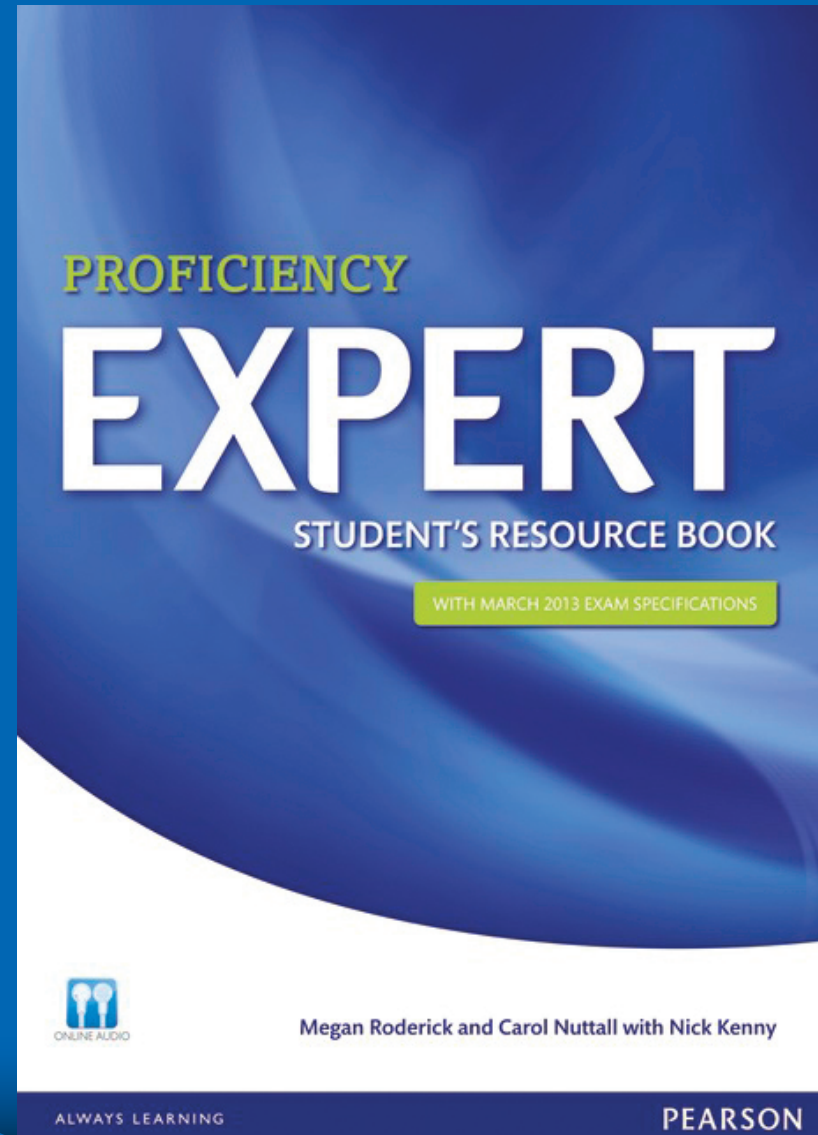


# Proficiency Expert

## English-Greek Wordlist



| Unit | Headword            | Part of Speech | Definition  | Example   | Greek Translation                | Page |
|------|---------------------|----------------|---|---|----------------------------------|------|
| 1A   | <b>plateau</b>      | n              | a period during which the level of something does not change, especially after a period when it was increasing                | <b>Inflation rates have reached a plateau.</b>  | υψίπεδο                          | 7    |
| 1A   | <b>mentor</b>       | n              | an experienced person who advises and helps a less experienced person   | <b>Being the latest addition to the company's staff, I needed a mentor to guide me through.</b> | μέντορας                         | 7    |
| 1A   | <b>innate</b>       | adj            | an innate quality or ability is something you are born with   | <b>Children have an innate ability to learn language.</b>                                       | έμφυτος                          | 7    |
| 1A   | <b>accessible</b>   | adj            | easy to obtain or use   | <b>the need for a health service that is accessible to all</b>                                  | προσβάσιμος                      | 7    |
| 1A   | <b>ruthlessness</b> | n              | the quality of being determined and firm when making unpleasant decisions   | <b>He showed great ruthlessness in dealing with his enemies.</b>                                | σκληρότητα, ασπλαχνιά            | 8    |
| 1A   | <b>mediocrity</b>   | n              | the state of not being very good  | <b>I was disappointed by the mediocrity of the food at the hotel.</b>                           | μετριότητα                       | 8    |
| 1A   | <b>tatty</b>        | adj            | in bad condition  | <b>a few tatty old chairs</b>   | φθαρμένος                        | 8    |
| 1A   | <b>jaded</b>        | adj            | someone who is jaded is no longer interested in or excited by something, usually because they have experienced too much of it | <b>The concert should satisfy even the most jaded critic.</b>                                   | μπουχτισμένος, βαριεστημένος     | 8    |
| 1A   | <b>notorious</b>    | adj            | famous or well known for something bad  | <b>notorious cases of human rights abuses</b>   | διαβόητος                        | 8    |
| 1A   | <b>hustle</b>       | v              | to do something with a lot of energy and determination  | <b>Cindy's not a great player, but she really hustles.</b>                                      | σπεύδω, κινούμαι γρήγορα         | 8    |
| 1A   | <b>resilience</b>   | n              | the ability to become strong, happy, or successful again after a difficult situation or event                                 | <b>People showed remarkable resilience during the war.</b>                                      | προσαρμοστικότητα, ανθεκτικότητα | 8    |
| 1A   | <b>prerequisite</b> | n              | something that is necessary before something else can happen or be done   | <b>A reasonable proficiency in English is a prerequisite for the course.</b>                    | προαπαιτούμενο                   | 8    |
| 1A   | <b>sartorial</b>    | adj            | relating to clothes, especially the style of clothes that a man wears – used especially humorously                            | <b>a man of great sartorial elegance</b>  | ενδυματολογικός                  | 8    |
| 1A   | <b>lousy</b>        | adj            | of very bad quality   | <b>What lousy weather!</b>  | άθλιος                           | 8    |
| 1A   | <b>dilemma</b>      | n              | a situation in which it is very difficult to decide what to do, because all the choices seem equally good or equally bad      | <b>a moral dilemma</b>  | δίλημμα                          | 8    |
| 1A   | <b>emerge</b>       | v              | to appear or come out from somewhere  | <b>The flowers emerge in the spring.</b>  | αναδύομαι, προβάλλω              | 9    |
| 1A   | <b>taut</b>         | adj            | having firm muscles   | <b>She has a taut brown body.</b>   | σφιχτός, γυμνασμένος             | 9    |

| Unit | Headword                                  | Part of Speech | Definition   | Example   | Greek Translation                   | Page |
|------|---|----------------|--|---|-------------------------------------|------|
| 1A   | <b>slink</b>                              | v              | to move somewhere quietly and secretly   | <b>Edward was hoping to slink past unnoticed.</b>   | γλιστρώ<br>απαρατήρητος             | 9    |
| 1A   | <b>prospects</b>                          | n              | chances of future success  | <b>I had no job, no education, and no prospects.</b>  | προοπτικές                          | 9    |
| 1A   | <b>sweat</b>                              | v              | to work hard   | <b>They sweated and saved for ten years to buy a house.</b>   | κοπιάζω, μοχθώ                      | 9    |
| 1A   | <b>grim</b>                               | adj            | bad, ugly, unpleasant  | <b>They painted a grim picture of what life use to be like there.</b>   | βλοσυρός, σκληρός                   | 9    |
| 1A   | <b>despise</b>                            | v              | to dislike and have a low opinion of someone or something  | <b>She despised her neighbours.</b>   | απεχθάνομαι                         | 9    |
| 1A   | <b>reptilian</b>                          | adj            | someone or something that is unpleasant or cannot be trusted   | <b>reptilian resilience</b>   | ερπετοειδής                         | 9    |
| 1A   | <b>constraint</b>                         | n              | something that limits your freedom to do what you want, restriction  | <b>Constraints on spending have forced the company to rethink its plans.</b>  | περιορισμός                         | 9    |
| 1A   | <b>blessed</b>                            | adj            | very enjoyable or desirable  | <b>a few moments of blessed silence</b>   | ευλογημένος                         | 9    |
| 1A   | <b>bland</b>                              | adj            | without any excitement, strong opinions, or special character, dull  | <b>a few bland comments</b>   | ήπιος, ανιαρός                      | 9    |
| 1A   | <b>out of sync</b>                        | adj phr        | if things are out of sync, they are not working well together at exactly the same time and speed   | <b>The soundtrack is out of sync with the picture.</b>  | εκτός συγχρονισμού                  | 9    |
| 1A   | <b>disrobe</b>                            | v              | to remove your clothes   | <b>There were no changing rooms for the actors to disrobe.</b>  | ξεντύνομαι                          | 9    |
| 1A   | <b>keep your head down</b>                | v phr          | to do what you have to do without disagreement   | <b>You have to keep your head down and do as instructed.</b>  | συμμορφώνομαι,<br>υπακούω           | 9    |
| 1A   | <b>negotiate</b>                          | v              | to discuss something in order to reach an agreement, especially in business or politics  | <b>The government refuses to negotiate with terrorists.</b>   | διαπραγματεύομαι                    | 9    |
| 1A   | <b>(twenty per cent) cut (of the fee)</b> | phr            | a reduction in the size or amount of something, especially the amount of money that is spent by a government or company  | <b>A cut of 1% in interest rates was announced yesterday.</b>   | μείωση, μερίδιο                     | 9    |
| 1A   | <b>catch-22</b>                           | phr            | 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 | <b>It's a Catch-22 situation - without experience you can't get a job and without a job you can't get experience.</b> | φαύλος κύκλος                       | 9    |
| 1A   | <b>take it or leave it</b>                | v phr          | to neither like nor dislike something, used to say that you do not care whether someone accepts your offer or not  | <b>To some people, smoking is addictive. Others can take it or leave it.</b>  | πάρτε το ή αφήστε το, αν σας αρέσει | 9    |
| 1A   | <b>churn</b>                              | n              | a container used for shaking milk in order to make it into butter  | <b>a butter churn</b>   | καρδάρια                            | 9    |

| Unit | Headword                     | Part of Speech      | Definition  | Example   | Greek Translation                                  | Page |
|------|------------------------------|---------------------|---|---|--|------|
| 1A   | <b>grinding gears</b>        | phr                 | very unpleasant noise of machinery parts rubbing together, the noise made when the machinery in a vehicle is not changed properly | <b>When he first got his driving license, I could recognise his car from the noise of grinding gears.</b> | γρανάζια που τρίζουν, στρίγκλισμα σαζμάν ταχυτήτων | 9    |
| 1A   | <b>limb</b>                  | n                   | arm or leg  | <b>She is strong-limbed.</b>  | άκρο σώματος                                       | 9    |
| 1A   | <b>stew</b>                  | n<br>(metaphorical) | a hot meal made by cooking meat and vegetables slowly in liquid for a long time   | <b>a pot of beef stew</b>   | στιφάδο  | 9    |
| 1A   | <b>scrounge (for)</b>        | v                   | to get money or something you want by asking other people for it rather than by paying for it yourself                            | <b>a group of children scrounging for food</b>  | κάνω τράκα   | 9    |
| 1A   | <b>CV (Curriculum Vitae)</b> | phr                 | a short written document that lists your education and previous jobs, which you send to employers when you are looking for a job  | <b>She sent in a job application followed by a long CV.</b>   | βιογραφικό σημείωμα                                | 9    |
| 1A   | <b>crave</b>                 | v                   | to have an extremely strong desire for something  | <b>an insecure child who craves attention</b>   | λαχταρώ, ποθώ                                      | 9    |
| 1A   | <b>leap at the chance</b>    | v phr               | to accept an opportunity very eagerly   | <b>I leapt at the chance of studying abroad.</b>  | αρπάζω μια ευκαιρία                                | 9    |
| 1A   | <b>savage</b>                | adj                 | very violent or cruel   | <b>a savage dog, a savage murder</b>  | πολύ βίαιος, σκληρός                               | 9    |
| 1A   | <b>shed a tear</b>           | phr                 | cry   | <b>She had not shed a single tear during the funeral.</b>   | κλαίω, χύνω δάκρυα                                 | 10   |
| 1A   | <b>crude</b>                 | adj                 | offensive or rude, especially in a sexual way, vulgar   | <b>His language was often crude.</b>  | βάναυσος, άξεστος                                  | 10   |
| 1A   | <b>veneer</b>                | n                   | behaviour that hides someone's real character or feelings   | <b>A thin veneer of politeness hid Lady Bride's growing anger.</b>  | πέπλο  | 10   |
| 1A   | <b>tangled</b>               | adj                 | twisted together in an untidy mass, complicated or not easy to understand   | <b>He had hair like tangled string. tangled emotions</b>  | μπερδεμένος, δυσνόητος                             | 10   |
| 1A   | <b>riveting</b>              | adj                 | Something that is riveting is so interesting or exciting that you cannot stop watching it or listening to it, fascinating         | <b>a riveting performance</b>   | καθηλωτικός  | 11   |
| 1A   | <b>acclaimed</b>             | adj                 | publicly praised by a lot of people   | <b>His work was critically acclaimed.</b>   | καταξιωμένος, αναγνωρισμένος                       | 11   |
| 1A   | <b>render</b>                | v                   | to express or present something in a particular way   | <b>The blow to his head was strong enough to render him unconscious.</b>                                  | καθιστώ  | 11   |
| 1A   | <b>in (quick) succession</b> | phr                 | happening one after the other without anything different happening in between   | <b>He fired two shots in quick succession.</b>  | σε αλληλουχία, ο ένας μετά τον άλλο, απανωτά       | 13   |

