlord.	στοιχειώνω, τρομάζω
9 - Fitness and nutrition	9A - How far can you go?	138	league	noun	a group of sports teams or players who play games against each other to see who is best	He makes his football league debut tomorrow.	πρωτάθλημα
9 - Fitness and nutrition	9A - How far can you go?	138	inflatable	adjective	an inflatable object has to be filled with air before you can use it	an inflatable mattress	φουσκωτός
9 - Fitness and nutrition	9A - How far can you go?	138	fortitude	noun	courage shown when you are in great pain or experiencing a lot of trouble	Winnie is a woman of quiet fortitude who has endured a lot of suffering.	καρτερία, γενναιότητα
9 - Fitness and nutrition	9A - How far can you go?	138	ingenuity	noun	skill at inventing things and thinking of new ideas	John showed great ingenuity in overcoming the problem.	εφευρετικότητα
9 - Fitness and nutrition	9A - How far can you go?	138	(be) a testament to	noun phrase	proving or showing very clearly that something exists or is true	The aircraft's safety record is a testament to its designers' skill.	μαρτυρία, απόδειξη

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
9 - Fitness and nutrition	9A - How far can you go?	140	exhilarated	adjective	feeling extremely happy, excited, and full of energy	Dan felt strangely exhilarated by the day's events.	ζωντανός, αναζωογονημένος
9 - Fitness and nutrition	9A - How far can you go?	140	petrified	adjective	extremely frightened, especially so frightened that you cannot move or think	I'm petrified of spiders.	κοκκαλωμένος από φόβο
9 - Fitness and nutrition	9A - How far can you go?	140	overwhelmed	adjective	if someone is overwhelmed by an emotion, they feel it so strongly that they cannot think clearly	Harriet was overwhelmed by a feeling of homesickness.	συγκλονισμένος
9 - Fitness and nutrition	9A - How far can you go?	141	saddle	noun	a leather seat that you sit on when you ride a horse, a bicycle or a motorcycle	We did six or eight hours in the saddle every day.	σέλα
9 - Fitness and nutrition	9A - How far can you go?	141	umpire	noun	the person who makes sure that the players obey the rules in sports such as tennis, baseball, and cricket		διαιτητής, κριτής
9 - Fitness and nutrition	9A - How far can you go?	141	bleak	adjective	without anything to make you feel happy or hopeful	The company still hopes to find a buyer, but the future looks bleak.	ζοφερός, θλιβερός
9 - Fitness and nutrition	9A - How far can you go?	141	naive	adjective	not having much experience of how complicated life is, so that you trust people too much and believe that good things will always happen	a naive young girl	απλοϊκός, αφελής
9 - Fitness and nutrition	9A - How far can you go?	141	matter-of-fact	adjective	showing no emotion when you are talking about something exciting, frightening, upsetting etc	Joan seemed very matter-of-fact about the divorce.	ανέκφραστος, που δε δείχνει συναίσθημα
9 - Fitness and nutrition	9A - How far can you go?	141	grit (one's) teeth	idiomatic phrase	to use all your determination to continue in spite of difficulties	ust grit your teeth and hang on - it'll be over soon.	σφίγγω τα δόντια
9 - Fitness and nutrition	9A - How far can you go?	142	toddler	noun	a very young child who is just learning to walk		νήπιο
9 - Fitness and nutrition	9A - How far can you go?	142	outcast	noun	someone who is not accepted by the people they live among, or who has been forced out of their home	Smokers often feel as though they are being treated as social outcasts.	απόβλητος, απόκληρος
9 - Fitness and nutrition	9B - A question of balance	143	allay	verb	to make someone feel less afraid, worried etc	The president made a statement to allay public anxiety.	καθησυχάζω, κατευνάζω
9 - Fitness and nutrition	9B - A question of balance	143	food-labelling	noun	a label on food packaging, explaining ingredients etc		ετικέτα συσκευασίας τροφίμου
9 - Fitness and nutrition	9B - A question of balance	143	be clued up (about)	phrase	knowing a lot about something	Ask Margaret. She's pretty clued-up about that sort of thing.	ενημερωμένος

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
9 - Fitness and nutrition	9B - A question of balance	144	additive	noun	a substance that is added to food to improve its taste, appearance etc	permitted food additives	πρόσθετο
9 - Fitness and nutrition	9B - A question of balance	144	carbohydrate	noun	a substance that is in foods such as sugar, bread, potatoes, which provides your body with heat and energy and which consists of oxygen, hydrogen, and carbon,	foods such as rice, bread, and potatoes that contain carbohydrates	υδατάνθρακας
9 - Fitness and nutrition	9B - A question of balance	144	vegan	noun	someone who does not eat any animal products at all, such as meat, fish, eggs, cheese, or milk	a strict vegan diet	φυτοφάγος
9 - Fitness and nutrition	9B - A question of balance	144	fibre	noun	the parts of plants that you eat but cannot digest. Fibre helps to keep you healthy by moving food quickly through your body	Fruit and vegetables are high in fibre content.	φυτικές ίνες
9 - Fitness and nutrition	9B - A question of balance	144	trans fats	noun phrase	a type of fat that is produced by hydrogenation (= when vegetable oil is made into solid fat) and is used in margarine, fried foods, etc		ακόρεστα λίπη
9 - Fitness and nutrition	9B - A question of balance	144	hydrogenated	adjective	fat in foods that has had hydrogen added to it	Hydrogenated fats are bad for your health	υδρογονωμένος
9 - Fitness and nutrition	9B - A question of balance	145	from scratch	adverbial phrase	if you start something from scratch, you begin it without using anything that existed or was prepared before	We had to start again from scratch.	από το μηδέν
9 - Fitness and nutrition	9B - A question of balance	145	sluggish	adjective	moving or reacting more slowly than normal	Alex woke late feeling tired and sluggish.	νωθρός, υποτονικός
9 - Fitness and nutrition	9B - A question of balance	146	calories	noun	a unit for measuring the amount of energy that food will produce	A potato has about 90 calories.	θερμίδες
9 - Fitness and nutrition	9B - A question of balance	146	pulses	noun pl	seeds such as beans, peas, and lentils that you can eat	red lentil pulses	όσπρια
9 - Fitness and nutrition	9B - A question of balance	146	confectionery	noun	sweets, chocolates etc	The shop specializes in luxury confectionary.	ζαχαροπλαστική
9 - Fitness and nutrition	9B - A question of balance	146	burn the candle at both ends	saying	to get very tired by doing things until very late at night and getting up early in the mornings		εξαντλούμαι από την πολύωρη εργασία
9 - Fitness and nutrition	9B - A question of balance	147	unforgiving	adjective	an unforgiving place is very difficult to live in, for example because it is extremely hot or cold		αμείλικτος

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
9 - Fitness and nutrition	9B - A question of balance	147	prominently	adverb	easily seen, importantly	Her photo was prominently displayed on his desk.	σε περίοπτη θέση
9 - Fitness and nutrition	9B - A question of balance	147	(be) choosy	adjective	someone who is choosy will only accept things that they like a lot or they consider to be very good	She's very choosy about clothes.	εκλεκτικός
9 - Fitness and nutrition	9B - A question of balance	148	genetically modified	adjective phrase	genetically modified foods or plants have had their genetic structure changed so that they are not affected by particular diseases or harmful insects	a genetically modified crop that is resistant to the disease	γενετικά τροποποιημένος
9 - Fitness and nutrition	9B - A question of balance	150	rigorous	adjective	severe, strict, and thorough	The swimmers follow a rigorous schedule of training twice a day.	αυστηρός
9 - Fitness and nutrition	9B - A question of balance	150	ligament	noun	a band of strong material in your body, similar to muscle, that joins bones or holds an organ in its place	He tore a ligament in his left knee.	σύνδεσμος
9 - Fitness and nutrition	9B - A question of balance	150	optimal	adjective	the best or most suitable		βέλτιστος, άριστος
9 - Fitness and nutrition	9B - A question of balance	150	(be) geared towards	adjectival phrase	to be organized in a way that is suitable for a particular purpose or situation	The typical career pattern was geared to men whose wives didn't work.	προσανατολισμένος σε
SRB 9 - Fitness & nutrition	9A - How far can you go?	95	grassroots	noun	the ordinary people in an organization, rather than the leaders	We are hoping for full participation at grass roots level	οι απλοί πολίτες, η βάση
SRB 9 - Fitness & nutrition	9A - How far can you go?	95	thereby	adverb	with the result that something else happens	He became a citizen in 1978, thereby gaining the right to vote.	έτσι, ως εκ τούτου
SRB 9 - Fitness & nutrition	9A - How far can you go?	95	cross-section	noun	something that has been cut in half so that you can look at the inside, or a drawing of this, a group of people or things that is typical of a much larger group	a wide cross-section of the taxpaying population	αντιπροσωπευτικό δείγμα / διατομή
SRB 9 - Fitness & nutrition	9A - How far can you go?	96	suspense	noun	a feeling of excitement or anxiety when you do not know what will happen next	They kept us in suspense for over two hours.	αγωνία
SRB 9 - Fitness & nutrition	9A - How far can you go?	96	archery	noun	the sport of shooting arrows from a bow		τοξοβολία
SRB 9 - Fitness & nutrition	9A - How far can you go?	96	tightrope	noun	a rope or wire high above the ground that someone walks along in a circus	I feel as though I'm walking a tightrope between success and failure.	τεντωμένο σχοινί