| Unit | Headword                 | Part of Speech | Definition   | Example   | Greek Translation  | Page |
|------|--------------------------|----------------|--|---|--|------|
| 1A   | <b>etiquette</b>         | n              | the formal rules for polite behaviour in society or in a particular group                        | <b>strict rules of professional etiquette</b>                                     | εθιμοτυπία, δεοντολογία, πρωτόκολλο                                | 13   |
| 1A   | <b>subtleties</b>        | n              | a thought, idea, or detail that is important but difficult to notice or understand               | <b>Some of the subtleties of the language are lost in translation.</b>            | λεπτές αποχρώσεις  | 14   |
| 1A   | <b>facial expression</b> | phr            | a look on someone's face that shows what they are thinking or feeling                            | <b>Her facial expression indicated surprise.</b>                                  | έκφραση του προσώπου   | 14   |
| 1A   | <b>props</b>             | n              | a small object such as a book, weapon etc, used by actors in a play or film                      | <b>Anna looks after costumes and props.</b>                                       | μικρά αντικείμενα χρήσιμα για το σκηνικό θεατρικών έργων ή ταινιών | 14   |
| 1A   | <b>convey</b>            | v              | to communicate or express something, with or without using words                                 | <b>Ads convey the message that thin is beautiful.</b>                             | μεταφέρω, επικοινωνώ ένα μήνυμα                                    | 14   |
| 1A   | <b>it's down to you</b>  | phr            | to be the result of one person's actions or one particular thing                                 | <b>Chris's success is all down to him.</b>  | από εσένα εξαρτάται  | 14   |
| 1A   | <b>vocal expression</b>  | phr            | oral expression  | <b>Vocal expression is as much about movement and emotion as sound.</b>           | προφορική έκφραση  | 14   |
| 1A   | <b>resonance</b>         | n              | the resonance of a sound is its quality of being deep and loud and continuing for a long time    | <b>the resonance of his voice</b>   | αντήχηση   | 14   |
| 1A   | <b>pitch</b>             | n              | how high or low a note or other sound is   | <b>Ultrasonic waves are at a higher pitch than the human ear can hear.</b>        | βαθμός (έντασης)   | 14   |
| 1A   | <b>embrace</b>           | v              | to put your arms around someone and hold them in a friendly or loving way                        | <b>Jack warmly embraced his son.</b>  | αγκαλιάζω  | 14   |
| 1A   | <b>medium</b>            | n              | a way of communicating information and news to people, such as newspapers, television etc, media | <b>Advertising is a powerful medium.</b>  | μέσο   | 14   |
| 1A   | <b>assess</b>            | v              | to make a judgment about a person or situation after thinking carefully about it, judge          | <b>a report to assess the impact of advertising on children</b>                   | εκτιμώ, αξιολογώ   | 14   |
| 1A   | <b>evaluate</b>          | v              | to judge how good, useful, or successful something is, assess                                    | <b>You should be able to evaluate your own work.</b>                              | εκτιμώ, αξιολογώ   | 14   |
| 1A   | <b>assert</b>            | v              | to state firmly that something is true   | <b>He asserted that nuclear power was a safe and non-polluting energy source.</b> | ισχυρίζομαι, υποστηρίζω  | 14   |
| 1A   | <b>aspiring</b>          | adj            | hoping to be successful in a particular job, activity, or way of life                            | <b>aspiring young writers</b>   | επίδοξος   | 14   |

| Unit | Headword                         | Part of Speech | Definition   | Example  | Greek Translation          | Page       |
|------|----------------------------------|----------------|--|--|----------------------------|------------|
| 1A   | <b>assume</b>                    | v              | to think that something is true, although you do not have definite proof   | <b>I didn't see your car, so I assumed you'd gone out.</b>                           | υποθέτω, θεωρώ             | 14         |
| 1A   | <b>acknowledge</b>               | v              | to admit or accept that something is true or that a situation exists   | <b>The family acknowledge the need for change.</b>                                   | παραδέχομαι, αναγνωρίζω    | 14         |
| 1A   | <b>advocate</b>                  | v              | to publicly say that something should be done  | <b>Extremists were openly advocating violence.</b>                                   | υποστηρίζω, υπερασπίζομαι  | 14         |
| 1A   | <b>versatile</b>                 | adj            | someone who is versatile has many different skills, having many different uses                                     | <b>a very versatile performer</b>  | ευέλικτος                  | 14         |
| 1A   | <b>animated</b>                  | adj            | a film or programme that shows pictures, clay models etc that seem to be really moving                             | <b>an animated Disney film</b>   | κινούμενος                 | 6 / script |
| 1A   | <b>commercially viable</b>       | n phr          | if a business, project etc is commercially viable, it will make a profit   | <b>Rising costs mean the project is no longer commercially viable.</b>               | εμπορικά βιώσιμος          | 7 / script |
| 1A   | <b>emulate</b>                   | v              | to do something or behave in the same way as someone else, especially because you admire them                      | <b>He hoped to emulate the success of Wilder.</b>                                    | μιμούμαι                   | 7 / script |
| 1A   | <b>lucrative</b>                 | adj            | a job or activity that is lucrative lets you earn a lot of money   | <b>He inherited a lucrative business from his father.</b>                            | επικερδής                  | 7 / script |
| 1B   | <b>hark back</b>                 | phr v          | to remember and talk about things that happened in the past  | <b>Stop harking back to the past and start looking to the future.</b>                | επανέρχομαι, ξαναγυρίζω    | 15         |
| 1B   | <b>tag along</b>                 | phr v          | to go somewhere with someone, especially when they have not asked you to go with them                              | <b>Susan's little sister tagged along with us everywhere we went.</b>                | ακολουθώ                   | 15         |
| 1B   | <b>get your teeth into (sth)</b> | phr            | to start to do something with a lot of energy and determination  | <b>I can't wait to get my teeth into the new course.</b>                             | πέφτω με τα μούτρα σε κάτι | 15         |
| 1B   | <b>thrive on (sth)</b>           | phr v          | to enjoy or be successful in a particular situation, especially one that other people find difficult or unpleasant | <b>Unlike most of us, she seems to thrive on pressure.</b>                           | αναπτύσσομαι, ευδοκιμώ     | 15         |
| 1B   | <b>hard-pressed</b>              | adj            | having a lot of problems and not enough money or time  | <b>The new exams will only add to the workload of already hard-pressed teachers.</b> | πιεσμένος                  | 15         |
| 1B   | <b>passable</b>                  | adj            | fairly good, but not excellent   | <b>He can do a passable imitation of the maths teacher.</b>                          | αποδεκτός                  | 15         |
| 1B   | <b>counteract</b>                | v              | to reduce or prevent the bad effect of something, by doing something that has the opposite effect                  | <b>They gave him drugs to counteract his withdrawal symptoms.</b>                    | αντισταθμίζω               | 15         |
| 1B   | <b>inevitable</b>                | adj            | certain to happen and impossible to avoid  | <b>A further escalation of the crisis now seems inevitable.</b>                      | αναπόφευκτος               | 15         |

| Unit | Headword                             | Part of Speech | Definition  | Example   | Greek Translation                        | Page |
|------|--------------------------------------|----------------|---|---|--|------|
| 1B   | <b>sedentary</b>                     | adj            | spending a lot of time sitting down, and not moving or exercising very much   | <b>health problems caused by our sedentary lifestyles</b>                           | καθιστικός                               | 15   |
| 1B   | <b>hilarious</b>                     | adj            | extremely funny   | <b>a hilarious story</b>  | ξεκαρδιστικός                            | 15   |
| 1B   | <b>like-minded</b>                   | adj            | having similar interests and opinions   | <b>a chance to meet like-minded people</b>  | ομοϊδεάτης                               | 15   |
| 1B   | <b>expertise</b>                     | n              | special skills or knowledge in a particular subject, that you learn by experience or training                       | <b>What he's bringing to the company is financial expertise.</b>                    | ειδικότητα, εξειδίκευση                  | 15   |
| 1B   | <b>mind-blowing</b>                  | adj            | very exciting, shocking, or strange   | <b>a mind-blowing experience</b>  | συναρπαστικός, συγκλονιστικός, περίεργος | 16   |
| 1B   | <b>soothing</b>                      | adj            | something that makes you feel calmer and less anxious, upset, or angry  | <b>gentle, soothing music</b>   | κατευναστικός, χαλαρωτικός               | 16   |
| 1B   | <b>take (sth) into consideration</b> | n phr          | to remember to think about something important when you are making a decision or judgement                          | <b>We will take your recent illness into consideration when marking your exams.</b> | λαμβάνω κάτι υπόψη                       | 17   |
| 1B   | <b>odd</b>                           | adj            | a few occasions, days etc that happen at various times but not often and not regularly                              | <b>I take the odd day off work.</b>   | σποραδικός                               | 17   |
| 1B   | <b>sitcom</b>                        | n              | situation comedy a funny television programme in which the same characters appear in different situations each week | <b>Friends used to be a very popular sitcom.</b>                                    | κωμική σειρά                             | 19   |
| 1B   | <b>venue</b>                         | n              | a place where an organized meeting, concert etc takes place   | <b>The first thing to do is book a venue.</b>                                       | χώρος, τόπος συνάντησης                  | 19   |
| 1B   | <b>(comic) sketch</b>                | n              | a short humorous scene on a television programme, in a theatre etc, that is part of a larger show                   | <b>Her TV programme is made up of a series of comic sketches.</b>                   | κωμικό σκετς                             | 19   |
| 1B   | <b>allege</b>                        | v              | to say that something is true or that someone has done something wrong, although it has not been proved             | <b>It was alleged that the policeman had accepted bribes.</b>                       | ισχυρίζομαι, προβάλλω                    | 19   |
| 1B   | <b>stint</b>                         | n              | a period of time spent doing a particular job or activity   | <b>Mark did a two-year stint in the army.</b>                                       | (σύντομη) περίοδος                       | 19   |
| 1B   | <b>mutual</b>                        | adj            | mutual feelings such as respect, trust, or hatred are feelings that two or more people have for each other          | <b>Mutual respect is necessary for any partnership to work.</b>                     | αμοιβαίος                                | 19   |
| 1B   | <b>enhance</b>                       | v              | to improve something  | <b>Good lighting will enhance any room.</b>   | βελτιώνω, ενισχύω                        | 19   |
| 1B   | <b>induce</b>                        | v              | to persuade someone to do something, especially something that does not seem wise                                   | <b>Nothing would induce me to vote for him again.</b>                               | παρακινώ, επηρεάζω                       | 19   |
| 1B   | <b>initiate</b>                      | v              | to arrange for something important to start, such as an official process or a new plan                              | <b>They have decided to initiate legal proceedings against the newspaper.</b>       | εισάγω, αρχίζω                           | 19   |

| Unit             | Headword                | Part of Speech        | Definition   | Example   | Greek Translation                         | Page        |
|------------------|-------------------------|-----------------------|--|---|---|-------------|
| 1B               | <b>marginalise</b>      | v                     | to make a person or a group of people unimportant and powerless in an unfair way                   | <b>Female employees complained of being marginalised by management.</b> | περιθωριοποιώ                             | 20          |
| 1B               | <b>diminish</b>         | v                     | to become or make something become smaller or less, reduce   | <b>Don't let him diminish your achievements.</b>                        | μειώνω                                    | 20          |
| 1B               | <b>a shift of focus</b> | n phr                 | a change in the thing, person or situation that people pay special attention to                    | <b>Piracy has brought about a shift of focus in the music industry.</b> | μετατόπιση της εστίασης του ενδιαφέροντος | 20          |
| 1B               | <b>detrimental</b>      | adj                   | causing harm or damage, damaging   | <b>Smoking is detrimental to your health.</b>                           | επιβλαβής, επιζήμιος                      | 20          |
| 1B               | <b>declining</b>        | adj                   | decreasing in the quality, quantity, or importance   | <b>The declining size of families</b>                                   | μειούμενος                                | 20          |
| 1B               | <b>exposure</b>         | n                     | when someone is in a situation where they are not protected from something dangerous or unpleasant | <b>Prolonged exposure to the sun can cause skin cancer.</b>             | έκθεση σε                                 | 20          |
| 1B               | <b>spectrum</b>         | n                     | a complete range of opinions, people, situations etc, going from one extreme to its opposite       | <b>The two articles here represent opposite ends of the spectrum.</b>   | φάσμα                                     | 20          |
| 1B               | <b>crush</b>            | n                     | a crowd of people pressed so close together that it is difficult for them to move                  | <b>There's always such a crush on the train in the mornings.</b>        | συνωστισμός                               | 20          |
| 1B               | <b>inherent</b>         | adj                   | a quality that is inherent in something is a natural part of it and cannot be separated from it    | <b>I'm afraid the problems you mention are inherent in the system.</b>  | έμφυτος                                   | 20          |
| 1B               | <b>soul</b>             | n                     | the special quality or part that gives something its true character                                | <b>Basho's poems capture the true soul of old Japan.</b>                | ψυχή                                      | 10 / script |
| 1B               | <b>wail</b>             | v                     | to make a long high sound  | <b>The wind wailed in the chimney.</b>                                  | σκούζω                                    | 16 / script |
| 1B               | <b>tragedy</b>          | n                     | a serious play or book that ends sadly, especially with the death of the main character            | <b>'Hamlet' is one of Shakespeare's best known tragedies.</b>           | τραγωδία                                  | 21 / script |
| <b>SRB1 Unit</b> | <b>Headword</b>         | <b>Part of Speech</b> | <b>Definition</b>  | <b>Example</b>  | <b>Greek Translation</b>                  | <b>Page</b> |
| 1A               | <b>denouement</b>       | n                     | the exciting last part of a story or play  | <b>The plot takes us to Paris for the denouement of the story.</b>      | λύση                                      | 6           |
| 1A               | <b>careworn</b>         | adj                   | looking sad, worried, and tired  | <b>a careworn expression</b>  | γεμάτος σκοτούρες                         | 6           |
| 1A               | <b>protagonist</b>      | n                     | the most important character in a play, film, or story, the main character                         | <b>the main protagonists in the conflict</b>                            | πρωταγωνιστής                             | 6           |



| SRB1 Unit | Headword                        | Part of Speech | Definition  | Example   | Greek Translation                   | Page |
|-----------|---------------------------------|----------------|---|---|-------------------------------------|------|
| 1A        | <b>in hot pursuit of</b>        | n phr          | when someone tries to get, achieve, or find something in a determined way   | <b>People are having to move to other areas in pursuit of work.</b>                   | προς αναζήτηση                      | 6    |
| 1A        | <b>flare out</b>                | v              | if a piece of clothing flares out, it becomes wider at one end  | <b>The dress flares out from the hips.</b>  | ανοίγω, προεξέχω                    | 6    |
| 1A        | <b>corporeal</b>                | adj            | relating to the body, rather than to the mind, feelings, or spirit, physical  | <b>corporeal desires</b>  | σαρκικός                            | 6    |
| 1A        | <b>enduring</b>                 | adj            | continuing for a very long time   | <b>the enduring appeal of Shakespeare's plays</b>                                     | διαρκής                             | 6    |
| 1A        | <b>the likes of</b>             | n phr          | used to talk about people of a particular type  | <b>Information is collected through the likes of the FBI, CIA, and Scotland Yard.</b> | τους ομοίους κάποιου                | 7    |
| 1A        | <b>grounding</b>                | n              | a training in the basic parts of a subject or skill   | <b>A basic grounding in math is essential for the economics course.</b>               | βασική εκπαίδευση                   | 7    |
| 1A        | <b>albeit</b>                   | conj           | used to add information that reduces the force or importance of what you have just said, although   | <b>He accepted the job, albeit with some hesitation.</b>                              | αν και                              | 7    |
| 1A        | <b>brag</b>                     | v              | to talk too proudly about what you have done, what you own etc - used to show disapproval, to boast   | <b>'I came out top in the test,' he bragged.</b>                                      | καυχιέμαι                           | 7    |
| 1A        | <b>flaunt</b>                   | v              | to show your money, success, beauty etc so that other people notice it - used to show disapproval   | <b>The rich flaunted their wealth while the poor starved on the streets.</b>          | καμαρώνω                            | 7    |
| 1A        | <b>tout</b>                     | v              | to try to persuade people to buy goods or services you are offering   | <b>Minicab drivers are not allowed to tout for business.</b>                          | ζητώ πελάτες                        | 7    |
| 1A        | <b>margin</b>                   | n              | the empty space at the side of a page   | <b>Someone had scribbled a note in the margin.</b>                                    | περιθώριο                           | 7    |
| 1A        | <b>verge</b>                    | n              | to be at the point where something is about to happen   | <b>Jess seemed on the verge of tears.</b>   | πρόθυρα, χείλος                     | 7    |
| 1A        | <b>fringe</b>                   | n              | 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 | <b>a tall girl with straight brown hair and a fringe</b>                              | φράντζα / κρόσσι                    | 7    |
| 1A        | <b>rehabilitation</b>           | n              | the act of offering help someone to live a healthy, useful, or active life again after they have been seriously ill or in prison                          | <b>a special unit for the rehabilitation of stroke patients</b>                       | επανάταξη, αποκατάσταση, αναμόρφωση | 8    |
| 1A        | <b>double-sided perspective</b> | phr            | two different viewpoints of the same object or idea   | <b>The psychologist came out with a double-sided perspective.</b>                     | διπλή προοπτική / άποψη             | 8    |
| 1A        | <b>attention span</b>           | n phr          | the period of time during which you continue to be interested in something  | <b>Children often have a short attention span.</b>                                    | διάρκεια προσοχής                   | 9    |