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB 9 - Fitness & nutrition	9A - How far can you go?	96	stuntman	noun	a man who is employed to take the place of an actor when something dangerous has to be done in a film		κασκαντέρ
SRB 9 - Fitness & nutrition	9A - How far can you go?	96	spray	noun	liquid which is forced out of a special container in a stream of very small drops	a new hair styling spray	σπρέι, ψεκασμός
SRB 9 - Fitness & nutrition	9A - How far can you go?	96	hinder	verb	to make it difficult for something to develop or succeed	His career has been hindered by injury.	εμποδίζω
SRB 9 - Fitness & nutrition	9A - How far can you go?	96	visibility	noun	the distance it is possible to see, especially when this is affected by weather conditions	Visibility on the roads is down to 20 metres due to heavy fog.	ορατότητα
SRB 9 - Fitness & nutrition	9A - How far can you go?	96	unnerved	adjective	upset or frightened so that they lose their confidence or their ability to think clearly	He was unnerved by the way Sylvia kept staring at him.	ταραγμένος, εκνευρισμένος
SRB 9 - Fitness & nutrition	9A - How far can you go?	96	cable	noun	a plastic or rubber tube containing wires that carry telephone messages, electronic signals, television pictures etc	cables and switches for computers	καλώδιο
SRB 9 - Fitness & nutrition	9A - How far can you go?	96	cascading	adjective	flowing, falling, or hanging down in large quantities	cascading water	που ξεχειλίζει
SRB 9 - Fitness & nutrition	9A - How far can you go?	96	drained	adjective	very tired and without any energy	Suddenly, she felt totally drained.	εξαντλημένος
SRB 9 - Fitness & nutrition	9A - How far can you go?	97	fluffy	adjective	very light and soft to touch	a fluffy little kitten	χνουδωτός, αφράτος
SRB 9 - Fitness & nutrition	9A - How far can you go?	97	jest	noun	something you say that is intended to be funny, not serious	I wasn't sure whether to treat her words as a jest.	αστείο
SRB 9 - Fitness & nutrition	9A - How far can you go?	98	optimise	verb	to improve the way that something is done or used so that it is as effective as possible	They need to optimize the use of available resources.	βελτιστοποιώ
SRB 9 - Fitness & nutrition	9A - How far can you go?	98	burst	noun	the act of something bursting or the place where it has burst	a burst in the water pipe	έκρηξη, σκάσιμο
SRB 9 - Fitness & nutrition	9A - How far can you go?	98	bobsleigh	noun	a small vehicle with two long thin metal blades instead of wheels, that is used for racing down a special ice track	Sixteen teams took part in the 400m bobsleigh.	έλκηθρο
SRB 9 - Fitness & nutrition	9A - How far can you go?	98	get under the skin of	idiomatic phrase	if someone gets under your skin, they annoy you, especially by the way they behave	What really gets under my skin is people who push straight to the front of the line.	ενοχλούμαι από μία συμπεριφορά

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB 9 - Fitness & nutrition	9A - How far can you go?	98	do wonders for	idiomatic phrase	to be very effective in solving a problem		έχω πολύ καλά αποτελέσματα, κάνω θαύματα
SRB 9 - Fitness & nutrition	9A - How far can you go?	98	butterflies' (in the stomach)	idiomatic phrase	to feel very nervous before doing something	I always get butterflies before an exam.	πεταλούδες στο στομάχι, νευρικότητα
SRB 9 - Fitness & nutrition	9A - How far can you go?	98	tighten	verb	to close or fasten something firmly by turning it	Tighten the screws firmly.	σφίγγω, τεντώνω
SRB 9 - Fitness & nutrition	9A - How far can you go?	98	pent-up emotion	phrase	pent-up feelings have not been expressed or used for a long time	years of pent-up anger and frustration	καταπιεσμένο συναίσθημα
SRB 9 - Fitness & nutrition	9A - How far can you go?	98	downward cycle	phrase	moving or pointing towards a lower position in a cycle		πτωτική τροχιά
SRB 9 - Fitness & nutrition	9A - How far can you go?	98	trigger word	phrase	a word that initiates a process or course of action		λέξη κλειδί, που ενεργοποιεί μια διαδικασία
SRB 9 - Fitness & nutrition	9B - A question of balance	99	swallow	verb	to make food or drink go down your throat and towards your stomach	He swallowed the last of his coffee and asked for the bill.	καταπίνω
SRB 9 - Fitness & nutrition	9B - A question of balance	99	chargrill	verb	to cook food over or under direct heat so that its surface burns slightly and becomes dark	chargrilled chops	ψήνω στη σχάρα
SRB 9 - Fitness & nutrition	9B - A question of balance	99	staple	adjective	forming the greatest or most important part of something	Oil is Nigeria's staple export.	βασικός, κύριος
SRB 9 - Fitness & nutrition	9B - A question of balance	99	anaemic	adjective	suffering from anaemia	his anaemic-looking face	αναιμικός
SRB 9 - Fitness & nutrition	9B - A question of balance	99	taste buds	phrase	one of the small parts of the surface of your tongue with which you can taste things		γευστικοί κάλυκες
SRB 9 - Fitness & nutrition	9B - A question of balance	99	tangy	adjective	pleasantly strong or sharp smell or taste	tangy orange cake	αψύς, πικάντικος
SRB 9 - Fitness & nutrition	9B - A question of balance	99	smoothie	noun	a thick drink made of fruit and fruit juices mixed together, sometimes with ice, milk, or yoghurt	a strawberry-banana smoothie	smoothie (ρόφημα από φρούτα και γάλα)
SRB 9 - Fitness & nutrition	9B - A question of balance	99	relent	verb	to change your attitude and become less strict or cruel towards someone	At last her father relented and came to visit her.	υποχωρώ, μαλακώνω
SRB 9 - Fitness & nutrition	9B - A question of balance	100	lifelong	adjective	continuing or existing all through your life	She became a lifelong friend of ours.	δια βίου

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB 9 - Fitness & nutrition	9B - A question of balance	100	lapse	verb	to gradually come to an end or to stop for a period of time	The conversation lapsed.	ολισθαίνω / παραγράφομαι, λήγω
SRB 9 - Fitness & nutrition	9B - A question of balance	100	glory hunter	noun phrase	someone who supports a successful team for the sake of it, and that the level of their loyalty is determined by whether or not the club can sustain the success		οπαδός, υποστηρικτής ομάδας ανάλογα με το πόσο καλές επιδόσεις έχει αυτή
SRB 9 - Fitness & nutrition	9B - A question of balance	100	hooliganism	noun	a noisy violent behaviour which causes trouble by fighting etc		χουλιγκανισμός
SRB 9 - Fitness & nutrition	9B - A question of balance	100	bribery	noun	the act of giving bribes (money or presents)	We tried everything - persuasion, bribery, threats.	δωροδοκία
SRB 9 - Fitness & nutrition	9B - A question of balance	100	gambler	noun	someone who risks money or possessions on the result of something such as a card game or a race, when you do not know for certain what the result will be	Stevens was a compulsive gambler.	ιζογαδόρος
SRB 9 - Fitness & nutrition	9B - A question of balance	100	pervade	verb	if a feeling, idea, or smell pervades a place, it is present in every part of it	A spirit of hopelessness pervaded the country.	δεισδύω, διαποτίζω
SRB 9 - Fitness & nutrition	9B - A question of balance	100	immune	adjective	someone who is immune to a particular disease cannot catch it	Once we've had the disease, we're immune for life.	απρόσβλητος, άνοσος
SRB 9 - Fitness & nutrition	9B - A question of balance	100	match-fixing	noun	dishonest activity to make sure that one team wins a particular sports match		στήσιμο αγώνα
SRB 9 - Fitness & nutrition	9B - A question of balance	100	wrongdoing	noun	illegal or immoral behaviour		αδικία, αδικοπραγία
SRB 9 - Fitness & nutrition	9B - A question of balance	100	mismatch	noun	a combination of things or people that do not work well together or are not suitable for each other	the mismatch between the demand for health care and the supply	αναντιστοιχία
SRB 9 - Fitness & nutrition	9B - A question of balance	100	disillusioned	adjective	disappointed because you have lost your belief that someone is good, or that an idea is right	As she grew older, Laura became increasingly disillusioned with politics.	απογοητευμένος, χωρίς αυταπάτες
SRB 9 - Fitness & nutrition	9B - A question of balance	100	disclosure	noun	a secret that someone tells people, or the act of telling this secret	the disclosure of private medical information	αποκάλυψη
SRB 9 - Fitness & nutrition	9B - A question of balance	100	allegiance	noun	loyalty to a leader, country, belief etc	You owe allegiance to your king.	πίστη, υποταγή