| SRB1 Unit | Headword                    | Part of Speech | Definition   | Example  | Greek Translation                    | Page |
|-----------|-----------------------------|----------------|--|--|--------------------------------------|------|
| 1A        | <b>gripping</b>             | adj            | a gripping film, story etc is very exciting and interesting  | <b>Collins' gripping detective novel</b>   | συναρπαστικός                        | 9    |
| 1A        | <b>pick and choose</b>      | v phr          | to choose only the best people or things, or only the ones that you really like  | <b>Come on, you haven't got time to pick and choose.</b>                                 | γίνομαι εκλεκτικός                   | 10   |
| 1A        | <b>flunk</b>                | v              | to fail a test   | <b>Tony flunked chemistry last semester.</b>   | αποτυγχάνω                           | 10   |
| 1A        | <b>bust</b>                 | v              | if the police bust someone, they charge them with a crime  | <b>He was busted by U.S. inspectors at the border.</b>                                   | συλλαμβάνω                           | 10   |
| 1A        | <b>raucous chuckle</b>      | n phr          | unpleasant laughter  | <b>He burst into raucous laughter.</b>   | βραχνό, συγκρατημένο γέλιο           | 10   |
| 1A        | <b>glib response</b>        | n phr          | an answer given easily and without thinking about everything involved  | <b>No one was convinced by the politician's glib response.</b>                           | ετοιμόλογη απάντηση                  | 10   |
| 1A        | <b>the shifting sands</b>   | n phr          | if you refer to the shifting sands of a situation, you mean that it changes so often that it is difficult to deal with | <b>I chose five songs to represent the shifting sands of pop music over time.</b>        | μεταβαλλόμενη (για κατάσταση)        | 10   |
| 1A        | <b>alluring</b>             | adj            | mysterious, exciting, or desirable   | <b>the alluring magic of Hong Kong</b>   | σαγηρευτικός                         | 10   |
| 1A        | <b>gladiatorial</b>         | adj            | fighting against other men or wild animals as an entertainment in ancient Rome   | <b>gladiatorial combat</b>   | μονομαχία (ουσιαστικοποιημένο επιθ.) | 10   |
| 1A        | <b>a running commentary</b> | n phr          | continuous description of something  | <b>We'll be bringing you a running commentary on the game between Notts and Brescia.</b> | ζωντανός, συνεχής σχολιασμός         | 10   |
| 1B        | <b>bowl (me) over</b>       | phr            | to surprise, please, or excite someone very much, to knock out   | <b>He was bowled over by her beauty.</b>   | κατανικώ                             | 11   |
| 1B        | <b>rave reviews</b>         | n phr          | reviews that praise a lot  | <b>The film opened to rave reviews.</b>  | διθυραμβικές κριτικές                | 11   |
| 1B        | <b>as a rule</b>            | phr            | something that is normal or usually true   | <b>As a general rule most students finish their coursework by the end of May.</b>        | κατά κανόνα                          | 11   |
| 1B        | <b>dabble with</b>          | v              | to do something or be involved in something in a way that is not very serious  | <b>There are people who dabble with painting as a way of relaxing.</b>                   | ανακατεύομαι με                      | 11   |
| 1B        | <b>savvy</b>                | adj            | someone who is savvy is clever and knows how to deal with situations successfully                                      | <b>savvy consumers</b>   | οξυδερκής                            | 11   |
| 1B        | <b>over-subscribed</b>      | adj            | if something is over-subscribed, too many people have said that they want to use it or have it                         | <b>All good schools are oversubscribed.</b>  | υπερκαλυμμένος                       | 11   |
| 1B        | <b>dilute</b>               | v              | to make a liquid weaker by adding water or another liquid  | <b>diluted fruit juice</b>   | αραιώνω                              | 11   |

| SRB1 Unit | Headword                   | Part of Speech | Definition  | Example   | Greek Translation             | Page |
|-----------|----------------------------|----------------|---|---|-------------------------------|------|
| 1B        | <b>initiative</b>          | n              | the ability to make decisions and take action without waiting for someone to tell you what to do            | <b>Don't keep asking me for advice. Use your initiative.</b>                        | πρωτοβουλία                   | 12   |
| 1B        | <b>stamina</b>             | n              | physical or mental strength that lets you continue doing something for a long time without getting tired    | <b>You need stamina to be a long-distance runner.</b>                               | αντοχή                        | 12   |
| 1B        | <b>conventions</b>         | n              | behaviour and attitudes that most people in a society consider to be normal and right                       | <b>Playing together teaches children social conventions such as sharing.</b>        | συμβάσεις, συνήθειες          | 12   |
| 1B        | <b>contortion</b>          | n              | a twisted position or movement that looks surprising or strange   | <b>I could not force my body into the contortions required by classical ballet.</b> | περιστροφή, σύσπαση           | 12   |
| 1B        | <b>confer</b>              | v              | to discuss something with other people, so that everyone can express their opinions and decide on something | <b>Franklin leant over and conferred with his attorneys.</b>                        | συσκέπτομαι                   | 12   |
| 1B        | <b>buckle</b>              | v              | to become bent or curved because of heat or pressure, or to make something bend or curve in this way        | <b>The steel pillars began to buckle.</b>   | κάμπτομαι                     | 12   |
| 1B        | <b>alight on</b>           | v              | if a bird or insect alights on something, it stops flying and stands on it, to land                         | <b>a bird alights on a tree</b>   | προσγειώνομαι                 | 12   |
| 1B        | <b>bough</b>               | n              | a main branch on a tree   | <b>a bird alights on a bough</b>  | κλαδί                         | 12   |
| 1B        | <b>cheesy</b>              | adj            | cheap and not of good quality   | <b>a cheesy soap opera</b>  | φθηνιάρικος                   | 12   |
| 1B        | <b>spine</b>               | n              | the row of bones down the centre of your back that supports your body and protects your                     | <b>spinal cord</b>  | σπονδυλική στήλη              | 12   |
| 1B        | <b>falter</b>              | v              | to become weaker and unable to continue in an effective way   | <b>The economy is showing signs of faltering.</b>                                   | παραπαίω                      | 12   |
| 1B        | <b>verbal</b>              | adj            | spoken rather than written  | <b>verbal abuse</b>   | λεκτικός, προφορικός          | 12   |
| 1B        | <b>meld</b>                | n              | if two things meld, or if you meld them, they combine into one thing  | <b>He melded country music with blues to create rock and roll.</b>                  | συγχωνεύω, συνενώνω, συνδυάζω | 13   |
| 1B        | <b>hands-on experience</b> | phr            | doing something yourself rather than just talking about it or telling other people to do it                 | <b>a chance to get some hands-on experience of the job</b>                          | πρακτική εξάσκηση             | 13   |
| 1B        | <b>banter</b>              | v              | to discuss friendly with people making a lot of jokes and amusing remarks about each other                  | <b>I watched the guys as they bantered with the waitresses.</b>                     | χαριτολογώ                    | 13   |
| 1B        | <b>frenetic</b>            | adj            | frenetic activity is fast and not very organized, frantic   | <b>She rushes from job to job at a frenetic pace.</b>                               | φρενήρης                      | 13   |

| SRB1 Unit | Headword           | Part of Speech | Definition  | Example  | Greek Translation        | Page |
|-----------|--------------------|----------------|---|--|--------------------------|------|
| 1B        | wind down          | phr v          | to rest and relax after a lot of hard work or excitement  | <b>I find it difficult to wind down after a day at work.</b>                                   | ηρεμώ, χαλαρώνω          | 13   |
| 1B        | vibe               | n              | the good or bad feelings that a particular person, place, or situation seems to produce and that you react to                                   | <b>I have good vibes about this contract.</b>  | διάθεση                  | 13   |
| 1B        | siblings           | n              | a brother or sister   | <b>Most young smokers are influenced by their friends' and older siblings' smoking habits.</b> | αδελφός ή αδελφή         | 16   |
| 1B        | frame (in a comic) | n              | 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 | <b>When reading a comic you have to imagine what happens between the frames.</b>               | καρέ (σε ιστορία κόμικς) | 16   |
| 1B        | ardent             | adj            | showing strong positive feelings about an activity and determination to succeed at it   | <b>an ardent supporter of free trade</b>   | ένθερμος, φλογερός       | 16   |

| Unit | Headword               | Part of Speech | Definition  | Example  | Greek Translation                   | Page |
|------|------------------------|----------------|---|--|-------------------------------------|------|
| 2A   | <b>concept</b>         | n              | an idea of how something is, or how something should be done  | <b>the concept of total patient care</b>   | έννοια, αρχική ιδέα                 | 24   |
| 2A   | <b>concessions</b>     | n              | the right to have a business in a particular place, especially in a place owned by someone else                               | <b>The company owns valuable logging and mining concessions.</b>                 | δικαιώματα                          | 24   |
| 2A   | <b>dredge (sth) up</b> | phr v          | to pull something up from the bottom of a river, lake etc   | <b>The ship is designed for dredging mud and silt up from the sea floor.</b>     | ανασύρω από το βυθό                 | 24   |
| 2A   | <b>ravage</b>          | v              | to damage something very badly  | <b>His health was gradually ravaged by drink and drugs.</b>                      | καταστρέφω, βλάπτω                  | 24   |
| 2A   | <b>enmeshed</b>        | adj            | very involved in an unpleasant or complicated situation   | <b>Congress worried about becoming enmeshed in a foreign war.</b>                | μπλεγμένος, μπερδεμένος             | 24   |
| 2A   | <b>clamour</b>         | n              | a very loud noise made by a large group of people or animals  | <b>He shouted over the rising clamour of voices.</b>                             | κατακραυγή                          | 24   |
| 2A   | <b>tributary</b>       | n              | a stream or river that flows into a larger river  | <b>The River Fleet is one of the many tributaries of the River Thames.</b>       | παραπόταμος                         | 24   |
| 2A   | <b>resurgent</b>       | adj            | growing and becoming more popular, after a period of quietness  | <b>resurgent fascism</b>   | αναδυόμενος                         | 24   |
| 2A   | <b>indigenous</b>      | adj            | indigenous people or things have always been in the place where they are, rather than being brought there from somewhere else | <b>Blueberries are indigenous to America.</b>                                    | ιθαγενής                            | 24   |
| 2A   | <b>logger</b>          | n              | someone whose job is to cut down trees  | <b>One of the loggers was badly injured by a falling tree.</b>                   | ξυλοκόπος                           | 24   |
| 2A   | <b>slaughter</b>       | v              | to kill a lot of people in a cruel or violent way   | <b>Hundreds of innocent civilians had been slaughtered by government troops.</b> | σφάζω                               | 24   |
| 2A   | <b>wan</b>             | adj            | looking pale, weak, or tired  | <b>She gave a wan smile.</b>   | χλωμός, άτονος, ασθενικός           | 25   |
| 2A   | <b>hush</b>            | n              | a period of silence, especially when people are expecting something to happen   | <b>A sudden hush fell over the crowd.</b>  | σιωπή                               | 25   |
| 2A   | <b>back and forth</b>  | phr            | going in one direction and then in the opposite direction, and repeating this several times                                   | <b>We travel back and forth all the time between Canada and England.</b>         | εμπρός και πίσω                     | 25   |
| 2A   | <b>supremely</b>       | adv            | extremely or to the greatest possible degree  | <b>a supremely talented player</b>   | εξαιρετικά, στον υπέρτατο βαθμό     | 25   |
| 2A   | <b>disruption</b>      | n              | a situation in which something is prevented from continuing in its usual way  | <b>The strike caused widespread disruption.</b>                                  | αναστάτωση, διάσπαση, αποδιοργάνωση | 25   |

| Unit | Headword                 | Part of Speech | Definition   | Example  | Greek Translation                | Page |
|------|--------------------------|----------------|--|--|----------------------------------|------|
| 2A   | <b>seismic</b>           | adj            | relating to or caused by earthquakes   | <b>increased seismic activity</b>  | σεισμικός                        | 25   |
| 2A   | <b>inevitably</b>        | adv            | used for saying that something is certain to happen and cannot be avoided  | <b>The decision will inevitably lead to political tensions.</b>                  | αναπόφευκτα                      | 25   |
| 2A   | <b>contamination</b>     | n              | making a place or substance dirty or harmful by putting something such as chemicals or poison in it                          | <b>radioactive contamination</b>   | μόλυνση                          | 25   |
| 2A   | <b>encounter</b>         | n              | an occasion when you meet someone, or do something with someone you do not know  | <b>She didn't remember our encounter last summer.</b>                            | συνάντηση, επαφή                 | 25   |
| 2A   | <b>immunity</b>          | n              | the state or right of being protected from particular laws or from unpleasant things, the state of being immune to a disease | <b>They were granted immunity from prosecution.</b>                              | ασυλία, ανοσία                   | 25   |
| 2A   | <b>rotting</b>           | adj            | decaying by a gradual natural process, or making something do this   | <b>rotting woodwork</b>  | σάπισμα                          | 25   |
| 2A   | <b>in their wake</b>     | prep phr       | if something, especially something bad, happens in the wake of an event, it happens afterwards and usually as a result of it | <b>Famine followed in the wake of the drought.</b>                               | ως επακόλουθο, κατόπιν, μετά από | 25   |
| 2A   | <b>untold</b>            | adj            | used to emphasize how bad something is   | <b>The rumours will do untold damage to his reputation.</b>                      | ανείπωτος                        | 25   |
| 2A   | <b>have an impact on</b> | v phr          | the effect or influence that an event, situation etc has on someone or something   | <b>We need to assess the impact on climate change.</b>                           | έχω αντίκτυπο σε                 | 25   |
| 2A   | <b>veteran</b>           | n              | someone who has been a soldier, sailor etc in a war, or someone who has had a lot of experience of a particular activity     | <b>a veteran of the Second World War</b>   | βετεράνος                        | 25   |
| 2A   | <b>integration</b>       | n              | the combining of two or more things so that they work together effectively   | <b>the integration of data from other surveys</b>                                | ενσωμάτωση, ολοκλήρωση           | 25   |
| 2A   | <b>demoralising</b>      | adj            | to reduce or destroy someone's courage or confidence   | <b>The illness demoralized him and recovery took several weeks.</b>              | αποθαρρυντικός                   | 25   |
| 2A   | <b>fiasco</b>            | n              | an event that is completely unsuccessful, in a way that is very embarrassing or disappointing                                | <b>The first lecture I ever gave was a complete fiasco.</b>                      | φιάσκο                           | 25   |
| 2A   | <b>dispute</b>           | n              | a serious argument or disagreement   | <b>The firm is involved in a legal dispute with a rival company.</b>             | διαφορά, διαφωνία                | 25   |
| 2A   | <b>circumscribe</b>      | v phr          | to limit power, rights, or abilities   | <b>The President's power is circumscribed by Congress and the Supreme Court.</b> | οριοθετώ, περιορίζω              | 25   |
| 2A   | <b>cinnamon</b>          | n              | a sweet-smelling brown substance used for giving a special taste to cakes and other sweet foods                              | <b>a cinnamon roll</b>   | κανέλλα                          | 25   |