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB 9 - Fitness & nutrition	9B - A question of balance	101	scoreboard	noun	a board on which the points won in a game are recorded		πίνακας βαθμολογίας
SRB 9 - Fitness & nutrition	9B - A question of balance	101	ritual	noun	a ceremony that is always performed in the same way, in order to mark an important religious or social occasion	ancient pagan rituals	τελετουργία, ιεροτελεστία
SRB 9 - Fitness & nutrition	9B - A question of balance	101	quote	verb	to repeat exactly what someone else has said or written	She quoted from a newspaper article.	παραθέτω, αναφέρω επί λέξη
SRB 9 - Fitness & nutrition	9B - A question of balance	101	myth	noun	an idea or story that many people believe, but which is not true	the myth of male superiority	μύθος
SRB 9 - Fitness & nutrition	9B - A question of balance	101	consultancy	noun	a company that gives advice on a particular subject	a management consultancy	συμβουλευτικές υπηρεσίες
SRB 9 - Fitness & nutrition	9B - A question of balance	101	season ticket	collocation	a ticket that allows you to make a lot of journeys during a particular period of time, or go to all the games, concerts etc being held during a particular time. Season tickets cost less than it would cost to buy a ticket for each journey, game etc	an annual season ticket	εισιτήριο διαρκείας
SRB 9 - Fitness & nutrition	9B - A question of balance	101	year in, year out	phrase	every year for many years	Many birds return to the same spot year after year.	χρόνο με τον χρόνο
SRB 9 - Fitness & nutrition	9B - A question of balance	101	plausible	adjective	reasonable and likely to be true or successful	His story certainly sounds plausible.	εύλογος
SRB 9 - Fitness & nutrition	9B - A question of balance	101	trophy	noun	a large object such as a silver cup or plate that someone receives as a prize for winning a competition	walls lined with banners and athletic trophies	έπαθλο, τρόπαιο, βραβείο
SRB 9 - Fitness & nutrition	9B - A question of balance	101	deter sb from	verb	to stop someone from doing something, by making them realize it will be difficult or have bad results	The company's financial difficulties have deterred potential investors.	αποθαρρύνω, αποτρέπω
SRB 9 - Fitness & nutrition	9B - A question of balance	101	fake	adjective	made to look like a real material or object in order to deceive people	a fake ID card	πλαστός, "μαϊμού"
SRB 9 - Fitness & nutrition	9B - A question of balance	101	(football) division	noun	one of the groups of teams that a sports competition is divided into, often based on the number of games they have won	a second-division club	κατηγορία (ομάδων ποδοσφαίρου)
SRB 9 - Fitness & nutrition	9B - A question of balance	101	ominous	adjective	making you feel that something bad is going to happen	How long will she be ill?' he asked. There was an ominous silence.	δυσοίωνος

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB 9 - Fitness & nutrition	9B - A question of balance	101	(football) league	noun	an organization of professional football teams in England and Wales. It consists of three 'Leagues': the Championship and Leagues One and Two, but does not include the FA Premiership, which is the highest league. Professional football in Scotland is controlled by a similar organization called the Scottish Football League.		πρωτάθλημα
SRB 9 - Fitness & nutrition	9B - A question of balance	102	sedentary	adjective	spending a lot of time sitting down, and not moving or exercising very much	health problems caused by our sedentary lifestyles	καθιστικός
SRB 9 - Fitness & nutrition	9B - A question of balance	102	raw	adjective	not cooked, raw substances are in a natural state and not treated or prepared for use	Cabbage can be eaten raw.	ωμός, ακατέργαστος
SRB 9 - Fitness & nutrition	9B - A question of balance	102	intimidated	adjective	feeling worried and lacking confidence because of the situation you are in or the people you are with	I was shy, and felt intimidated by the older students.	φοβισμένος
10 - Broadening your horizons	10A - Professional concerns	152	be on your guard	verb phrase	to be paying attention to what is happening in order to avoid danger, being tricked etc	These men are dangerous so you'll need to be on your guard.	είμαι σε επιφυλακή
10 - Broadening your horizons	10A - Professional concerns	152	fall back on	phrasal verb	to use something or depend on someone's help when dealing with a difficult situation, especially after other methods have failed	She has no relatives to fall back on.	καταφεύγω σε, στρέφομαι
10 - Broadening your horizons	10A - Professional concerns	152	remedy	verb	a way of dealing with a problem or making a bad situation better	The problems in our schools do not have a simple remedy.	λύση, θεραπεία
10 - Broadening your horizons	10A - Professional concerns	152	investment	noun	the use of money to get a profit or to make a business activity successful, or the money that is used	We plan to buy some property as an investment.	επένδυση
10 - Broadening your horizons	10A - Professional concerns	152	overreact	verb	to react to something with too much emotion, or by doing something that is unnecessary	You always overreact to criticism.	υπερβάλλω, αντιδρώ υπερβολικά
10 - Broadening your horizons	10A - Professional concerns	152	unrepresentative	adjective	not typical of a particular group of things or people	opinions that are unrepresentative of the population	μη αντιπροσωπευτικός
10 - Broadening your horizons	10A - Professional concerns	152	tackle	verb	to try to deal with a difficult problem	There is more than one way to tackle the problem.	αντιμετωπίζω

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
10 - Broadening your horizons	10A - Professional concerns	152	recruitment	noun	finding new people to work in a company, joining an organization, do a job etc	The financial recession has forced a lot of companies to cut down on new recruitments.	πρόσληψη, στρατολόγηση
10 - Broadening your horizons	10A - Professional concerns	152	inadequacy	noun	a feeling that you are not as good, clever, skilled etc as other people	Unemployment can cause feelings of inadequacy and low self-esteem.	ανεπάρκεια
10 - Broadening your horizons	10A - Professional concerns	152	detract from (sth)	phrasal verb	to make something seem less good	One poor performance does not detract from the team's achievements.	μειώνω, αφαιρώ
10 - Broadening your horizons	10A - Professional concerns	152	naivety	noun	the quality of trusting people too much and believing that good things will always happen, because you do not have much experience of life	Talking to the press showed great political naivety.	αφέλεια
10 - Broadening your horizons	10A - Professional concerns	152	nothing ventured, nothing gained	phrase	used to say that you cannot achieve anything unless you take risks	His motto when it comes to business is: nothing ventured, nothing gained.	πρέπει να ρισκάρεις για να κερδίσεις
10 - Broadening your horizons	10A - Professional concerns	152	headhunt	verb	to persuade someone to leave their present job by offering them another job with higher position or more pay	After 2 years at Lloyds, he was headhunted by a rival bank.	προσφέρω καλύτερη θέση εργασίας, στρατολογώ
10 - Broadening your horizons	10A - Professional concerns	152	canny	adjective	clever, careful, and not easily deceived, especially in business or politics	a canny political advisor	πονηρός
10 - Broadening your horizons	10A - Professional concerns	152	untenable	adjective	an untenable situation has become so difficult that it is impossible to continue	The scandal put the President in an untenable position.	αφόρητος
10 - Broadening your horizons	10A - Professional concerns	152	restraint	noun	calm sensible controlled behaviour, especially in a situation when it is difficult to stay calm	The police were praised for their restraint in handling the demonstrators.	καταστολή, περιορισμός
10 - Broadening your horizons	10A - Professional concerns	152	recruit	verb	to find new people to work in a company, join an organization, do a job etc	We're having difficulty recruiting enough qualified staff.	προσλαμβάνω, στρατολογώ
10 - Broadening your horizons	10A - Professional concerns	152	burgeon	verb	to grow or develop quickly	the burgeoning market for digital cameras	ανθίζω
10 - Broadening your horizons	10A - Professional concerns	152	backlog	noun	a large amount of work that you need to complete, especially work that should already have been completed	a backlog of requests	λίστα εκκρεμοτήτων
10 - Broadening your horizons	10A - Professional concerns	152	flounder	verb	to have a lot of problems and be likely to fail completely	More and more firms are floundering because of the recession.	παραπαίω, παραδέρνω