| Unit | Headword                  | Part of Speech | Definition  | Example  | Greek Translation                   | Page |
|------|---------------------------|----------------|---|--|-------------------------------------|------|
| 2A   | <b>unprecedented</b>      | adj            | never having happened before, or never having happened so much  | <b>Crime has increased on an unprecedented scale.</b>  | πρωτοφανής, πρωτόγνωρος             | 25   |
| 2A   | <b>fundamentals</b>       | n              | the most important ideas, rules etc that something is based on  | <b>an introduction to the fundamentals of design and print production</b>                        | οι βασικές αρχές                    | 25   |
| 2A   | <b>incursion</b>          | n              | a sudden attack into an area that belongs to other people   | <b>a combined British and French incursion into China in 1857</b>                                | εισβολή                             | 25   |
| 2A   | <b>acrimony</b>           | n              | feelings of anger between people who disagree strongly and do not like each other   | <b>When a couple gets a divorce, there is usually a lot of acrimony between them.</b>            | πικρία                              | 25   |
| 2A   | <b>curtail</b>            | v              | to reduce or limit something  | <b>The new law will curtail police powers.</b>   | περιορίζω                           | 25   |
| 2A   | <b>compromise</b>         | v              | to reach an agreement in which everyone involved accepts less than what they wanted at first  | <b>She admitted that she was unable to compromise.</b>   | συμβιβάζω, συμβιβάζομαι             | 26   |
| 2A   | <b>integral</b>           | adj            | forming a necessary part of something   | <b>Vegetables are an integral part of our diet.</b>  | αναπόσπαστος                        | 27   |
| 2A   | <b>proposition</b>        | n              | a statement that consists of a carefully considered opinion or judgment, an offer or suggestion, especially in business or politics | <b>Most people accept the proposition that we have a duty to protect endangered animals.</b>     | πρόταση, δήλωση                     | 27   |
| 2A   | <b>credit sb with sth</b> | v              | to believe or admit that someone has a quality, or has done something good  | <b>Evans is credited with inventing the system.</b>  | αποδίδω κάτι σε κάποιον, αναγνωρίζω | 27   |
| 2A   | <b>assumption</b>         | n              | something that you think is true although you have no definite proof  | <b>A lot of people make the assumption that poverty only exists in the Third World.</b>          | υπόθεση                             | 28   |
| 2A   | <b>misinterpret</b>       | v              | to not understand the correct meaning of something that someone says or does, or of facts that you are considering                  | <b>Some parts of the report could be misinterpreted.</b>   | παρερμηνεύω                         | 28   |
| 2A   | <b>frustration</b>        | n              | the feeling of being annoyed, upset, or impatient, because you cannot control or change a situation, or achieve something           | <b>People often feel a sense of frustration that they are not being promoted quickly enough.</b> | απογοήτευση                         | 28   |
| 2A   | <b>elusive</b>            | adj            | an elusive person or animal is difficult to find or not often seen  | <b>She managed to get an interview with that elusive man.</b>                                    | φευγαλέος                           | 28   |
| 2A   | <b>encroachment</b>       | n              | to gradually take more of someone's time, possessions, rights etc than you should   | <b>Bureaucratic power has encroached upon the freedom of the individual.</b>                     | καταπάτηση                          | 29   |
| 2A   | <b>translocation</b>      | n              | movement of a species, by people, from one area to another  | <b>translocation of native species</b>   | μετατόπιση, μεταφορά                | 29   |

| Unit | Headword                   | Part of Speech | Definition  | Example   | Greek Translation             | Page        |
|------|----------------------------|----------------|---|---|-------------------------------|-------------|
| 2A   | <b>gaze</b>                | v              | to look at someone or something for a long time, giving it all your attention, often without realizing you are doing so                                       | <b>Nell was still gazing out of the window.</b>   | ατενίζω, χαζεύω               | 30          |
| 2A   | <b>lush</b>                | adj            | plants that are lush grow many leaves and look healthy and strong   | <b>The fields were lush with grass and flowers.</b>   | με πλούσια βλάστηση           | 30          |
| 2A   | <b>strut your stuff</b>    | v phr          | to show your skill at doing something, especially dancing or performing   | <b>The band strutted their stuff in a free concert.</b>   | δείχνω τις ικανότητες μου     | 30          |
| 2A   | <b>savannah</b>            | n              | a large flat area of grassy land, especially in Africa  | <b>Animals living in this part of the savannah are protected from poachers.</b>                       | σαβάνα                        | 30          |
| 2A   | <b>hover</b>               | v              | if a bird, insect, or helicopter hovers, it stays in one place in the air   | <b>flies hovering above the surface of the water</b>  | φτερουγίζω, ίπταμαι           | 30          |
| 2A   | <b>crèche</b>              | n              | 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 | <b>A benefit to cover the expenses of the crèche for new parents will be provided by the company.</b> | βρεφονηπιακός σταθμός / φάτνη | 30          |
| 2A   | <b>grace</b>               | v              | to make a place or an object to look more attractive  | <b>His portrait graces the wall of the drawing room.</b>  | κοσμώ                         | 30          |
| 2A   | <b>culture</b>             | n              | the beliefs, way of life, art, and customs that are shared and accepted by people in a particular society   | <b>In our culture, it is rude to ask someone how much they earn.</b>                                  | πολιτισμός                    | 26 / script |
| 2A   | <b>ping</b>                | v              | to make a short high ringing sound  | <b>Just set the timer on the microwave and the bell will ping when it's finished.</b>                 | σφυρίζω                       | 27 / script |
| 2A   | <b>portray</b>             | v              | to describe or show someone or something in a particular way, according to your opinion of them   | <b>Romantic artists portrayed nature as wild and powerful.</b>  | απεικονίζω, περιγράφω         | 29 / script |
| 2A   | <b>amplify</b>             | v              | to increase the effects or strength of something  | <b>These stories only amplified her fears.</b>  | ενισχύω                       | 30 / script |
| 2A   | <b>part from</b>           | phr v          | to separate from someone, or end a relationship with them   | <b>He has parted from his wife.</b>   | χωρίζω                        | 31 / script |
| 2B   | <b>on a regular basis</b>  | n phr          | every day, week etc   | <b>I'm saving money on a regular basis.</b>   | σε τακτά χρονικά διαστήματα   | 31          |
| 2B   | <b>scramble over (sth)</b> | v phr          | to climb over something quickly and with difficulty, especially using your hands to help you  | <b>People scrambled over tables and chairs to get to the fire exit.</b>                               | σκαρφαλώνω πάνω από κάτι      | 31          |
| 2B   | <b>teething problems</b>   | n              | small problems that you have when you first start doing a new job or using a new system   | <b>Apart from a few minor teething problems, the new system is working smoothly.</b>                  | αρχικές δυσχέρειες            | 31          |



| Unit | Headword               | Part of Speech | Definition   | Example  | Greek Translation    | Page |
|------|------------------------|----------------|--|--|----------------------|------|
| 2B   | <b>straightforward</b> | adj            | simple and easy to understand  | <b>Installing the program is relatively straightforward.</b>                             | απλός                | 31   |
| 2B   | <b>solidarity</b>      | n              | loyalty and general agreement between all the people in a group, or between different groups, because they all have a shared aim | <b>a gesture of solidarity</b>   | αλληλεγγύη           | 31   |
| 2B   | <b>dump</b>            | v              | to put something somewhere in a careless untidy way  | <b>Merrill dumped her suitcase down in the hall.</b>                                     | παρατάω, αφήνω       | 31   |
| 2B   | <b>deterrent</b>       | n              | something that makes someone less likely to do something, by making them realize it will be difficult or have bad results        | <b>Window locks are an effective deterrent against burglars.</b>                         | αποτρεπτικό μέτρο    | 31   |
| 2B   | <b>fret</b>            | v              | to worry about something, especially when there is no need   | <b>Don't fret – everything will be all right.</b>  | ανησυχώ              | 31   |
| 2B   | <b>tweak</b>           | v              | to suddenly pull or twist something  | <b>She leant forward and tweaked both ends of his moustache.</b>                         | στρίβω, τσιμπώ       | 31   |
| 2B   | <b>sneaky</b>          | adj            | doing things in a secret and often dishonest or unfair way   | <b>a sneaky little trick</b>   | ύπουλος              | 31   |
| 2B   | <b>stalk</b>           | v              | to follow a person or animal quietly in order to catch and attack or kill them   | <b>a tiger stalking its prey</b>   | ενεδρεύω, παραμονεύω | 31   |
| 2B   | <b>yield</b>           | n              | the amount of profits, crops, etc that something produces  | <b>The average milk yield per cow has doubled.</b>                                       | σοδειά, παραγωγή     | 32   |
| 2B   | <b>supplement</b>      | n              | something that you add to something else to improve it or make it complete   | <b>vitamins and other dietary supplements</b>  | συμπλήρωμα           | 32   |
| 2B   | <b>graze</b>           | v              | if an animal grazes, or if you graze it, it eats grass that is growing   | <b>Groups of cattle were grazing on the rich grass.</b>                                  | βόσκω                | 32   |
| 2B   | <b>culprit</b>         | n              | the person who is guilty of a crime or doing something wrong   | <b>Police finally managed to catch the culprit.</b>                                      | ένοχος, φταίχτης     | 32   |
| 2B   | <b>resistance</b>      | n              | a refusal to accept new ideas or changes   | <b>people's resistance to change</b>   | αντίσταση, αντοχή    | 32   |
| 2B   | <b>curb</b>            | v              | to control or limit something in order to prevent it from having a harmful effect  | <b>measures to curb the spread of the virus</b>  | συγκρατώ, χαλιναγωγώ | 32   |
| 2B   | <b>deforestation</b>   | n              | the cutting or burning down of all the trees in an area  | <b>the deforestation of the tropics</b>  | αποψίλωση των δασών  | 33   |
| 2B   | <b>sustainable</b>     | adj            | able to continue without causing damage to the environment   | <b>The government should do more to promote sustainable agriculture.</b>                 | βιώσιμος             | 33   |
| 2B   | <b>die out</b>         | phr v          | to disappear or stop existing completely   | <b>If their numbers keep falling, the animals are in danger of dying out completely.</b> | εκλείπω              | 33   |

| Unit | Headword            | Part of Speech | Definition  | Example   | Greek Translation          | Page        |
|------|---------------------|----------------|---|---|----------------------------|-------------|
| 2B   | rehabilitate        | v              | to help someone to live a healthy, useful, or active life again after they have been seriously ill or in prison         | <b>a special unit for rehabilitating stroke patients</b>                              | αποκαθιστώ, ανασυγκροτώ    | 34          |
| 2B   | oil spill           | n phr          | when you spill something, or an amount of something that is spilled   | <b>the enormous oil spill off the southern tip of the Shetland Islands</b>            | πετρελαιοκηλίδα            | 34          |
| 2B   | crucial             | adj            | something that is crucial is extremely important, because everything else depends on it                                 | <b>This aid money is crucial to the government's economic policies.</b>               | ζωτικής σημασίας, κρίσιμος | 34          |
| 2B   | proportion          | n              | a part of a number or amount, considered in relation to the whole   | <b>The proportion of women graduates has increased in recent years.</b>               | ποσοστό, αναλογία          | 35          |
| 2B   | consign             | v              | to send something somewhere, especially in order to sell it   | <b>The goods consigned from the exporter will be shipped to your warehouse today.</b> | παραδίδω, αποστέλλω        | 35          |
| 2B   | advent              | n              | the time when something first begins to be widely used  | <b>the advent of the computer</b>   | έλευση                     | 35          |
| 2B   | discard             | v              | to get rid of something   | <b>Discard any old cleaning materials.</b>  | απορρίπτω, πετώ            | 35          |
| 2B   | familiarise sb with | v              | to learn about something so that you understand it, or to teach someone else about something so that they understand it | <b>Employees must familiarise themselves with the health and safety manual.</b>       | εξοικειώνω, ενημερώνω      | 36          |
| 2B   | munch               | v              | to eat something noisily  | <b>Barry sat munching on an apple.</b>  | μασουλάω                   | 37          |
| 2B   | roam                | v              | to walk or travel, usually for a long time, with no clear purpose or direction  | <b>The dogs are allowed to roam around.</b>   | περιφέρομαι, περιπλανώμαι  | 37          |
| 2B   | blare               | v              | to make a very loud unpleasant noise  | <b>Horns blared in the street outside.</b>  | ηχώ, ουρλιάζω              | 37          |
| 2B   | livestock           | n              | animals such as cows and sheep that are kept on a farm  | <b>Cows, chickens and hens were the main livestock in the farm.</b>                   | κτηνοτροφία, ζώα φάρμας    | 37          |
| 2B   | inhumane            | adj            | extremely cruel and causing unacceptable suffering  | <b>the inhumane treatment of political prisoners</b>                                  | απάνθρωπος, σκληρός        | 38          |
| 2B   | crustacean          | n              | 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 | <b>Lobsters, crabs, and shrimps belong to the category of crustaceans.</b>            | οστρακόδερμο               | 38          |
| 2B   | teem                | v              | to be very full of people or animals, all moving about  | <b>The island was teeming with tourists.</b>  | βρίθω από, αφθονώ          | 38          |
| 2B   | sediment            | n              | solid substances that settle at the bottom of a liquid  | <b>a thick layer of sediment</b>  | ίζημα, κατακάθι            | 38          |
| 2B   | entail              | v              | to involve something as a necessary part or result  | <b>A new computer system entails a lot of re-training.</b>                            | απαιτώ, συνεπάγομαι        | 38          |
| 2B   | coop                | n              | a building for small animals, especially chickens   | <b>A fox got into the coop and killed all the chickens.</b>                           | κοτέτσι                    | 33 / script |