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
10 - Broadening your horizons	10A - Professional concerns	153	raring to go	phrase	very eager to start an activity	They woke up early and were raring to go.	ανυπομονώ να ξεκινήσω κάτι
10 - Broadening your horizons	10A - Professional concerns	153	distribution	noun	the act of sharing things among a large group of people in a planned way	the distribution of aid supplies	διαμονή
10 - Broadening your horizons	10A - Professional concerns	153	make a go of sth	verb phrase	to make something succeed, especially a business or marriage	Nikki was determined to make a go of the business.	κάνω κάτι να πετύχει
10 - Broadening your horizons	10A - Professional concerns	153	sink all your savings into sth	verb phrase	to spend a lot of money on something	They sank their entire savings into their house.	ξοδεύω όλες τις οικονομίες μου σε κάτι
10 - Broadening your horizons	10A - Professional concerns	153	run up an overdraft	verb phrase	to owe a bank a large amount of money after having spent more money than you had in your account		χρωστάω στην τράπεζα, έχω κάνει υπερανάληψη
10 - Broadening your horizons	10A - Professional concerns	153	backer	noun	someone who supports a plan, especially by providing money	We're still trying to find backers for the housing development scheme.	υποστηρικτής, χρηματοδότης
10 - Broadening your horizons	10A - Professional concerns	153	omit	verb	to not include someone or something, either deliberately or because you forget to do it	Please don't omit any details, no matter how trivial they may seem.	παραλείπω
10 - Broadening your horizons	10A - Professional concerns	153	confidentiality	noun	a situation in which you trust someone not to tell secret or private information to anyone else	The relationship between attorney and client is based on confidentiality.	εμπιστευτικότητα
10 - Broadening your horizons	10A - Professional concerns	153	pay dearly (for sth)	phrase	to suffer a lot as a result of a particular action or event	If you refuse to cooperate with us, you will pay dearly for it.	το πληρώνω ακριβά
10 - Broadening your horizons	10A - Professional concerns	153	subsequent	adjective	happening or coming after something else	These skills were passed on to subsequent generations.	επόμενος, μεταγενέστερος
10 - Broadening your horizons	10A - Professional concerns	153	chalk sth up to experience	expression	to accept a failure or disappointment calmly and regard it as an experience that you can learn something from	"So your new job didn't work out very well?" "No, it didn't, but never mind - chalk it up to experience."	δέχομαι μια αποτυχία ήρεμα και την καταγράφω ως διδακτική εμπειρία
10 - Broadening your horizons	10A - Professional concerns	153	expansion	noun	when something increases in size, range, amount etc	The rapid expansion of cities can cause social and economic problems.	επέκταση, διεύρυνση
10 - Broadening your horizons	10A - Professional concerns	153	groundwork	noun	something that has to happen before an activity or plan can be successful	His speech laid the groundwork for independence.	βάσεις, θεμέλια
10 - Broadening your horizons	10A - Professional concerns	153	sustain (a level of sth)	verb	to make something continue to exist or happen for a period of time	to make something continue to exist or happen for a period of time	διατηρώ, συντηρώ

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
10 - Broadening your horizons	10A - Professional concerns	153	blip	noun	a short high electronic sound, or a flashing light on the screen of a piece of electronic equipment	blips on a radar screen	μπιπ, σύντομος ηλεκτρονικός ήχος ή φωτάκι που αναβοσβήνει σε οθόνη
10 - Broadening your horizons	10A - Professional concerns	153	pay off	phrasal verb	to give someone all the money you owe them	I'll pay off all my debts first.	εξοφλώ
10 - Broadening your horizons	10A - Professional concerns	153	comfort zone	noun phrase	your comfort zone is the range of activities or situations that you feel happy and confident in		ζώνη άνεσης, δραστηριότητες ή συνθήκες στις οποίες κάποιος αισθάνεται άνετα
10 - Broadening your horizons	10A - Professional concerns	153	mess (sth) up	phrasal verb	to spoil or ruin something, especially something important or something that has been carefully planned	I felt like I had messed my whole life up and needed to make a new start.	χαλάω, καταστρέφω
10 - Broadening your horizons	10A - Professional concerns	153	venture capitalist	noun	a person or company that lends money to someone so that they can start a new business	Venture capitalists are looking for a high rate of return on their investment.	επενδυτής επιχειρηματικών κεφαλαίων
10 - Broadening your horizons	10A - Professional concerns	153	put it mildly	verb phrase	used to say that you could use much stronger words to describe something	Losing two members of staff was unfortunate, to put it mildly.	για να το θέσω ήπια
10 - Broadening your horizons	10A - Professional concerns	153	gut feeling	phrase	a feeling that you are sure is right, although you cannot give a reason for it	He had a gut feeling that Sarah was lying.	προαίσθημα
10 - Broadening your horizons	10A - Professional concerns	153	call it a day	expression	to decide to stop working, especially because you have done enough or you are tired	Come on, let's call it a day and go home.	ολοκληρώνω, τελειώνω
10 - Broadening your horizons	10A - Professional concerns	153	drag on	phrasal verb	if an event or situation drags on, it continues for too long		συνεχίζομαι, παρατραβάω
10 - Broadening your horizons	10A - Professional concerns	153	inexcusable	adjective	inexcusable behaviour is too bad to be excused	an inexcusable act of aggression	αδικαιολόγητος, ασυγχώρητος
10 - Broadening your horizons	10A - Professional concerns	153	a different kettle of fish	expression	used to say that a situation is very different from one that you have just mentioned	She enjoys public speaking but being on TV is a different kettle of fish.	εντελώς διαφορετική υπόθεση
10 - Broadening your horizons	10A - Professional concerns	154	settle for second best	verb phrase	to accept something even though it is not the best, or not what you really want	They want \$2500 for it, but they might settle for \$2000.	αρκούμαι, συμβιβάζομαι με
10 - Broadening your horizons	10A - Professional concerns	155	business associate	noun phrase	someone who you work or do business with		επαγγελματικός συνεργάτης

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
10 - Broadening your horizons	10A - Professional concerns	155	reciprocal	adjective	a reciprocal arrangement or relationship is one in which two people or groups do or give the same things to each other	He spoke of the necessity for a reciprocal relationship that would be useful for all sides.	αμοιβαίος
10 - Broadening your horizons	10A - Professional concerns	155	portable	adjective	able to be carried or moved easily	a portable radio	φορητός
10 - Broadening your horizons	10A - Professional concerns	155	asset	noun	the things that a company owns, that can be sold to pay debts	a corporation with \$9 billion in assets	περιουσιακό στοιχείο
10 - Broadening your horizons	10A - Professional concerns	156	thatched	adjective	a thatched roof is made with dried straw, reeds, leaves etc	a thatched cottage	αχυρένιος
10 - Broadening your horizons	10A - Professional concerns	157	have designs on	verb phrase	to want something for yourself, especially because it will bring you money	Several developers have designs on the property.	έχω σχέδια για, εμποφθαλιμώ
10 - Broadening your horizons	10A - Professional concerns	157	categorically	adverb	in such a sure and certain way that there is no doubt	He has categorically denied his guilt all along.	κατηγορηματικά
10 - Broadening your horizons	10A - Professional concerns	157	venture	noun	a new business activity that involves taking risks		επιχείρηση, τόλμημα, εγχείρημα
10 - Broadening your horizons	10A - Professional concerns	158	a recipe for	expression	to be likely to cause a particular result, often a bad one	She said that five small boys on skis was a recipe for disaster, not a holiday.	μια συνταγή για
10 - Broadening your horizons	10A - Professional concerns	158	eagle eye	phrase	used to say that someone is watching carefully or is likely to notice something	They carried on working, under the eagle eye of the owner.	άγρυπνο μάτι
10 - Broadening your horizons	10A - Professional concerns	158	accordingly	adverb	in a way that is suitable for a particular situation or that is based on what someone has done or said	Katherine still considered him a child and treated him accordingly.	ανάλογα
10 - Broadening your horizons	10A - Professional concerns	158	arrogance	noun	when someone behaves in a rude way because they think they are very important	I couldn't believe the arrogance of the man!	αλαζονία
10 - Broadening your horizons	10A - Professional concerns	158	constructive criticism	noun phrase	useful and helpful remarks, or likely to produce good results		επικοδομητική κριτική
10 - Broadening your horizons	10A - Professional concerns	158	put sth to good use	verb phrase	to use something such as knowledge or skills for a particular purpose	a job where her management skills can be put to good use	κάνω βέλτιστη χρήση, αξιοποιώ
10 - Broadening your horizons	10A - Professional concerns	158	validity	noun	the fact that something is legally or officially acceptable	I would question the validity of that statement.	κύρος, εγκυρότητα

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
10 - Broadening your horizons	10B - Learning: where do we go from here?	159	bowl (sb) over	phrasal verb	to surprise, please, or excite someone very much	I was bowled over by the beauty of the landscape.	καταπλήσσω κάποιον
10 - Broadening your horizons	10B - Learning: where do we go from here?	159	fall into place	verb phrase	if parts of a situation that you have been trying to understand fall into place, you start to understand how they are connected with each other	Suddenly, all the details started falling into place.	τακτοποιώ, μπαίνω στη θέση μου
10 - Broadening your horizons	10B - Learning: where do we go from here?	159	be at a loose end	noun phrase	to have nothing to do	I was at a loose end so I decided to go see an old movie.	έχω ελεύθερο χρόνο
10 - Broadening your horizons	10B - Learning: where do we go from here?	159	knock (sb) down with a feather	verb phrase	used humorously to say that you are very surprised about something	When he told me he was 60, you could have knocked me down with a feather.	αφήνω κάποιον έκπληκτο
10 - Broadening your horizons	10B - Learning: where do we go from here?	159	hooked	adjective	if you are hooked on something, you enjoy it very much and you want to do it as often as possible	I got hooked on TV when I was sick.	εθισμένος, που έχει “κολλησει”
10 - Broadening your horizons	10B - Learning: where do we go from here?	159	flabbergasted	adjective	extremely surprised or shocked	When I heard how much money we'd made, I was flabbergasted.	εμβρόντητος, άναυδος
10 - Broadening your horizons	10B - Learning: where do we go from here?	159	grasp	noun	your ability to understand a complicated idea, situation, or subject	Her grasp of the issues was impressive.	αντίληψη, κατανόηση
10 - Broadening your horizons	10B - Learning: where do we go from here?	159	muck about	phrasal verb	to behave in a silly way, especially when you should be working or paying attention to something	Stop mucking about and get on with your homework right now!	τεμπελιάζω, χαζολογώ
10 - Broadening your horizons	10B - Learning: where do we go from here?	159	gob-smacked	adjective	very surprised or shocked	When my sister bought a motorbike, I was totally gob-smacked.	έκπληκτος, άναυδος

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
10 - Broadening your horizons	10B - Learning: where do we go from here?	159	be up to doing (sth)	verb	clever, good, or well enough to do something	He's not really up to seeing any visitors.	είμαι σε θέση να κάνω κάτι
10 - Broadening your horizons	10B - Learning: where do we go from here?	159	theoretical	adjective	relating to the study of ideas, especially scientific ideas, rather than with practical uses of the ideas or practical experience	She has theoretical knowledge of teaching, but no practical experience.	θεωρητικός
10 - Broadening your horizons	10B - Learning: where do we go from here?	160	paradigm	noun	a model or example that shows how something works or is produced	the basic paradigm of the family tree	παράδειγμα
10 - Broadening your horizons	10B - Learning: where do we go from here?	160	humanities	noun plural	subjects of study such as literature, history, or art, rather than science or mathematics		ανθρωπιστικές επιστήμες
10 - Broadening your horizons	10B - Learning: where do we go from here?	160	every subject under the sun	phrase	used to emphasize that you are talking about a large range of things	You can buy jeans in every colour under the sun.	κάθετι που υπάρχει, κάθε λογής
10 - Broadening your horizons	10B - Learning: where do we go from here?	161	effectively	adverb	in a way that produces the result that was intended	Children have to learn to communicate effectively.	αποτελεσματικά
10 - Broadening your horizons	10B - Learning: where do we go from here?	162	bug	noun	an illness that people catch very easily from each other but is not very serious	There's a nasty bug going round.	μικρόβιο
10 - Broadening your horizons	10B - Learning: where do we go from here?	162	hitch a lift	verb phrase	to get free rides from the drivers of passing cars by standing at the side of the road and putting a hand out with the thumb raised		κάνω ωτοστόπ
10 - Broadening your horizons	10B - Learning: where do we go from here?	162	collate	verb	to gather information together, examine it carefully, and compare it with other information to find any differences	A computer system is used to collate information from across Britain.	συλλέγω, συγκεντρώνω

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
10 - Broadening your horizons	10B - Learning: where do we go from here?	163	entrepreneur	noun	someone who starts a new business or arranges business deals in order to make money, often in a way that involves financial risks	The government scheme will encourage entrepreneurs to start new businesses.	επιχειρηματίας
10 - Broadening your horizons	10B - Learning: where do we go from here?	164	consensus	noun	an opinion that everyone in a group agrees with or accepts	a lack of consensus about the aims of the project	ομοφωνία, συναίνεση
10 - Broadening your horizons	10B - Learning: where do we go from here?	164	substitute	verb	to use something new or different instead of something else	The recipe says you can substitute yoghurt for the sour cream.	υποκαθιστώ, αντικαθιστώ με
10 - Broadening your horizons	10B - Learning: where do we go from here?	164	vocational	adjective	teaching or relating to the skills you need to do a particular job	vocational qualifications	επαγγελματικός
10 - Broadening your horizons	10B - Learning: where do we go from here?	165	manual	adjective	manual work involves using your hands or your physical strength rather than your mind	People in manual occupations have a lower life expectancy.	χειρωνακτικός
10 - Broadening your horizons	10B - Learning: where do we go from here?	166	prerogative	noun	a right that someone has, especially because of their importance or social position	Education was once the prerogative of the elite.	προνόμιο
10 - Broadening your horizons	10B - Learning: where do we go from here?	166	familiarity breeds contempt	expression	an expression meaning that if you know someone too well, you find out their faults and respect them less		η οικειότητα γεννά την περιφρόνηση
10 - Broadening your horizons	10B - Learning: where do we go from here?	166	under attack	verb phrase	in the process of being attacked		δέχομαι επίθεση
10 - Broadening your horizons	10B - Learning: where do we go from here?	166	of a high calibre	phrase	the level of quality or ability that someone or something has achieved	The paintings were of the highest caliber.	υψηλού επιπέδου

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB10	10A - Professional concerns	105	right up your street	expression	exactly right for you		ακριβώς αυτό που χρειάζεσαι
SRB10	10A - Professional concerns	105	track record	noun phrase	all of a person's or organization's past achievements, successes, or failures, which show how well they have done something in the past and how well they are likely to do in the future	We're looking for someone with a proven track record in selling advertising.	ιστορικό
SRB10	10A - Professional concerns	105	collaborate	verb	to work together with a person or group in order to achieve something, especially in science or art	The two nations are collaborating on several satellite projects.	συνεργάζομαι
SRB10	10A - Professional concerns	105	pull off (a deal)	phrasal verb	to succeed in closing a deal		κλείνω μια συμφωνία
SRB10	10A - Professional concerns	105	persevere (with)	verb	to continue trying to do something in a very determined way in spite of difficulties - use this to show approval	He persevered with his task until he had succeeded in collecting an armful of firewood.	επιμένω
SRB10	10A - Professional concerns	107	redundancy	noun	a situation in which someone has to leave their job, because they are no longer needed	The closure of the export department resulted in over 100 redundancies.	απόλυση πλεονάζοντος προσωπικού
SRB10	10A - Professional concerns	108	recession	noun	a difficult time when there is less trade, business activity etc in a country than usual	the economic recession of the early 1980s	ύφεση
SRB10	10A - Professional concerns	108	discreetly	adverb	careful about what you say or do, so that you do not offend, upset, or embarrass people or tell secrets		διακριτικά
SRB10	10A - Professional concerns	108	devoid of	adjective	to be completely lacking in something	His face was devoid of any warmth or humour.	στερούμαι ενός πράγματος
SRB10	10A - Professional concerns	108	accentuate	verb	to make something more noticeable	The photograph seemed to accentuate his large nose.	υπερτονίζω
SRB10	10A - Professional concerns	109	a necessary evil	expression	something bad or unpleasant that you have to accept in order to achieve what you want	Mr Hurst regarded work as a necessary evil.	αναγκαίο κακό
SRB10	10A - Professional concerns	109	overstated	adjective	exaggerated	The importance of a child's early years cannot be overstated.	μεγαλοποιημένος
SRB10	10A - Professional concerns	109	traumatic	adjective	a traumatic experience is so shocking and upsetting that it affects you for a long time	His son's death was the most traumatic event in Stan's life.	τραυματικός

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SRB10	10A - Professional concerns	109	sour	verb	if a relationship or someone's attitude sours, or if something sours it, it becomes unfriendly or unfavourable	An unhappy childhood has soured her view of life.	χαλάω, ξινίζω
SRB10	10A - Professional concerns	109	chronic	adjective	a chronic disease or illness is one that continues for a long time and cannot be cured	chronic asthma	χρόνιος
SRB10	10A - Professional concerns	109	trade-off	noun	a balance between two opposing things, that you are willing to accept in order to achieve something	There has to be a trade-off between quality and quantity if we want to keep prices low.	ισοζύγιο
SRB10	10A - Professional concerns	109	slacker	noun	someone who is lazy and does not do all the work they should - used to show disapproval		τεμπέλης
SRB10	10A - Professional concerns	109	social standing	noun phrase	social status		κοινωνική θέση
SRB10	10A - Professional concerns	109	mobility	noun	the ability to move easily from one job, area, or social class to another	social mobility	κινητικότητα
SRB10	10A - Professional concerns	109	cornerstone	noun	something that is extremely important because everything else depends on it	The magazine became the cornerstone of McFadden's publishing empire.	ακρογωνιαίος λίθος
SRB10	10A - Professional concerns	109	miss out on	phrasal verb	to not have the chance to do something that you enjoy and that would be good for you	Prepare food in advance to ensure you don't miss out on the fun!	χάνω
SRB10	10A - Professional concerns	109	shift	verb	to move from one place or position to another, or make something do this	Give me a hand to shift these chairs.	μετακινώ, μετατοπίζω
SRB10	10B - Learning: where do we go from here?	110	perpetrate	verb	to do something that is morally wrong or illegal	Who could have perpetrated such a dreadful crime?	διαπράττω
SRB10	10B - Learning: where do we go from here?	110	caught off-guard	verb phrase	to surprise someone by happening when they are not expecting something or prepared for it	The sudden snow storm caught us all off-guard.	πιάνω κάποιον απροετοίμαστο
SRB10	10B - Learning: where do we go from here?	110	fraudster	noun	someone who has committed a fraud		απατεώνας