| Unit      | Headword                    | Part of Speech | Definition  | Example   | Greek Translation                      | Page        |
|-----------|-----------------------------|----------------|---|---|--|-------------|
| 2B        | <b>piece (sth) together</b> | v phr          | to put all the separate parts of an object into the correct order or position                             | <b>Carefully following the instructions, he pieced the different parts of the model together.</b> | συναρμολογώ                            | 35 / script |
| 2B        | <b>cut (sth) out</b>        | phr v          | to stop doing or eating something, especially because it might be bad for your health                     | <b>By cutting out sugar, he lost over 4 pounds in a month.</b>                                    | κόβω κάτι                              | 36 / script |
| 2B        | <b>hither and thither</b>   | phr            | scattered around or happening in several different places   | <b>Coloured fish darted hither and thither.</b>   | εδώ κι εκεί                            | 36 / script |
| SRB2 Unit | Headword                    | Part of Speech | Definition  | Example   | Greek Translation                      | Page        |
| 2A        | <b>implement</b>            | v              | to take action or make changes that you have officially decided should happen                             | <b>We have decided to implement the committee's recommendations in full.</b>                      | εκτελώ, ενεργώ, παρέχω τα μέσα         | 17          |
| 2A        | <b>amend</b>                | v              | to correct or make small changes to something that is written or spoken                                   | <b>The law was amended to include women.</b>  | τροποποιώ, διορθώνω                    | 17          |
| 2A        | <b>obtain</b>               | v              | to get something that you want, especially through your own effort, skill, or work                        | <b>You will need to obtain permission from the principal.</b>                                     | αποκτώ, βρίσκω, προμηθεύομαι           | 17          |
| 2A        | <b>undergrowth</b>          | n              | bushes, small trees, and other plants growing around and under bigger trees                               | <b>The small animal charged off to the undergrowth to avoid being eaten by larger animals.</b>    | χαμηλή βλάστηση                        | 17          |
| 2A        | <b>controversial</b>        | adj            | causing a lot of disagreement, because many people have strong opinions about the subject being discussed | <b>the controversial issue of welfare reform</b>  | αμφιλεγόμενος, επίμαχος                | 17          |
| 2A        | <b>empathy</b>              | n              | the ability to understand other people's feelings and problems  | <b>She had great empathy with people.</b>   | συμπόνια, ενσυναίσθηση                 | 17          |
| 2A        | <b>on a par with</b>        | prep phr       | to be at the same level or standard   | <b>The wages of clerks were on a par with those of manual workers.</b>                            | στο ίδιο επίπεδο με                    | 17          |
| 2A        | <b>disrupt</b>              | v              | to prevent something from continuing in its usual way by causing problems                                 | <b>Traffic was disrupted by a hoax bomb.</b>  | διασπώ, αναστατώνω                     | 17          |
| 2A        | <b>ferment</b>              | v              | if fruit, beer, wine etc ferments, or if it is fermented, the sugar in it changes to alcohol              | <b>fermented fruit juice</b>  | βράζω, προκαλώ ζύμωση                  | 18          |
| 2A        | <b>net</b>                  | adj            | the net amount is the final amount that remains after all the other amounts have been taken away          | <b>The net profit (=after taxes, costs etc) was up 16.3% last month.</b>                          | καθαρός, χωρίς έκπτωση, εκκαθαρισμένος | 18          |
| 2A        | <b>emission</b>             | n              | a gas or other substance that is sent into the air  | <b>Britain agreed to cut emissions of nitrogen oxide from power stations.</b>                     | εκπομπή αερίων                         | 18          |

| SRB2 Unit | Headword               | Part of Speech | Definition  | Example   | Greek Translation                     | Page |
|-----------|------------------------|----------------|---|---|---------------------------------------|------|
| 2A        | <b>arid</b>            | adj            | arid land or an arid climate is very dry because it has very little rain  | <b>Water from the Great Lakes is pumped to arid regions.</b>                                      | άγονος, ξερός                         | 19   |
| 2A        | <b>impinge on</b>      | v              | to have a harmful effect on someone or something  | <b>Personal problems experienced by students may impinge on their work.</b>                       | προσक्रύω σε                          | 19   |
| 2A        | <b>remnant</b>         | n              | a small part of something that remains after the rest of it has been used, destroyed, or eaten  | <b>The remnants of a meal stood on the table.</b>   | απομεινάρι                            | 19   |
| 2A        | <b>dwindling</b>       | adj            | gradually becoming less and less or smaller and smaller   | <b>The elephant population is dwindling.</b>  | συρρικνούμενος                        | 19   |
| 2A        | <b>refute</b>          | v              | to prove that a statement or idea is not correct  | <b>an attempt to refute Darwin's theories</b>   | διαψεύδω,<br>αντικρούω,<br>ανασκευάζω | 19   |
| 2A        | <b>communal</b>        | adj            | shared by a group of people or animals, especially a group who live together, involving people from many different races, religions, or language groups | <b>the worst communal violence in two years</b>   | κοινόχρηστος,<br>κοινοτικός           | 19   |
| 2A        | <b>wind turbine</b>    | n              | a modern windmill for providing electrical power  | <b>Many wind turbines were installed at the top of the hill to make use of the wind power.</b>    | ανεμογεννήτρια                        | 19   |
| 2A        | <b>alleviate</b>       | v              | to make something less painful or difficult to deal with  | <b>a new medicine to alleviate the symptoms of flu</b>  | ανακουφίζω,<br>ελαφρύνω               | 20   |
| 2A        | <b>aggravate</b>       | v              | to make a bad situation, an illness, or an injury worse   | <b>Their money problems were further aggravated by a rise in interest rates.</b>                  | χειροτερεύω,<br>ερεθίζω               | 20   |
| 2A        | <b>knock-on effect</b> | n phr          | to start a process in which everything that happens causes something else to happen   | <b>These price rises will have a knock-on effect on the economy.</b>                              | αλυσιδωτή<br>επίπτωση                 | 20   |
| 2B        | <b>triviality</b>      | n              | something that is not important at all,   | <b>Don't waste time on trivialities</b>   | κοινοτοπία,<br>μηδαμινότητα           | 22   |
| 2B        | <b>comply</b>          | v              | to do what you have to do or are asked to do  | <b>Failure to comply with the regulations will result in prosecution.</b>                         | συμμορφώνομαι                         | 22   |
| 2B        | <b>tentative</b>       | adj            | not definite or certain, and may be changed later   | <b>The government is taking tentative steps towards tackling the country's economic problems.</b> | δοκιμαστικός,<br>δειλός, αβέβαιος     | 22   |
| 2B        | <b>indignant</b>       | adj            | angry and surprised because you feel insulted or unfairly treated   | <b>Liz was indignant at the way her child had been treated.</b>                                   | αγανακτισμένος                        | 22   |
| 2B        | <b>miasmic</b>         | adj            | dirty air or a thick unpleasant mist that smells bad  | <b>He looked up at me through a miasmic cigarette smoke.</b>                                      | δύσοσμος, μιάρός                      | 23   |

| SRB2 Unit | Headword                | Part of Speech | Definition  | Example   | Greek Translation                              | Page |
|-----------|-------------------------|----------------|---|---|--|------|
| 2B        | <b>draconian</b>        | adj            | very strict and cruel   | <b>draconian measures to control population growth</b>                                    | δρακόντειος, πολύ σκληρός και αυστηρός         | 23   |
| 2B        | <b>disproportionate</b> | adj            | too much or too little in relation to something else                            | <b>the disproportionate amount of money being spent on defence</b>                        | δυσανάλογος                                    | 23   |
| 2B        | <b>illicitly</b>        | adv            | not allowed by laws or rules, or strongly disapproved of by society             | <b>illicit drugs</b>  | παράνομα                                       | 23   |
| 2B        | <b>protocol</b>         | n              | a system of rules about the correct way to behave on an official occasion       | <b>a breach of diplomatic protocol</b>  | πρωτόκολλο                                     | 23   |
| 2B        | <b>transparent</b>      | adj            | if something is transparent, you can see through it                             | <b>a transparent plastic container</b>  | διαφανής, ολοφάνερος                           | 23   |
| 2B        | <b>galling</b>          | adj            | making you feel upset and angry because of something that is unfair             | <b>The most galling thing is that the guy who got promoted is less qualified than me.</b> | ενοχλητικός                                    | 23   |
| 2B        | <b>delinquent</b>       | adj            | behaving in a way that is illegal or that society does not approve of           | <b>delinquent girls/boys/children/teenagers</b>   | εγκληματικός, παραβατικός                      | 23   |
| 2B        | <b>brandish</b>         | v              | to wave something around in a dangerous or threatening way, especially a weapon | <b>A man leapt out brandishing a kitchen knife.</b>                                       | κραδαίνω                                       | 23   |
| 2B        | <b>dodgy</b>            | adj            | seeming to be false, dishonest, or not to be trusted, involving risk or danger  | <b>One girl thought the men looked dodgy.</b>   | αναξιόπιστος και ανέντιμος, επικίνδυνος        | 23   |
| 2B        | <b>landfill</b>         | n              | a place where waste is buried under the ground                                  | <b>The locals vehemently opposed the development of a landfill in their area.</b>         | χώρος υγειονομικής ταφής απορριμάτων, χωματερή | 23   |
| 2B        | <b>beyond the pale</b>  | prep phr       | offensive or unacceptable   | <b>His opinions are entirely beyond the pale.</b>   | προσβλητικός ή απαράδεκτος                     | 23   |
| 2B        | <b>anguish</b>          | n              | mental or physical suffering caused by extreme pain or worry                    | <b>the anguish of not knowing what had happened to her</b>                                | αγωνία, οδύνη                                  | 23   |
| 2B        | <b>predator</b>         | n              | an animal that kills and eats other animals                                     | <b>Lions are predators.</b>   | αρπακτικό                                      | 24   |
| 2B        | <b>scurry</b>           | v              | to move quickly with short steps, especially because you are in a hurry         | <b>People were scurrying off to work.</b>   | σπεύδω, τρέχω                                  | 24   |
| 2B        | <b>formidable</b>       | adj            | very powerful or impressive, and often frightening                              | <b>The building is grey, formidable, not at all picturesque.</b>                          | τρομερός                                       | 25   |

| SRB2 Unit | Headword                  | Part of Speech | Definition  | Example   | Greek Translation         | Page |
|-----------|---------------------------|----------------|---|---|---------------------------|------|
| 2B        | <b>in bulk</b>            | prep phr       | if you buy goods in bulk, you buy large amounts each time you buy them                | <b>People rushed to buy food in bulk because they feared they wouldn't find anything when a lockdown was announced.</b> | μαζικά, χονδρικώς         | 25   |
| 2B        | <b>discount</b>           | n              | a reduction in the usual price of something   | <b>Members get a 15% discount.</b>  | έκπτωση                   | 25   |
| 2B        | <b>in close proximity</b> | n phr          | nearness in distance or time  | <b>A house in close proximity to the subway station is ideal.</b>   | κοντά                     | 26   |
| 2B        | <b>on the brink of</b>    | prep phr       | a situation when you are almost in a new situation, usually a bad one                 | <b>In October 1962 the world seemed on the brink of nuclear war.</b>  | στα πρόθυρα               | 26   |
| 2B        | <b>ostensibly</b>         | adv            | if something is ostensibly true, people say that it is true but it is not really true | <b>She stayed behind at the office, ostensibly to work.</b>   | φαινομενικά               | 27   |
| 2B        | <b>on loan</b>            | prep phr       | if something or someone is on loan, they have been borrowed                           | <b>The book I wanted was out on loan.</b>   | το έχει δανειστεί κάποιος | 27   |
| 2B        | <b>fault</b>              | v              | to criticize someone or something for a mistake                                       | <b>The judge cannot be faulted on his decision.</b>   | ψέγω, μέμφομαι            | 27   |

| Unit    | Headword               | Part of Speech | Definition  | Example  | Greek Translation              | Page |
|---------|------------------------|----------------|---|--|--------------------------------|------|
| Lead-in | <b>exasperating</b>    | adj            | extremely annoying  | <b>You have this exasperating habit of never looking at me!</b>                | εξοργιστικός                   | 39   |
| Lead-in | <b>manipulative</b>    | adj            | clever at controlling or deceiving people to get what you want - used in order to show disapproval  | <b>She was sly, selfish, and manipulative.</b>                                 | χειριστικός                    | 39   |
| Lead-in | <b>indecision</b>      | n              | the state of being unable to decide what to do  | <b>There were weeks of indecision about who would go and when.</b>             | αναποφασιστικότητα             | 39   |
| Lead-in | <b>resolve</b>         | v              | to find a satisfactory way of dealing with a problem or difficulty  | <b>The crisis was resolved by negotiations.</b>                                | επιλύω                         | 39   |
| 3A      | <b>irrespective of</b> | adv            | used when saying that a particular fact has no effect on a situation and is not important   | <b>The course is open to anyone, irrespective of age.</b>                      | ανεξάρτητα από                 | 40   |
| 3A      | <b>accessible</b>      | adj            | easy to obtain or use   | <b>the need for a health service that is accessible to all</b>                 | προσβάσιμος                    | 40   |
| 3A      | <b>exponent</b>        | n              | an exponent of an idea, belief etc tries to explain it and persuade others that it is good or useful  | <b>a leading exponent of desktop publishing</b>                                | δείκτης, εκθέτης               | 40   |
| 3A      | <b>unfulfilled</b>     | adj            | an unfulfilled hope, desire, dream etc has not been achieved  | <b>His dream of competing in the Olympics remained unfulfilled.</b>            | ανεκπλήρωτος, απραγματοποίητος | 40   |
| 3A      | <b>credible</b>        | adj            | deserving or able to be believed or trusted   | <b>He was unable to give a credible explanation for his behaviour.</b>         | πιστευτός, αξιόπιστος          | 40   |
| 3A      | <b>fabrication</b>     | n              | a piece of information or story that someone has invented in order to deceive people  | <b>Of course, it might all be complete fabrication.</b>                        | κατασκεύασμα                   | 40   |
| 3A      | <b>pronouncement</b>   | n              | an official public statement  | <b>the Pope's last pronouncement on birth control</b>                          | διακήρυξη                      | 40   |
| 3A      | <b>fallacy</b>         | n              | a false idea or belief, especially one that a lot of people believe is true   | <b>It's a common fallacy that a neutered dog will become fat and lazy.</b>     | πλάνη                          | 40   |
| 3A      | <b>misconception</b>   | n              | an idea which is wrong or untrue, but which people believe because they do not understand the subject properly  | <b>There is a popular misconception that too much exercise is bad for you.</b> | παρανόηση                      | 40   |
| 3A      | <b>perspective</b>     | n              | a way of thinking about something, especially one which is influenced by the type of person you are or by your experiences  | <b>His father's death gave him a whole new perspective on life.</b>            | οπτική γωνία, προοπτική        | 40   |
| 3A      | <b>jargon</b>          | n              | 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 | <b>documents full of legal jargon</b>  | ορολογία                       | 40   |
| 3A      | <b>prose</b>           | n              | written language in its usual form, as opposed to poetry  | <b>a volume of Shelley's poetry and prose</b>                                  | πεζός λόγος                    | 40   |

| Unit | Headword             | Part of Speech | Definition  | Example  | Greek Translation              | Page |
|------|----------------------|----------------|---|--|--------------------------------|------|
| 3A   | <b>advocate</b>      | v              | to publicly support a particular way of doing something   | <b>Extremists were openly advocating violence.</b>                                       | υποστηρίζω                     | 40   |
| 3A   | <b>solace</b>        | n              | a feeling of emotional comfort at a time of great sadness or disappointment                                   | <b>After the death of her son, Val found solace in the church.</b>                       | παρηγοριά                      | 40   |
| 3A   | <b>premise</b>       | n              | a statement or idea that you accept as true and use as a base for developing other ideas                      | <b>The idea that there is life on other planets is the central premise of the novel.</b> | υπόθεση, θέμα                  | 40   |
| 3A   | <b>objective</b>     | adj            | based on facts, or making a decision that is based on facts rather than on your feelings or beliefs           | <b>It's hard to give an objective opinion about your own children.</b>                   | αντικειμενικός                 | 40   |
| 3A   | <b>proponent</b>     | n              | someone who supports something or persuades people to do something  | <b>Steinem has always been a strong proponent of women's rights.</b>                     | υπερασπιστής                   | 41   |
| 3A   | <b>hackneyed</b>     | adj            | a hackneyed phrase is boring and does not have much meaning because it has been used so often                 | <b>The plot of the film was so uninteresting and full of hackneyed ideas.</b>            | τετριμμένος                    | 41   |
| 3A   | <b>nurture</b>       | v              | to help a plan, idea, feeling etc to develop, to feed and take care of a child or a plant while it is growing | <b>European union is an ideal that has been nurtured since the post-war years.</b>       | γαλουχώ, καλλιεργώ<br>μια ιδέα | 41   |
| 3A   | <b>masquerade as</b> | v              | to pretend to be something or someone different   | <b>A number of police officers masqueraded as demonstrators.</b>                         | μεταμφιέζομαι                  | 41   |
| 3A   | <b>legitimate</b>    | adj            | fair or reasonable, acceptable or allowed by law  | <b>That's a perfectly legitimate question.</b>   | θεμιτός, νόμιμος               | 41   |
| 3A   | <b>scrutiny</b>      | n              | careful and thorough examination of someone or something  | <b>Their activities have come under police scrutiny.</b>                                 | εξονυχιστικός<br>έλεγχος       | 41   |
| 3A   | <b>primarily</b>     | adv            | mainly  | <b>The advertisement is aimed primarily at children.</b>                                 | κυρίως                         | 41   |
| 3A   | <b>derive from</b>   | v              | to develop or come from something else  | <b>This word is derived from Latin.</b>  | προέρχομαι από                 | 41   |
| 3A   | <b>questionable</b>  | adj            | not likely to be true or correct  | <b>The statistics are highly questionable.</b>   | αμφισβητήσιμος                 | 41   |
| 3A   | <b>unassailable</b>  | adj            | not able to be criticized, made weaker, or beaten   | <b>an unassailable argument</b>  | απρόσβλητος                    | 41   |
| 3A   | <b>assertion</b>     | n              | something that you say or write that you strongly believe   | <b>the assertion that house prices are falling</b>                                       | ισχυρισμός                     | 41   |
| 3A   | <b>suppress</b>      | v              | to stop people from opposing the government, especially by using force  | <b>The uprising was ruthlessly suppressed.</b>   | καταστέλλω                     | 41   |
| 3A   | <b>aside</b>         | n              | a remark or story that is not part of the main subject of a speech  | <b>I should add, as an aside, that the younger the child, the faster they learn.</b>     | (τυχαία)<br>παρατήρηση         | 41   |



| Unit | Headword              | Part of Speech | Definition  | Example  | Greek Translation          | Page |
|------|-----------------------|----------------|---|--|----------------------------|------|
| 3A   | <b>guarantor</b>      | n              | someone who promises to pay a debt if the person who should pay it does not                           | <b>Erin's sister was the guarantor for her car loan.</b>   | εγγυητής                   | 41   |
| 3A   | <b>sanity</b>         | n              | the condition of being mentally healthy   | <b>I began to doubt his sanity.</b>  | πνευματική υγεία           | 41   |
| 3A   | <b>prone to</b>       | adj            | likely to do something or suffer from something, especially something bad or harmful                  | <b>Some plants are very prone to disease.</b>  | επιρρεπής σε               | 41   |
| 3A   | <b>niggling</b>       | adj            | a slight doubt etc that you cannot stop thinking about  | <b>niggling suspicion</b>  | ασήμαντος                  | 41   |
| 3A   | <b>surmountable</b>   | adj            | a problem or difficulty that can be dealt with successfully   | <b>They didn't believe they'd make it, but in the end their problems were surmountable.</b>                          | βατός                      | 41   |
| 3A   | <b>aggravating</b>    | adj            | making a bad situation, an illness, or an injury worse  | <b>an aggravating pain</b>   | επιβαρυντικός, ενοχλητικός | 41   |
| 3A   | <b>counsel</b>        | n              | a type of lawyer who represents you in court  | <b>The judge asked the defence counsel to explain.</b>   | συνήγορος                  | 41   |
| 3A   | <b>paradox</b>        | n              | a situation that seems strange because it involves two ideas or qualities that are very different     | <b>It's a paradox that in such a rich country there can be so much poverty.</b>                                      | παράδοξο                   | 41   |
| 3A   | <b>illuminate</b>     | v              | to make a light shine on something, or to fill a place with light                                     | <b>A single candle illuminated his face.</b>   | φωτίζω, διαφωτίζω          | 41   |
| 3A   | <b>crippling</b>      | adj            | causing so much damage or harm that something no longer works or is no longer effective               | <b>the crippling effects of war on the economy</b>   | παραλυτικός, βλαβερός      | 41   |
| 3A   | <b>address</b>        | v              | if you address a problem, you start trying to solve it, to speak to someone directly                  | <b>Our products address the needs of real users.</b>   | απευθύνομαι, προσφωνώ      | 41   |
| 3A   | <b>given (that)</b>   | prep           | taking something into account   | <b>Given that the patients have some disabilities, we still try to enable them to be as independent as possible.</b> | δεδομένου ότι              | 41   |
| 3A   | <b>succumb (to)</b>   | v              | to stop opposing someone or something that is stronger than you, and allow them to take control       | <b>Succumbing to pressure from the chemical industry, Governor Blakely amended the regulations.</b>                  | υποκύπτω σε                | 41   |
| 3A   | <b>face-to-face</b>   | adj            | a face-to-face meeting, conversation etc is one where you are with another person and talking to them | <b>a face-to-face interview</b>  | πρόσωπο με πρόσωπο         | 42   |
| 3A   | <b>digestion</b>      | n              | the process of digesting food   | <b>Too much tea is bad for your digestion.</b>   | πέψη                       | 43   |
| 3A   | <b>indifferent to</b> | adj            | not at all interested in someone or something   | <b>Sarah was absolutely indifferent to him, and it hurt.</b>   | αδιάφορος απέναντι σε      | 44   |

| Unit | Headword                | Part of Speech | Definition  | Example  | Greek Translation                     | Page        |
|------|-------------------------|----------------|---|--|---------------------------------------|-------------|
| 3A   | <b>confront</b>         | v              | to deal with something very difficult or unpleasant in a brave and determined way   | <b>We try to help people confront their problems.</b>  | αντιμετωπίζω                          | 44          |
| 3A   | <b>retention</b>        | n              | the act of keeping something, the ability to keep something in your memory  | <b>I have a real problem with retention of information.</b>  | διατήρηση / μνημονικό                 | 44          |
| 3A   | <b>seemingly</b>        | adv            | appearing to have a particular quality, when this may or may not be true  | <b>seemingly unrelated bits of information</b>   | φαινομενικά                           | 44          |
| 3A   | <b>altruism</b>         | n              | when you care about or help other people, even though this brings no advantage to yourself  | <b>Many choose to work in developing countries out of altruism.</b>                                      | αλτρουισμός, αγάπη για τον συνάνθρωπο | 45          |
| 3A   | <b>perceived</b>        | adj            | something or someone understood or thought of in a particular way   | <b>Many sugars and fats are hidden in commonly perceived healthy foods.</b>                              | αντιληπτός                            | 45          |
| 3A   | <b>coin</b>             | v              | to invent a new word or expression, especially one that many people start to use  | <b>The word 'aromatherapy' was coined in the 1920s.</b>  | επινοώ                                | 45          |
| 3A   | <b>centrepiece</b>      | n              | the most important, noticeable, or attractive part of something   | <b>The centrepiece of Bevan's policy was the National Health Service.</b>                                | το πιο σημαντικό σημείο, μέρος        | 45          |
| 3A   | <b>fuel</b>             | v              | to make something, especially something bad, increase or become stronger  | <b>His words fuelled her anger still more.</b>   | πυροδοτώ, ρίχνω λάδι στη φωτιά        | 45          |
| 3A   | <b>akin to</b>          | adj            | very similar to something   | <b>Something akin to panic overwhelmed him.</b>  | συγγενής προς, παρόμοιος με           | 46          |
| 3A   | <b>adversity</b>        | n              | a situation in which you have a lot of problems that seem to be caused by bad luck  | <b>his courage in the face of adversity</b>  | αντιξοότητα                           | 46          |
| 3A   | <b>be deprived of</b>   | v phr          | not having the things that are necessary for a comfortable or happy life  | <b>Deprived children tend to do less well at school.</b>   | στερημένος από                        | 46          |
| 3A   | <b>plummet</b>          | v              | to suddenly and quickly decrease in value or amount   | <b>Profits plummeted from £49 million to £11 million.</b>  | κατρακυλώ                             | 46          |
| 3A   | <b>ineffectual</b>      | adj            | not having the ability, confidence, or personal authority to get things done  | <b>an ineffectual leader</b>   | αναποτελεσματικός                     | 46          |
| 3A   | <b>self-sufficiency</b> | n              | the ability to provide all the things you need without help from other people   | <b>There is a trend towards self-sufficiency with more and more people growing their own vegetables.</b> | αυτάρκεια                             | 40 / script |
| 3A   | <b>phenomenon</b>       | n              | something that happens or exists in society, science, or nature, especially something that is studied because it is difficult to understand | <b>Homelessness is not a new phenomenon.</b>   | φαινόμενο                             | 40 / script |

| Unit | Headword               | Part of Speech | Definition   | Example  | Greek Translation              | Page          |
|------|------------------------|----------------|--|--|--------------------------------|---------------|
| 3A   | <b>to a fault</b>      | phr            | extremely generous, kind etc   | <b>Barry's kind, caring and generous to a fault.</b>                               | υπερβολικά                     | 41/<br>script |
| 3A   | <b>conscientious</b>   | adj            | careful to do everything that it is your job or duty to do   | <b>a conscientious and hard-working student</b>                                    | ευσυνείδητος                   | 41/<br>script |
| 3A   | <b>confrontational</b> | adj            | likely to cause arguments or make people angry   | <b>a confrontational style of management</b>                                       | συγκρουσιακός,<br>επιθετικός   | 42/<br>script |
| 3A   | <b>peer group</b>      | n              | a group of people, especially people who are the same age, social class etc as yourself              | <b>the TV shows that are popular with his peer group</b>                           | ομάδα συνομηλίκων              | 42/<br>script |
| 3B   | <b>buy into (sth)</b>  | phr v          | to accept that an idea is right and allow it to influence you  | <b>People have generally bought into the idea of recycling.</b>                    | πιστεύω κάτι, το χάβω          | 47            |
| 3B   | <b>grumpiness</b>      | n              | the state of being bad-tempered and easily annoyed   | <b>His grumpiness seemed to get worse as he got older.</b>                         | βλοσυρότητα,<br>κακοκεφιά      | 47            |
| 3B   | <b>reap benefits</b>   | v              | to get something, especially something good, as a result of what you have done                       | <b>Those who took the financial risk reaped the benefits.</b>                      | αποκομίζω οφέλη                | 47            |
| 3B   | <b>downward spiral</b> | n phr          | a process, usually a harmful one, in which something gradually but continuously gets worse or better | <b>He was caught in a downward spiral of debt that ended in bankruptcy.</b>        | καθοδική πορεία                | 47            |
| 3B   | <b>practitioner</b>    | n              | someone who works as a doctor or a lawyer  | <b>a practitioner of alternative medicine</b>                                      | επαγγελματίας                  | 47            |
| 3B   | <b>intimidating</b>    | adj            | making you feel worried and not confident  | <b>Some people find interview situations very intimidating.</b>                    | τρομακτικός                    | 47            |
| 3B   | <b>dispel</b>          | v              | to make something go away, especially a belief, idea, or feeling                                     | <b>We want to dispel the myth that you cannot eat well in Britain.</b>             | διαλύω                         | 47            |
| 3B   | <b>reticence</b>       | n              | an unwillingness to talk about what you feel or what you know  | <b>The doctors are not surprised by Gwen's reticence to talk about her ordeal.</b> | απροθυμία,<br>διστακτικότητα   | 47            |
| 3B   | <b>sufficient</b>      | adj            | as much as is needed for a particular purpose  | <b>We can only prosecute if there is sufficient evidence.</b>                      | επαρκής                        | 47            |
| 3B   | <b>detrimental</b>     | adj            | causing harm or damage   | <b>the detrimental effect of pollution on the environment</b>                      | επιβλαβής                      | 48            |
| 3B   | <b>exclusive</b>       | adj            | available or belonging only to particular people, and not shared                                     | <b>Our figure skating club has exclusive use of the rink on Mondays.</b>           | αποκλειστικός                  | 48            |
| 3B   | <b>privileged</b>      | adj            | having advantages because of your wealth, social position etc  | <b>Students from a privileged background have an advantage at university.</b>      | προνομιούχος                   | 48            |
| 3B   | <b>uplifting</b>       | adj            | making you feel happier and more hopeful   | <b>an uplifting experience</b>   | ενθαρρυντικός,<br>εμπνευστικός | 48            |

| Unit | Headword              | Part of Speech | Definition   | Example  | Greek Translation | Page        |
|------|-----------------------|----------------|--|--|-------------------|-------------|
| 3B   | <b>unwind</b>         | v              | to relax and stop feeling anxious  | <b>a beautiful country hotel that is the perfect place to unwind</b>                     | χαλαρώνω          | 48          |
| 3B   | <b>intrusion</b>      | n              | when someone does something or something happens that affects your private life or activities in an unwanted way           | <b>I resented this intrusion into my domestic affairs.</b>                               | εισβολή           | 50          |
| 3B   | <b>blunt</b>          | adj            | speaking in an honest way even if this upsets people   | <b>To be blunt, many of the candidates cannot read or write.</b>                         | απότομος, ωμός    | 50          |
| 3B   | <b>sneak around</b>   | v              | to go somewhere secretly and quietly in order to avoid being seen or heard   | <b>She snuck around the house once her parents were asleep.</b>                          | τριγυρνώ κρυφά    | 50          |
| 3B   | <b>antisocial</b>     | adj            | antisocial behaviour is violent or harmful to other people, or shows that you do not care about other people               | <b>She was finding it hard to cope with her son's increasingly antisocial behaviour.</b> | αντικοινωνικός    | 51          |
| 3B   | <b>tireless</b>       | adj            | working very hard in a determined way without stopping   | <b>the tireless efforts of the rescue workers</b>  | ακούραστος        | 51          |
| 3B   | <b>drowsiness</b>     | n              | the feeling of tiredness and being almost asleep   | <b>Right after lunch I always get an intense feeling of drowsiness.</b>                  | υπνηλία           | 52          |
| 3B   | <b>chronic</b>        | adj            | a chronic problem is one that continues for a long time and cannot easily be solved  | <b>There is a chronic shortage of teachers.</b>  | χρόνιος           | 52          |
| 3B   | <b>infuriating</b>    | adj            | very annoying  | <b>The infuriating thing is that he is always right.</b>                                 | εξοργιστικός      | 54          |
| 3B   | <b>contagious</b>     | adj            | if a feeling, attitude, or action is contagious, other people are quickly affected by it and begin to have it or do it     | <b>her contagious enthusiasm</b>   | μεταδοτικός       | 47 / script |
| 3B   | <b>essential oil</b>  | n              | an oil from a plant that has a strong smell and is used for making perfume or in aromatherapy                              | <b>essential oils of citrus fruits</b>   | αιθέριο έλαιο     | 47 / script |
| 3B   | <b>meditation</b>     | n              | the practice of emptying your mind of thoughts and feelings, in order to relax completely or for religious reasons         | <b>Yoga involves breathing exercises, stretching, and meditation.</b>                    | διαλογισμός       | 48 / script |
| 3B   | <b>shut (sth) out</b> | phr v          | to stop yourself from thinking about or noticing something, so that you are not affected by it                             | <b>She could not shut out the memory of that awful night, however hard she tried.</b>    | αποκλείω, αγνοώ   | 54 / script |
| 3B   | <b>benefit</b>        | v              | if you benefit from something, or it benefits you, it gives you an advantage, improves your life, or helps you in some way | <b>Many thousands have benefited from the new treatment.</b>                             | επωφελούμαι       | 62 / script |