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SRB10	10B - Learning: where do we go from here?	110	regale with	verb	to entertain someone by telling them about something	Bailey regaled the customers with tales of our exploits.	διασκεδάζω
SRB10	10B - Learning: where do we go from here?	110	leap of faith	expression	something you do even though it involves a risk, hoping that it will have a good result	It took a big leap of faith to decide to quit my job and try something new.	άλμα πίστης, θαρραλέα απόφαση
SRB10	10B - Learning: where do we go from here?	110	swindle	verb	to get money from someone by deceiving them	a businessman who swindled investors out of millions of pounds	εξαπατώ
SRB10	10B - Learning: where do we go from here?	110	shatter	verb	to break suddenly into very small pieces, or to make something break in this way	The plate hit the floor, and shattered into tiny bits.	θρυμματίζω
SRB10	10B - Learning: where do we go from here?	110	disabuse	verb	to persuade someone that what they believe is not true	I tried to disabuse him of that notion.	βγάζω κάποιον από την πλάνη, διαφωτίζω
SRB10	10B - Learning: where do we go from here?	110	lick their wounds	expression	to quietly think about the defeat or disappointment you have just suffered		γλείφω τις πληγές μου
SRB10	10B - Learning: where do we go from here?	110	ensconce	verb	to settle yourself in a place where you feel comfortable and safe	Nick was comfortably ensconced in front of the TV set.	βολεύομαι
SRB10	10B - Learning: where do we go from here?	110	gullible	adjective	too ready to believe what other people tell you, so that you are easily tricked	Plastic replicas of the Greek pottery are sold to gullible tourists.	εύπιστος, αφελής
SRB10	10B - Learning: where do we go from here?	110	fraudulent	adjective	intended to deceive people in an illegal way, in order to gain money, power etc	a fraudulent insurance claim	δόλιος, απατηλός

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SRB10	10B - Learning: where do we go from here?	110	prevalent	adjective	common at a particular time, in a particular place, or among a particular group of people	Solvent abuse is especially prevalent among younger teenagers.	διαδεδομένος
SRB10	10B - Learning: where do we go from here?	110	penultimate	adjective	not the last, but immediately before the last	the penultimate chapter	προτελευταίος
SRB10	10B - Learning: where do we go from here?	111	uninitiated	adjective	people who do not have special knowledge or experience of something	To the uninitiated, this will make little sense.	αμύητος
SRB10	10B - Learning: where do we go from here?	111	intervene	verb	to become involved in an argument, fight, or other difficult situation in order to change what happens	The police don't usually like to intervene in disputes between husbands and wives.	παρεμβαίνω
SRB10	10B - Learning: where do we go from here?	111	scam	noun	a clever but dishonest way to get money	He got involved in a credit card scam.	απάτη, κόλπο
SRB10	10B - Learning: where do we go from here?	111	dupe	verb	to trick or deceive someone	Consumers are being duped into buying faulty electronic goods.	κοροϊδεύω, εξαπατώ
SRB10	10B - Learning: where do we go from here?	111	implicit	adjective	suggested or understood without being stated directly	Her words contained an implicit threat.	έμμεσος, σιωπηρός, υπονοούμενος
SRB10	10B - Learning: where do we go from here?	112	embark upon	verb	to start something, especially something new, difficult, or exciting	He embarked on a new career as a teacher.	ξεκινώ, αναλαμβάνω
SRB10	10B - Learning: where do we go from here?	113	flourish	verb	to develop well and be successful	The economy is booming and small businesses are flourishing.	ανθίζω, ακμάζω, ευδοκιμώ

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
SRB10	10B - Learning: where do we go from here?	113	stationary	adjective	standing still instead of moving	How did you manage to drive into a stationary vehicle?	στατικός, ακίνητος
SRB10	10B - Learning: where do we go from here?	114	exploit	verb	to treat someone unfairly by asking them to do things for you, but giving them very little in return - used to show disapproval	Homeworkers can easily be exploited by employers.	εκμεταλλεύομαι
7 - The way we live	1B - It's live!	10 / script	soul	noun	the special quality or part that gives something its true character	Basho's poems capture the true soul of old Japan.	ψυχή
7 - The way we live	7A - Communities	100 / script	spoilt for choice	phrase	to have so many good things to choose from that you cannot decide which one to choose	With so many makes and models available, buyers are spoilt for choice.	έχω πάρα πολλές επιλογές
7 - The way we live	7A - Communities	101 / script	unorthodox	adjective	unorthodox opinions or methods are different from what is usual or accepted by most people	Her unorthodox views tend to attract controversy.	ανορθόδοξος
7 - The way we live	7A - Communities	101 / script	sceptic	noun	a person who disagrees with particular claims and statements, especially those that are generally thought to be true	Sceptics argued that the rise in prices was temporary.	σκεπτικιστής, δύσπιστος
7 - The way we live	7A - Communities	102 / script	disposable	adjective	intended to be used once or for a short time and then thrown away	disposable nappies	μιας χρήσης, αναλώσιμος
7 - The way we live	7B - Lifestyles	104 / script	pool	noun	a number of things that are shared or an amount of money that is shared by a group of people	Both partners put money into a common pool.	κοινό ταμείο
7 - The way we live	7B - Lifestyles	104 / script	blow	noun	an action or event that causes difficulty or sadness for someone	The factory closures came as a blow to the local economy.	πλήγμα
7 - The way we live	7B - Lifestyles	105 / script	the open road	noun phrase	used to say that there is not much traffic or anything to stop you getting somewhere	In the American Midwest, you really get a sense of being on the open road.	ανοιχτός δρόμος
7 - The way we live	7B - Lifestyles	105 / script	emissions	noun pl	a gas or other substance that is sent into the air	Britain agreed to cut emissions of nitrogen oxide from power stations.	εκπομπές αερίων
8 - Changing fashions	8A - A question of style	106 / script	stamina	noun	physical or mental strength that lets you continue doing something for a long time without getting tired	You need stamina to be a long-distance runner.	αντοχή

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8 - Changing fashions	8A - A question of style	107 / script	on the wane	noun phrase	becoming smaller, weaker, or less important	By the 5th century, the power of the Roman Empire was on the wane.	σε πτώση
8 - Changing fashions	8A - A question of style	108 / script	per se	adverb	used to say that something is being considered alone, not with other connected things	The color of the shell per se does not affect the quality of the egg.	καθεαυτό
8 - Changing fashions	8A - A question of style	109 / script	imposing	adjective	large, impressive, and appearing important	He's a tall, quietly spoken, but imposing figure.	επιβλητικός
8 - Changing fashions	8A - A question of style	110 / script	elitist	adjective	an elitist system, government etc is one in which a small group of people have more power and advantages than other people	an elitist education system	ελιτιστικός
8 - Changing fashions	8A - A question of style	112 / script	negate	verb	to prevent something from having any effect	Efforts to expand the tourist industry could be negated by reports that the sea is highly polluted.	αναιρώ
8 - Changing fashions	8A - A question of style	114 / script	choosy	adjective	someone who is choosy will only accept things that they like a lot or they consider to be very good	She's very choosy about clothes.	επιλεκτικός
8 - Changing fashions	8A - A question of style	115 / script	clear conscience	noun phrase	the knowledge that you have done nothing wrong	Well, at least I can face them all with a clear conscience.	καθαρή συνείδηση
8 - Changing fashions	8A - A question of style	116 / script	off-white	noun	a white colour that has some yellow or grey in it	The room was painted in off-white.	υπόλευκο
9 - Fitness and nutrition	8A - A question of style	117 / script	be up for (sth)	verb phrase	willing to do something or interested in doing something	We're going to the pub later – are you up for it?	είμαι πρόθυμος για κάτι
9 - Fitness and nutrition	9A - How far can you go?	119 / script	entertain the idea of (sth)	verb phrase	to consider an idea etc, or allow yourself to think that something might happen or be true	She could never entertain the idea of living in the country.	εξετάζω, σκέφτομαι
9 - Fitness and nutrition	9A - How far can you go?	120 / script	nag at	phrasal verb	to make someone feel continuously worried or uncomfortable	a problem that had been nagging at him for days	ενοχλώ, βασανίζω
9 - Fitness and nutrition	9A - How far can you go?	120 / script	wary	adjective	someone who is wary is careful because they think something might be dangerous or harmful	I'm a bit wary of driving in this fog.	προσεκτικός, επιφυλακτικός
9 - Fitness and nutrition	9A - How far can you go?	121 / script	black out	phrasal verb	to become unconscious	My head was throbbing, and for a moment I thought I was going black out.	λιποθυμώ