| SRB3 Unit | Headword                          | Part of Speech | Definition  | Example   | Greek Translation                 | Page |
|-----------|-----------------------------------|----------------|---|---|-----------------------------------|------|
| 3A        | <b>assertiveness training</b>     | n phr          | training to behave in a confident way, so that people notice you  | <b>Assertiveness training can be helpful for timid and shy people.</b>                                    | εκπαίδευση αυτοπεποίθησης         | 28   |
| 3A        | <b>authoritarian</b>              | adj            | strictly forcing people to obey a set of rules or laws, especially ones that are wrong or unfair  | <b>an authoritarian government</b>  | απολυταρχικός                     | 28   |
| 3A        | <b>raise awareness of / about</b> | v phr          | improve people's knowledge  | <b>Health officials have tried to raise awareness about AIDS.</b>   | ευαισθητοποιώ                     | 28   |
| 3A        | <b>intuition</b>                  | n              | the ability to understand or know something because of a feeling rather than by considering the facts   | <b>Intuition told her it was unwise to argue.</b>   | διαίσθηση                         | 30   |
| 3A        | <b>ensure</b>                     | v              | to make certain that something will happen properly   | <b>facilities to ensure the safety of cyclists</b>  | διασφαλίζω, εξασφαλίζω            | 30   |
| 3A        | <b>behind your back</b>           | prep phr       | if you do something behind someone's back, you do it without them knowing   | <b>I don't like the idea of the two of them talking about me behind my back.</b>                          | κρυφά, πίσω από την πλάτη κάποιου | 30   |
| 3A        | <b>arise</b>                      | v              | if a problem or difficult situation arises, it begins to happen   | <b>A crisis has arisen in the Foreign Office.</b>   | προκύπτω                          | 30   |
| 3A        | <b>gene</b>                       | n              | 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 | <b>human genes</b>  | γονίδιο                           | 31   |
| 3A        | <b>obscure</b>                    | adj            | not well known and usually not very important   | <b>The details of his life remain obscure.</b>  | ασαφής                            | 31   |
| 3A        | <b>define yourself as</b>         | v phr          | to describe yourself correctly and thoroughly, and to say what standards, limits, qualities etc you have that make you different from others      | <b>Nowadays there are people who define themselves as non-binary.</b>                                     | αυτοπροσδιορίζομαι                | 32   |
| 3A        | <b>imbalance</b>                  | n              | a lack of a fair or correct balance between two things, which results in problems or unfairness   | <b>The government must redress the imbalance (=put it right) in spending on black and white children.</b> | ανισότητα, ανισορροπία            | 32   |
| 3A        | <b>inappropriate</b>              | adj            | not suitable or right for a particular purpose or in a particular situation   | <b>His comments were wholly inappropriate on such a solemn occasion.</b>                                  | ακατάλληλος                       | 32   |
| 3A        | <b>eradicate</b>                  | v              | to completely get rid of something such as a disease or a social problem  | <b>We can eradicate this disease from the world.</b>  | εξαλείφω                          | 32   |
| 3B        | <b>catharsis</b>                  | n              | the act or process of removing strong or violent emotions by expressing them through writing, talking, acting etc                                 | <b>Music is a means of catharsis for me.</b>  | κάθαρση                           | 33   |
| 3B        | <b>insomnia</b>                   | n              | if you suffer from insomnia, you are not able to sleep  | <b>He suffers from chronic insomnia and cannot sleep at night more than a couple of hours.</b>            | αϋπνία                            | 33   |

| SRB3 Unit | Headword             | Part of Speech | Definition   | Example   | Greek Translation                       | Page |
|-----------|----------------------|----------------|--|---|---|------|
| 3B        | <b>autistic</b>      | adj            | a person who suffers from a mental disorder (=problem) that makes him / her unable to communicate properly, or to form relationships                               | <b>Most autistic people are very sensitive to noise.</b>                              | αυτιστικός                              | 34   |
| 3B        | <b>mnemonic</b>      | n              | something such as a poem or a sentence that you use to help you remember a rule, a name etc  | <b>a mnemonic aid</b>   | μνημονικό                               | 34   |
| 3B        | <b>seizure</b>       | n              | a sudden condition in which someone cannot control the movements of their body, which continues for a short time   | <b>He had an epileptic seizure.</b>   | κρίση                                   | 34   |
| 3B        | <b>stroke</b>        | n              | 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 | <b>She died following a massive stroke.</b>   | εγκεφαλικό                              | 34   |
| 3B        | <b>fleeting</b>      | adj            | lasting for only a short time  | <b>a fleeting smile</b>   | φευγαλέος                               | 34   |
| 3B        | <b>at face value</b> | prep phr       | to accept someone or something just as it appears; to believe that the way things appear is the way they really are.   | <b>Once we read something online, we shouldn't always take it at face value.</b>      | όπως ακριβώς είναι, ως έχει             | 34   |
| 3B        | <b>hone</b>          | v              | to improve your skill at doing something, especially when you are already very good at it  | <b>He set about honing his skills as a draughtsman.</b>                               | ακονίζω                                 | 34   |
| 3B        | <b>dead on</b>       | adj phr        | exactly right; on target   | <b>You were dead on advising us not to proceed with the purchase of the property.</b> | ακριβής, εύστοχος                       | 34   |
| 3B        | <b>impaired</b>      | adj            | damaged, less strong, or not as good as before   | <b>visually/hearing/mentally etc impaired</b>   | άτομα με προβλήματα (όρασης, ακοής κλπ) | 34   |
| 3B        | <b>anew</b>          | adv            | to begin a different job, start to live in a different place etc, especially after a difficult period in your life   | <b>I was ready to leave everything behind and start anew in California.</b>           | εκ νέου                                 | 34   |
| 3B        | <b>outrageous</b>    | adj            | very shocking and extremely unfair or offensive  | <b>outrageous prices</b>  | εξωφρενικός                             | 34   |
| 3B        | <b>concede</b>       | v              | to admit that something is true or correct, although you wish it were not true   | <b>'That's the only possible solution.' 'Yes, I suppose so,' Charles conceded.</b>    | παραδέχομαι                             | 34   |
| 3B        | <b>enhanced</b>      | adj            | improved or better   | <b>enhanced access to information</b>   | ενισχύω, βελτιώνω                       | 34   |
| 3B        | <b>torment</b>       | v              | to make someone suffer a lot, especially mentally  | <b>Seth was tormented by feelings of guilt.</b>                                       | βασανίζω                                | 34   |
| 3B        | <b>semantic</b>      | adj            | relating to the meanings of words  | <b>a semantic field</b>   | σημασιολογικός                          | 34   |

| SRB3 Unit | Headword              | Part of Speech | Definition  | Example   | Greek Translation   | Page |
|-----------|-----------------------|----------------|---|---|---|------|
| 3B        | <b>savant</b>         | n              | 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 | <b>an autistic savant</b>   | άτομο που φέρει μια διανοητική αναπηρία σε συνδυασμό με μια εξαιρετική διανοητική ικανότητα (Σύνδρομο του Σαβάντ) | 35   |
| 3B        | <b>misguided</b>      | adj            | a misguided idea or opinion is wrong because it is based on a wrong understanding of a situation  | <b>His parents still cling to the misguided belief that his common sense would keep him out of serious trouble.</b> | εσφαλμένος, παραπλανητικός  | 35   |
| 3B        | <b>reinforce</b>      | v              | to give support to an opinion, idea, or feeling, and make it stronger   | <b>The film reinforces the idea that women should be pretty and dumb.</b>   | ενισχύω, υποστηρίζω   | 35   |
| 3B        | <b>conjure up</b>     | phr v          | to bring a thought, picture, idea, or memory to someone's mind  | <b>Dieting always seems to conjure up images of endless salads.</b>   | πλάθω, αναπολώ  | 35   |
| 3B        | <b>slump</b>          | v              | to fall or lean against something because you are not strong enough to stand  | <b>She slumped against the wall.</b>  | σωριάζομαι, καταπίπτω   | 36   |
| 3B        | <b>aligned</b>        | adj            | things arranged so that they form a line or are parallel to each other, or in a position that forms a line etc  | <b>This policy is closely aligned with the goals of the organization.</b>   | ευθυγραμμισμένος  | 36   |
| 3B        | <b>devastated</b>     | adj            | feeling extremely shocked and sad   | <b>She was left feeling totally devastated.</b>   | συντετριμμένος  | 36   |
| 3B        | <b>assimilate</b>     | v              | to completely understand and begin to use new ideas, information etc  | <b>It will take time to assimilate all these facts.</b>   | αφομοιώνω   | 38   |
| 3B        | <b>cram</b>           | v              | to force something into a small space   | <b>Jill crammed her clothes into the bag.</b>   | παραγεμίζω, στριμώχνω   | 38   |
| 3B        | <b>inconclusive</b>   | adj            | not leading to a clear decision or result   | <b>The evidence against the two men was inconclusive.</b>   | ασαφής  | 38   |
| 3B        | <b>attention span</b> | n phr          | the period of time during which you continue to be interested in something  | <b>Children often have a short attention span.</b>  | διάρκεια προσοχής   | 38   |
| 3B        | <b>adverse</b>        | adj            | not good or favourable  | <b>They fear it could have an adverse effect on global financial markets.</b>                                       | δυσμενής  | 38   |

| Unit | Headword                        | Part of Speech | Definition   | Example  | Greek Translation                    | Page |
|------|---------------------------------|----------------|--|--|--------------------------------------|------|
| 4A   | <b>blessed</b>                  | v              | to be fortunate that something is the case   | <b>We were blessed with fine weather for the whole week.</b>                   | ευλογημένος, τυχερός                 | 56   |
| 4A   | <b>take precedence</b>          | v phr          | 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 | <b>Guests were seated in order of precedence.</b>                              | έχω προτεραιότητα                    | 56   |
| 4A   | <b>crouch</b>                   | v              | to lower your body close to the ground by bending your knees completely  | <b>He crouched in the shadows near the doorway.</b>                            | σκύβω κάτω                           | 56   |
| 4A   | <b>erode</b>                    | v              | to gradually reduce something such as someone's power or confidence  | <b>Repeated exam failure had eroded her confidence.</b>                        | διαβρώνω                             | 56   |
| 4A   | <b>obsession</b>                | n              | an extreme unhealthy interest in something or worry about something, which stops you from thinking about anything else                             | <b>Gambling became an obsession, and he eventually lost everything.</b>        | εμμονή                               | 56   |
| 4A   | <b>permeate</b>                 | v              | if ideas, beliefs, emotions etc permeate something, they are present in every part of it   | <b>An emotional intensity permeates every one of O'Connor's songs.</b>         | εμποτίζω                             | 56   |
| 4A   | <b>impulse</b>                  | n              | a sudden strong desire to do something without thinking about whether it is a sensible thing to do   | <b>Marge's first impulse was to run.</b>                                       | παρόρμηση                            | 56   |
| 4A   | <b>reinforcement</b>            | n              | the act of making something stronger   | <b>The bridge needs some structural reinforcement.</b>                         | ενίσχυση                             | 56   |
| 4A   | <b>fallible</b>                 | adj            | able to make mistakes or be wrong  | <b>These surveys are often a rather fallible guide to public opinion.</b>      | σφαλερός, που μπορεί να κάνει λάθος  | 56   |
| 4A   | <b>mundane</b>                  | adj            | ordinary and not interesting or exciting   | <b>The mundane task of setting the table can be fun on holidays.</b>           | κοινότυπος, βαρετός                  | 56   |
| 4A   | <b>habitually</b>               | adv            | usually or by habit  | <b>I'm the type of person who habitually checks their email every morning.</b> | συνήθως                              | 57   |
| 4A   | <b>feel compelled to do sth</b> | v phr          | to have the strong feeling that you must do something  | <b>He felt compelled to tell her the truth.</b>                                | αισθάνομαι υποχρεωμένος να κάνω κάτι | 57   |
| 4A   | <b>exterior</b>                 | adj            | coming from or relating to facts, situations etc other than the one you are considering  | <b>information that is exterior to the text itself</b>                         | εξωτερικός                           | 57   |
| 4A   | <b>incessant</b>                | adj            | continuing without stopping  | <b>incessant rain</b>  | αδιάκοπος, ακατάπαυστος              | 57   |
| 4A   | <b>golden opportunity</b>       | n phr          | a chance to do something or an occasion when it is easy for you to do something  | <b>a rare opportunity to see inside this historic building</b>                 | χρυσή ευκαιρία                       | 59   |



| Unit | Headword                          | Part of Speech | Definition   | Example  | Greek Translation                     | Page        |
|------|-----------------------------------|----------------|--|--|---------------------------------------|-------------|
| 4A   | <b>conventional</b>               | adj            | a conventional method, product, practice etc has been used for a long time and is considered the usual type                                    | <b>Internet connections through conventional phone lines are fairly slow.</b>              | συνηθισμένος, συμβατικός              | 59          |
| 4A   | <b>pin number</b>                 | n phr          | personal identification number, a number that you use when you get money from a machine using a plastic card                                   | <b>PINs are used in banking but are also used in other, non-financial systems.</b>         | αριθμός PIN                           | 59          |
| 4A   | <b>underestimate</b>              | v              | to think or guess that something is smaller, cheaper, easier etc than it really is   | <b>We underestimated how long it would take to get there.</b>                              | υποτιμώ                               | 60          |
| 4A   | <b>overcomplicate</b>             | v              | make something more complicated than necessary.  | <b>The basic idea is quite simple, but some people tend to overcomplicate it.</b>          | περιπλέκω, μπερδεύω υπερβολικά        | 60          |
| 4A   | <b>co-ordinated</b>               | adj            | organised activity so that the people involved in it work well together and achieve a good result  | <b>a co-ordinated approach to economic and social questions</b>                            | συντονισμένος                         | 60          |
| 4A   | <b>unfounded</b>                  | adj            | unfounded statements, feelings, opinions etc are wrong because they are not based on facts   | <b>Unfounded rumours began circulating that Ian and Susan were having an affair.</b>       | αβάσιμος, αθεμελίωτος                 | 60          |
| 4A   | <b>code of (business) conduct</b> | phr            | the way someone behaves, especially in public, in their job etc  | <b>the Law Society's Code of Professional Conduct</b>                                      | κώδικας (επαγγελματικής) συμπεριφοράς | 60          |
| 4A   | <b>be inclined to</b>             | phr            | to hold a particular opinion, but not very strongly  | <b>Arthur has some strange ideas, but on this occasion I'm inclined to agree with him.</b> | είμαι διατεθειμένος να                | 60          |
| 4A   | <b>indiscretion</b>               | n              | an action or remark that shows a lack of good judgment, especially one that is morally unacceptable  | <b>Earl describes his past links with the racist group as a youthful indiscretion.</b>     | απερισκεψία, ατασθαλία / αδιακρισία   | 60          |
| 4A   | <b>to raise eyebrows</b>          | v phr          | if something raises eyebrows, it surprises people  | <b>This decision raised a few eyebrows.</b>  | παραξενεύομαι                         | 64 / script |
| 4A   | <b>viable</b>                     | adj            | a viable idea, plan, or method can work successfully   | <b>The committee came forward with one viable solution.</b>                                | εφικτός                               | 64 / script |
| 4A   | <b>slick</b>                      | adj            | 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 | <b>The presentation was very slick.</b>  | επιδέξιος, επιτήδειος                 | 65 / script |
| 4A   | <b>go viral</b>                   | phr            | if a picture, video, joke etc goes viral, it spreads widely, especially on the Internet or mobile phones                                       | <b>The video went viral on YouTube, where it had over a million hits in 24 hours.</b>      | εξαπλώνομαι γρήγορα                   | 66 / script |
| 4A   | <b>derogatory</b>                 | adj            | derogatory remarks, attitudes etc are insulting and disapproving   | <b>Their conversation contained a number of derogatory racial remarks.</b>                 | υποτιμητικός                          | 66 / script |