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
9 - Fitness and nutrition	9A - How far can you go?	121 / script	par for the course	noun phrase	to be what you would normally expect to happen – used to show disapproval	Long hours and tough working conditions are often par for the course in catering.	το συνηθισμένο
9 - Fitness and nutrition	9B - A question of balance	122 / script	hot potato	noun phrase	a subject or problem that no one wants to deal with, because it is difficult and any decision might make people angry	The issue has become a political hot potato.	“καυτή πατάτα”, ακανθώδες ζήτημα
9 - Fitness and nutrition	9B - A question of balance	123 / script	none the wiser	phrase	to not understand something even after it has been explained to you	Charlie explained how the system works, but I'm still none the wiser.	δε γίνομαι σοφότερος
9 - Fitness and nutrition	9B - A question of balance	123 / script	trial	verb	to thoroughly test something in order to see if it works correctly or is effective	After being trialled in 10 hospitals, the procedure was approved for widespread use.	δοκιμάζω
1 - Performing arts	9B - A question of balance	128 / script	beyond a joke	adjective phrase	a situation that has got beyond a joke has become serious and worrying	This rain's getting beyond a joke – let's go inside.	(μια κατάσταση) ξεπερνά κάθε όριο, γίνεται σοβαρή
9 - Fitness and nutrition	1B - It's live!	13 / script	mime	noun	the use of movements to express what you want to say without using words, or a play where the actors use only movements	The children learn through role-play, dance and mime.	μυμική
10 - Broadening your horizons	9B - A question of balance	130 / script	preservatives	noun pl	chemical substances that are used to prevent things from decaying, for example food or wood	food that contains no artificial preservatives	συντηρητικά
10 - Broadening your horizons	10A - Professional concerns	133 / script	faint-hearted	adjective	not trying very hard, usually because you do not want to do something or are not confident that you will succeed	He made a faint-hearted attempt to stop her leaving.	διστακτικός, δειλός
10 - Broadening your horizons	10A - Professional concerns	135 / script	business acumen	noun	the ability to think quickly and make good judgments	The firm's success is largely due to Brannon's business acumen.	επιχειρηματικό δαιμόνιο
10 - Broadening your horizons	10A - Professional concerns	135 / script	finite	adjective	having an end or a limit	the Earth's finite resources	πεπερασμένος
10 - Broadening your horizons	10A - Professional concerns	136 / script	contingency plan	noun	a plan for dealing with a future event or situation that might cause problems	We tried to ensure that the company prepared an adequate oil spill contingency plan.	σχέδιο έκτακτης ανάγκης
1 - Performing arts	10A - Professional concerns	138 / script	donkeywork	noun	the hard boring work that is part of a job or project	Why do I always have to do the donkeywork?	βαρετή δουλειά, χαμαλοδουλειά
10 - Broadening your horizons	1B - It's live!	14 / script	stretch	verb	to make someone use all of their skill, abilities, or intelligence	The work's too easy. The students aren't being stretched enough.	επεκτείνω

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10 - Broadening your horizons	10B - Learning: where do we go from here?	140 / script	ironically	adverb	used when talking about a situation in which the opposite of what you expected happens or is true	Ironically, his cold got better on the last day of his holiday.	κατά ειρωνία της τύχης
10 - Broadening your horizons	10B - Learning: where do we go from here?	140 / script	worthy	adjective	to deserve to be thought about or treated in a particular way	a teacher who is worthy of respect	που αξίζει
10 - Broadening your horizons	10B - Learning: where do we go from here?	141 / script	off-chance	noun	if you do something on the off-chance that something will happen, you do it hoping that it will happen although it is unlikely	I just came to see you on the off-chance that Pippa might be here.	αν παρ'ελπίδα
10 - Broadening your horizons	10B - Learning: where do we go from here?	142 / script	credit	verb	to believe that something is true	We found his statement hard to credit.	πιστεύω, αναγνωρίζω
1 - Performing arts	10B - Learning: where do we go from here?	142 / script	allergy	noun	a medical condition in which you become ill or in which your skin becomes red and painful because you have eaten or touched a particular substance	I have an allergy to cats.	αλλεργία
1 - Performing arts	1B - It's live!	16 / script	wail	verb	to make a long high sound	The wind wailed in the chimney.	σκούζω
2 - The natural world	1B - It's live!	21 / script	tragedy	noun	a serious play or book that ends sadly, especially with the death of the main character	'Hamlet' is one of Shakespeare's best known tragedies.	τραγωδία
2 - The natural world	2A - Wild experience	26 / script	culture	noun	the beliefs, way of life, art, and customs that are shared and accepted by people in a particular society	In our culture, it is rude to ask someone how much they earn.	πολιτισμός
2 - The natural world	2A - Wild experience	27 / script	ping	verb	to make a short high ringing sound	Just set the timer on the microwave and the bell will ping when it's finished.	σφυρίζω
2 - The natural world	2A - Wild experience	29 / script	portray	verb	to describe or show someone or something in a particular way, according to your opinion of them	Romantic artists portrayed nature as wild and powerful.	απεικονίζω, περιγράφω
2 - The natural world	2A - Wild experience	30 / script	amplify	verb	to increase the effects or strength of something	These stories only amplified her fears.	ενισχύω

MODULE	UNIT	PAGE	HEADWORD	PART OF SPEECH	DEFINITION	EXAMPLE	GREEK TRANSLATION
2 - The natural world	2A - Wild experience	31 / script	part from	phrasal verb	to separate from someone, or end a relationship with them	He has parted from his wife.	χωρίζω
2 - The natural world	2B - Closer to home	33 / script	coop	noun	a building for small animals, especially chickens	A fox got into the coop and killed all the chickens.	κοτέτσι
2 - The natural world	2B - Closer to home	35 / script	piece (sth) together	verb phrase	to put all the separate parts of an object into the correct order or position	Carefully following the instructions, he pieced the different parts of the model together.	συναρμολογώ
2 - The natural world	2B - Closer to home	36 / script	cut (sth) out	phrasal verb	to stop doing or eating something, especially because it might be bad for your health	By cutting out sugar, he lost over 4 pounds in a month.	κόβω κάτι
2 - The natural world	2B - Closer to home	36 / script	hither and thither	phrase	scattered around or happening in several different places	Coloured fish darted hither and thither.	εδώ κι εκεί
3 - Surviving and thriving	2B - Closer to home	36 / script	self-sufficiency	noun	the ability to provide all the things you need without help from other people	There is a trend towards self-sufficiency with more and more people growing their own vegetables.	αυτάρκεια
3 - Surviving and thriving	3A - Who's in control?	40 / script	phenomenon	noun	something that happens or exists in society, science, or nature, especially something that is studied because it is difficult to understand	Homelessness is not a new phenomenon.	φαινόμενο
3 - Surviving and thriving	3A - Who's in control?	41/ script	to a fault	phrase	extremely generous, kind etc	Barry's kind, caring and generous to a fault.	υπερβολικά
3 - Surviving and thriving	3A - Who's in control?	41/ script	conscientious	adjective	careful to do everything that it is your job or duty to do	a conscientious and hard-working student	ευσυνείδητος
3 - Surviving and thriving	3A - Who's in control?	42/ script	confrontational	adjective	likely to cause arguments or make people angry	a confrontational style of management	συγκρουσιακός, επιθετικός
3 - Surviving and thriving	3A - Who's in control?	42/ script	peer group	noun	a group of people, especially people who are the same age, social class etc as yourself	the TV shows that are popular with his peer group	ομάδα συνομηλίκων
3 - Surviving and thriving	3B - Mind and body	47 / script	contagious	adjective	if a feeling, attitude, or action is contagious, other people are quickly affected by it and begin to have it or do it	her contagious enthusiasm	μεταδοτικός
3 - Surviving and thriving	3B - Mind and body	47 / script	essential oil	noun	an oil from a plant that has a strong smell and is used for making perfume or in aromatherapy		αιθέριο έλαιο

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3 - Surviving and thriving	3B - Mind and body	48 / script	meditation	noun	the practice of emptying your mind of thoughts and feelings, in order to relax completely or for religious reasons	Yoga involves breathing exercises, stretching, and meditation.	διαλογισμός
1 - Performing arts	3B - Mind and body	54 / script	shut (sth) out	phrasal verb	to stop yourself from thinking about or noticing something, so that you are not affected by it	She could not shut out the memory of that awful night, however hard she tried.	αποκλείω, αγνοώ
3 - Surviving and thriving	1A - Have you got what it takes?	6 / script	animated	adjective	a film or programme that shows pictures, clay models etc that seem to be really moving	an animated Disney film	κινούμενος
4 - Information	3B - Mind and body	62 / script	benefit	verb	if you benefit from something, or it benefits you, it gives you an advantage, improves your life, or helps you in some way	Many thousands have benefited from the new treatment.	επωφελούμαι
4 - Information	4A - Too much of a good thing?	64 / script	to raise eyebrows	verb phrase	if something raises eyebrows, it surprises people	This decision raised a few eyebrows.	παραξενεύομαι
4 - Information	4A - Too much of a good thing?	64 / script	viable	adjective	a viable idea, plan, or method can work successfully	The committee came forward with one viable solution.	εφικτός
4 - Information	4A - Too much of a good thing?	65 / script	slick	adjective	if something is slick, it is done in a skilful and attractive way and seems expensive, but it often contains no important or interesting ideas	The presentation was very slick.	επιδέξιος, επιτήδειος
4 - Information	4A - Too much of a good thing?	66 / script	go viral	phrase?	if a picture, video, joke etc goes viral, it spreads widely, especially on the Internet or mobile phones	The video went viral on YouTube, where it had over a million hits in 24 hours.	εξαπλώνομαι γρήγορα
4 - Information	4A - Too much of a good thing?	66 / script	derogatory	adjective	derogatory remarks, attitudes etc are insulting and disapproving	Their conversation contained a number of derogatory racial remarks.	υποτιμητικός
1 - Performing arts	4B - Open up your world	69 / script	enthusiast	noun	someone who is very interested in a particular activity or subject	a keep-fit enthusiast	λάτρης, θιασώτης
1 - Performing arts	1A - Have you got what it takes?	7 / script	commercially viable	noun phrase	if a business, project etc is commercially viable, it will make a profit	Rising costs mean the project is no longer commercially viable.	εμπορικά βιώσιμος
1 - Performing arts	1A - Have you got what it takes?	7 / script	emulate	verb	to do something or behave in the same way as someone else, especially because you admire them	He hoped to emulate the success of Wilder.	μιμούμαι
4 - Information	1A - Have you got what it takes?	7 / script	lucrative	adjective	a job or activity that is lucrative lets you earn a lot of money	He inherited a lucrative business from his father.	επικερδής

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4 - Information	4B - Open up your world	71 / script	return	noun	the amount of profit that you get from something	The markets are showing extremely poor returns.	επιστροφή
4 - Information	4B - Open up your world	73 / script	polymath	noun	someone who has a lot of knowledge about many different subjects	The French polymath Pascal excelled in many disciplines.	πολυμαθής
4 - Information	4B - Open up your world	75 / script	bias	noun	a tendency to prefer or be interested one type of thing more than something else	Lydia has a strong artistic bias.	κλίση, προτίμηση
5 - Language and literature	4B - Open up your world	75 / script	broadsheet	noun	a newspaper printed on large sheets of paper, especially a serious newspaper	The story was not covered by any of the broadsheets.	εφημερίδα μεγάλης κυκλοφορίας
5 - Language and literature	5A - It's all in a word!	77 / script	document	verb	to write about something, film it, or take photographs of it, in order to record information about it	His research documents how the crisis occurred.	καταγράφω
5 - Language and literature	5A - It's all in a word!	77 / script	field	noun	a subject that people study or an area of activity that they are involved in as part of their work	Peter's an expert in his field.	τομέας, πεδίο
5 - Language and literature	5A - It's all in a word!	78 / script	principled	adjective	based on clear and definite ideas	an attempt to reduce prison sentences in a principled way	βασισμένος σε αρχές
5 - Language and literature	5A - It's all in a word!	80 / script	oral tradition	noun phrase	spoken stories about a community's beliefs, customs, history etc that are passed on from person to person over many years	Forms of the oral tradition include storytelling and ballads.	προφορική παράδοση
5 - Language and literature	5A - It's all in a word!	80 / script	last-ditch	adjective	a final attempt to achieve something before it is too late	The negotiators made a last-ditch effort to reach an agreement.	έσχατος
5 - Language and literature	5B - An open book	82 / script	touch	noun	a particular way of doing something, or the ability to do it in a particular way	The room was decorated with a very artistic touch.	άγγιγμα
5 - Language and literature	5B - An open book	83 / script	timeless classic	noun phrase	a book, play, or film that is important and has been admired for a long time	'La Grande Illusion' is one of the timeless classics of French cinema.	διαχρονικά κλασικός
5 - Language and literature	5B - An open book	84 / script	throw light on (sth)	verb phrase	to provide new information that makes a difficult subject or problem easier to understand	These discoveries may throw new light on the origins of the universe.	ρίχνω φως
6 - Travel	5B - An open book	85 / script	foresight	noun	the ability to imagine what is likely to happen and to consider this when planning for the future	It was an example of the authorities' lack of foresight.	προνοητικότητα

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6 - Travel	6A - Sense of adventure	86 / script	Viking	noun	a member of the group of Scandinavian people who sailed in ships to attack areas along the coasts of northern and western Europe from the 8th to 11th centuries	The Vikings raided villages and towns along the northeast coast of Britain.	Βίκινγκ
6 - Travel	6A - Sense of adventure	87 / script	permafrost	noun	a layer of soil that is always frozen in countries where it is very cold	the permafrost of the arctic tundra	μόνιμο στρώμα πάγου
6 - Travel	6A - Sense of adventure	87 / script	potent	adjective	powerful and effective	The treaty requires them to get rid of their most potent weapons.	ισχυρός, δυνατός
6 - Travel	6A - Sense of adventure	88 / script	exacerbate	verb	to make a bad situation worse	The recession has exacerbated this problem.	επιδεινώνω
1 - Performing arts	6A - Sense of adventure	88 / script	at close quarters	adjective	if something happens or is done at close quarters, it happens inside a small space or is done from a short distance away	The troops had been fighting at close quarters.	από κοντά
6 - Travel	1A - Have you got what it takes?	9 / script	bring (sth) to fruition	phrase	if a plan, project etc is brought to fruition, it is successfully put into action and completed, often after a long process	Many people have worked together to bring this scheme to fruition.	ολοκληρώνω, υλοποιώ επιτυχώς
6 - Travel	6B - The conscientious traveller	90 / script	ethical	adjective	relating to principles of what is right and wrong	The president must have the highest ethical standards.	ηθικός
6 - Travel	6B - The conscientious traveller	92 / script	green	adjective	relating to the environment and its protection	He is interested in green issues such as recycling.	οικολογικός, "πράσινος"
6 - Travel	6B - The conscientious traveller	93 / script	fancy	verb	to like or want something, or want to do something	Sorry, but I don't fancy going out tonight.	αγαπώ, μου αρέσει
7 - The way we live	6B - The conscientious traveller	93 / script	hectic	adjective	very busy or full of activity	a hectic social life	ταραχώδης, έντονος
7 - The way we live	7A - Communities	99 / script	envisage	verb	to think that something is likely to happen in the future	I don't envisage working with him again.	οραματίζομαι, βλέπω
7 - The way we live	7B - Lifestyles		bite off more than you can chew	verb phrase	to try to do more than you are able to do	She bit off more than she could chew when she took on that extra work.	αναλαμβάνω κάτι που δε μπορώ να φέρω εις πέρας

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7 - The way we live	7B - Lifestyles		a means to an end	noun phrase	something that you do only to achieve a result, not because you want to do it or because it is important	For Geoff, the job was simply a means to an end.	το μέσο για κάποιο σκοπό
7 - The way we live	7B - Lifestyles		set (sb/sth) back	phrasal verb	to delay the progress or development of something, or delay someone from finishing something	The fire set the project back several months.	αναβάλλω
7 - The way we live	7B - Lifestyles		steer clear of (sb/sth)	verb phrase	to avoid someone or something unpleasant or difficult	Jo tried to steer clear of political issues.	αποφεύγω
7 - The way we live	7B - Lifestyles		be dead set on (sth)	adjective phrase	be determined about something	The government's dead set on the plan.	είμαι αποφασισμένος για κάτι
7 - The way we live	7B - Lifestyles		go over the top	verb phrase	to say or do something that is extreme or unreasonable, so that it seems stupid or offensive	I think you went a bit over-the-top calling him a fascist.	υπερβάλλω, το παρακάνω
7 - The way we live	7B - Lifestyles		axe	verb	to get rid of a plan, system, or service, especially in order to save money	TV's longest running show is to be axed.	τσεκουρώνω, κόβω
7 - The way we live	7B - Lifestyles		must	noun	something that you must do or must have	Warm clothes are a must in the mountains.	επιβεβλημένο
7 - The way we live	7B - Lifestyles		fraternity	noun	all the people who work in a particular profession or share a particular interest	The scientific fraternity has expressed doubts about the findings.	αδελφότητα
9 - Fitness and nutrition	7B - Lifestyles		progression	noun	a gradual process of change or development	the natural progression of the disease	πρόοδος
9 - Fitness and nutrition	9B - A question of balance		kick off	phrasal verb	if a meeting, event, or a football game kicks off, it starts	The match kicks off at 3 o'clock.	ξεκινώ
9 - Fitness and nutrition	9B - A question of balance		toe the line	verb phrase	to do what other people in a job or organization say you should do, whether you agree with them or not	You toe the line or you don't stay on the team!	ακολουθώ τη γραμμή, παρατάσσομαι
9 - Fitness and nutrition	9B - A question of balance		clued up (about)	adjective	knowing a lot about something	Ask Margaret. She's pretty clued up about that sort of thing.	καλά ενημερωμένος για
9 - Fitness and nutrition	9B - A question of balance		hype	noun	attempts to make people think something is good or important by talking about it a lot on television, the radio etc – used to show disapproval	Despite the media hype, I found the film very disappointing.	υπερβολική δημοσιότητα

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9 - Fitness and nutrition	9B - A question of balance		residue	noun	a substance that remains on a surface, in a container etc and cannot be removed easily, or that remains after a chemical process	Rinse off any soap residue.	υπόλειμμα
9 - Fitness and nutrition	9B - A question of balance		afoot	adjective	being planned or happening	There were plans afoot for a second attack.	σε εξέλιξη
9 - Fitness and nutrition	9B - A question of balance		prohibitive	adjective	prohibitive costs are so high that they prevent people from buying or doing something	The cost of land in Tokyo is prohibitive.	απαγορευτικός
9 - Fitness and nutrition	9B - A question of balance		far-fetched	adjective	extremely unlikely to be true or to happen	All this may sound a bit far-fetched, but companies are already developing 'intelligent' homes.	υπερβολικός, παρατραβηγμένος
9 - Fitness and nutrition	9B - A question of balance		barrage	noun	a lot of criticism, questions, complaints etc that are said at the same time, or very quickly one after another	a barrage of questions	καταιγισμός
9 - Fitness and nutrition	9B - A question of balance		red tape	noun	official rules that seem unnecessary and prevent things from being done quickly and easily	a procedure surrounded by bureaucracy and red tape	γραφειοκρατία