| Unit | Headword                         | Part of Speech | Definition   | Example  | Greek Translation                              | Page |
|------|----------------------------------|----------------|--|--|--|------|
| 4B   | <b>diehard</b>                   | adj            | resisting change and refusing to accept new ideas  | <b>Diehard conservatives remain opposed to the president's health care reforms.</b>                    | σκληροπυρηνικός, αδιάλλακτος                   | 63   |
| 4B   | <b>be up to speed with (sth)</b> | v phr          | having the latest information or knowledge about something   | <b>Some school officials are only now getting up to speed regarding computers.</b>                     | ενημερώνομαι για κάτι                          | 63   |
| 4B   | <b>think 'outside the box'</b>   | v phr          | to think of new, different, or unusual ways of doing something, especially in business                   | <b>If we try to think outside the box, we might find a better solution.</b>                            | σκέφτομαι αντισυμβατικά, εκτός της πεπατημένης | 63   |
| 4B   | <b>initiative</b>                | n              | an important new plan or process to achieve a particular aim or to solve a particular problem            | <b>a government initiative to help exporters</b>   | πρωτοβουλία                                    | 63   |
| 4B   | <b>constraint</b>                | n              | something that limits your freedom to do what you want   | <b>Constraints on spending have forced the company to rethink its plans.</b>                           | περιορισμός                                    | 63   |
| 4B   | <b>collaboration</b>             | n              | when you work together with another person or group to achieve something, especially in science or art   | <b>The company is building the centre in collaboration with the Institute of Offshore Engineering.</b> | συνεργασία                                     | 63   |
| 4B   | <b>sponsor</b>                   | v              | to give money to a sports event, theatre, organization etc, often in exchange for the right to advertise | <b>The club is sponsored by Emirates Airline.</b>  | χρηματοδοτώ, επιχορηγώ                         | 63   |
| 4B   | <b>tinker</b>                    | v              | to make small changes to something in order to repair it or make it work better                          | <b>Congress has been tinkering with the legislation.</b>   | μαστορεύω                                      | 63   |
| 4B   | <b>stifle</b>                    | v              | to stop something from happening or developing   | <b>rules and regulations that stifle innovation</b>  | καταπνίγω                                      | 63   |
| 4B   | <b>barrier</b>                   | n              | a rule, problem etc that prevents people from doing something, or limits what they can do                | <b>Problems with childcare remain the biggest barrier to women succeeding at work.</b>                 | εμπόδιο  | 63   |
| 4B   | <b>impede</b>                    | v              | to make it difficult for someone or something to move forward or make progress                           | <b>Storms at sea impeded our progress.</b>   | εμποδίζω, παρακωλύω                            | 63   |
| 4B   | <b>impetus</b>                   | n              | an influence that makes something happen or makes it happen more quickly                                 | <b>The report may provide further impetus for reform.</b>  | κίνητρο, ερέθισμα                              | 63   |
| 4B   | <b>cast (new) light on</b>       | v phr          | to provide new information about something, making it easier to understand                               | <b>Recent research findings cast new light on the origin of our universe.</b>                          | ρίχνω φως, παρέχω νέες πληροφορίες             | 63   |
| 4B   | <b>ensorship</b>                 | n              | the practice or system of censoring something  | <b>censorship of books</b>   | λογοκρισία                                     | 64   |
| 4B   | <b>controversy</b>               | n              | a serious argument about something that involves many people and continues for a long time               | <b>a political controversy</b>   | αντιπαράθεση, διαμάχη                          | 64   |

| Unit | Headword                      | Part of Speech | Definition  | Example   | Greek Translation                                | Page |
|------|-------------------------------|----------------|---|---|--|------|
| 4B   | <b>bias</b>                   | n              | an opinion about whether a person, group, or idea is good or bad which influences how you deal with it  | <b>political bias in the press</b>  | προκατάληψη                                      | 64   |
| 4B   | <b>objectivity</b>            | n              | the quality of being objective  | <b>The newspaper article lacked any objectivity.</b>  | αντικειμενικότητα                                | 64   |
| 4B   | <b>be accustomed to (sth)</b> | v phr          | to be familiar with something and accept it as normal   | <b>We were accustomed to working together.</b>  | είμαι συνηθισμένος σε                            | 64   |
| 4B   | <b>illicit</b>                | adj            | not allowed by laws or rules, or strongly disapproved of by society   | <b>illicit drugs</b>  | παράνομος  | 64   |
| 4B   | <b>be subject to</b>          | phr            | if someone or something is subject to something, especially something bad, it is possible or likely that they will be affected by it                      | <b>Prices are subject to change.</b>  | υπόκειμαι σε                                     | 64   |
| 4B   | <b>provoke</b>                | v              | to cause a reaction or feeling, especially a sudden one   | <b>The novel has provoked fierce debate in the US.</b>  | προκαλώ  | 64   |
| 4B   | <b>broadsheet (newspaper)</b> | n phr          | a newspaper printed on large sheets of paper, especially a serious newspaper  | <b>Nowadays, many broadsheets are going digital.</b>  | εφημερίδα μεγάλου μεγέθους, σοβαρού περιεχομένου | 65   |
| 4B   | <b>act as a vehicle for</b>   | v phr          | something you use to express and spread your ideas, opinions etc  | <b>The 1936 Olympics were used as a vehicle for Nazi propaganda.</b>  | λειτουργώ ως μέσο, όχημα κάποιου                 | 65   |
| 4B   | <b>mutation</b>               | n              | a change in the genetic structure of an animal or plant that makes it different from others of the same kind  | <b>Any mutation in the gene increases the risk of developing the disease.</b>                                       | μετάλλαξη  | 66   |
| 4B   | <b>hard drive</b>             | n phr          | 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 | <b>After his arrest, the police went through his computer hard drive to find evidence of his criminal activity.</b> | σκληρός δίσκος υπολογιστή                        | 66   |
| 4B   | <b>establish</b>              | v              | to start a company, organization, system, etc that is intended to exist or continue for a long time, to found   | <b>Our goal is to establish a new research centre in the North.</b>   | ιδρύω, εγκαθιστώ, συστήνω                        | 67   |
| 4B   | <b>lend weight to (sth)</b>   | phr v          | to make an opinion or belief seem more likely to be correct.  | <b>The evidence from the latest studies lends weight to the theory.</b>   | δίνω βάρος σε κάτι                               | 67   |
| 4B   | <b>premises</b>               | n              | the buildings and land that a shop, restaurant, company etc uses  | <b>Schools may earn extra money by renting out their premises.</b>  | εγκαταστάσεις εταιριών, γραφείων κλπ             | 69   |
| 4B   | <b>incompetent</b>            | adj            | not having the ability or skill to do a job properly  | <b>weak, incompetent leadership</b>   | ανίκανος, ακατάλληλος, ανεπαρκής                 | 70   |

| Unit             | Headword                              | Part of Speech        | Definition  | Example  | Greek Translation                    | Page        |
|------------------|---------------------------------------|-----------------------|---|--|--------------------------------------|-------------|
| 4B               | <b>sift through</b>                   | v phr                 | to examine information, documents etc carefully in order to find something out or decide what is important and what is not                                  | <b>Police are sifting through the evidence.</b>                                | περνώ από κόσκινο, ερευνώ με προσοχή | 70          |
| 4B               | <b>prioritise</b>                     | v                     | to put several things, problems etc in order of importance, so that you can deal with the most important ones first   | <b>You need to prioritise your tasks.</b>                                      | βάζω προτεραιότητες                  | 70          |
| 4B               | <b>weed out</b>                       | phr v                 | to get rid of people or things that are not very good   | <b>The research will help governments to weed out ineffective aid schemes.</b> | ξεκαθαρίζω, ξεριζώνω                 | 70          |
| 4B               | <b>enthusiast</b>                     | n                     | someone who is very interested in a particular activity or subject  | <b>a keep-fit enthusiast</b>   | λάτρης, θιασώτης                     | 69 / script |
| 4B               | <b>return</b>                         | n                     | the amount of profit that you get from something  | <b>The markets are showing extremely poor returns.</b>                         | επιστροφή                            | 71 / script |
| 4B               | <b>polymath</b>                       | n                     | someone who has a lot of knowledge about many different subjects  | <b>The French polymath Pascal excelled in many disciplines.</b>                | πολυμαθής                            | 73 / script |
| 4B               | <b>bias</b>                           | n                     | a tendency to prefer or be interested one type of thing more than something else  | <b>Lydia has a strong artistic bias.</b>                                       | κλίση, προτίμηση                     | 75 / script |
| <b>SRB4 Unit</b> | <b>Headword</b>                       | <b>Part of Speech</b> | <b>Definition</b>   | <b>Example</b>   | <b>Greek Translation</b>             | <b>Page</b> |
| 4A               | <b>conservative</b>                   | adj                   | not liking changes or new ideas   | <b>conservative views</b>  | συντηρητικός                         | 39          |
| 4A               | <b>reflect</b>                        | v                     | 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 | <b>She could see her face reflected in the car's windshield.</b>               | αντικατοπτρίζω, καθρεφτίζομαι        | 39          |
| 4A               | <b>be confined to</b>                 | phr                   | to exist in or affect only a particular place or group  | <b>The risk of infection is confined to medical personnel.</b>                 | περιορίζομαι σε                      | 39          |
| 4A               | <b>crack down on</b>                  | phr v                 | to become more strict in dealing with a problem and punishing the people involved   | <b>The government is determined to crack down on terrorism.</b>                | πατάσσω                              | 39          |
| 4A               | <b>retract (a statement, comment)</b> | v                     | if you retract something that you said or agreed, you say that you did not mean it  | <b>He confessed to the murder but later retracted his statement.</b>           | ανακαλώ                              | 39          |
| 4A               | <b>repercussions</b>                  | n                     | the effects of an action or event, especially bad effects that continue for some time   | <b>The collapse of the company had repercussions for the whole industry.</b>   | επιπτώσεις                           | 39          |

| SRB4 Unit | Headword                       | Part of Speech | Definition   | Example  | Greek Translation  | Page |
|-----------|--------------------------------|----------------|--|--|--|------|
| 4A        | <b>allegation</b>              | n              | a statement that someone has done something wrong or illegal, but that has not been proved                                 | <b>Mr Singh has strongly denied the allegations of sexual harassment.</b>                        | ισχυρισμός   | 39   |
| 4A        | <b>bribe</b>                   | n              | money or a gift that you illegally give someone to persuade them to do something for you                                   | <b>The officials said that they had been offered bribes before an important game.</b>            | δωροδοκία  | 39   |
| 4A        | <b>piece together</b>          | phr v          | to use all the information you have about a situation in order to discover the truth about it                              | <b>Police are trying to piece together his movements before the murder.</b>                      | συνταιριάζω,<br>συνδυάζω<br>πληροφορίες  | 39   |
| 4A        | <b>key (on a computer)</b>     | n              | the buttons that you press on a computer keyboard to operate the computer  | <b>Press the ESCAPE key to exit.</b>   | πληκτρο σε<br>πληκτρολόγιο<br>υπολογιστή   | 40   |
| 4A        | <b>be packed (with people)</b> | adj phr        | extremely full of people   | <b>a packed courtroom</b>  | υπερπλήρης,<br>κατάμεστος με<br>ανθρώπους  | 41   |
| 4A        | <b>ditch</b>                   | v              | to stop having something because you no longer want it   | <b>The government has ditched plans to privatise the prison.</b>                                 | ξεφορτώνομαι,<br>καταργώ   | 41   |
| 4A        | <b>cutbacks</b>                | n              | a reduction in something, such as the number of workers in a company or the amount of money a government or company spends | <b>The shortage of teachers was blamed on government cutbacks.</b>                               | περικοπές  | 41   |
| 4A        | <b>embrace (ideas)</b>         | v              | to eagerly accept a new idea, opinion, religion etc  | <b>We hope these regions will embrace democratic reforms.</b>                                    | ενστερνίζομαι (ιδέες)  | 44   |
| 4B        | <b>pejorative</b>              | adj            | a word or expression that is pejorative is used to show disapproval or to insult someone                                   | <b>For hard-line Republicans, the word 'liberal' had become a pejorative term.</b>               | υποτιμητικός,<br>μειωτικός   | 44   |
| 4B        | <b>laypeople / layman</b>      | n              | people not trained in a particular subject or type of work, especially when they are being compared with someone who is    | <b>If you don't understand what the doctor says, ask to have it explained in layman's terms.</b> | οι απλοί άνθρωποι<br>που δεν έχουν<br>εξειδικευμένες<br>γνώσεις πάνω σε<br>κάτι. | 44   |
| 4B        | <b>credence</b>                | n              | the acceptance of something as true  | <b>I don't give any credence to these rumors.</b>  | αξιοπιστία   | 44   |
| 4B        | <b>integrity</b>               | n              | the quality of being honest and strong about what you believe to be right  | <b>a man of great moral integrity</b>  | ακεραιότητα  | 44   |

| SRB4 Unit | Headword                       | Part of Speech | Definition   | Example   | Greek Translation                    | Page |
|-----------|--------------------------------|----------------|--|---|--------------------------------------|------|
| 4B        | <b>dubbed</b>                  | v<br>(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  | <b>The body that was thousands of years old was found in the Alps and dubbed 'The Iceman'.<br/>This is a British film dubbed into French.</b> | επονομάζω / μεταγλωττίζω, ντουμπλάρω | 44   |
| 4B        | <b>on the fringes</b>          | prep phr       | not completely belonging to or accepted by a group of people who share the same job, activities etc  | <b>a small group on the fringes of the art world</b>  | στις παρυφές                         | 44   |
| 4B        | <b>by the dozen</b>            | phr            | in groups of 12. If something is produced by the dozen, large numbers of that thing are being produced   | <b>The government is producing new policies by the dozen.</b>   | με τη ντουζίνα                       | 44   |
| 4B        | <b>incongruent</b>             | adj            | incompatible, not fitting well together  | <b>incongruent perspectives</b>   | ασύμβατος                            | 44   |
| 4B        | <b>dig (one's) heels in</b>    | phr            | to refuse to do something in spite of other people's efforts to persuade you   | <b>The student dug her heels in and refused to obey the instructions.</b>   | μουλαρώνω, πεισμώνω                  | 44   |
| 4B        | <b>fixed in stone</b>          | phr            | used to say that an idea or plan cannot change   | <b>John has several new ideas for the show, but nothing is fixed in stone yet.</b>  | που δεν μπορεί να αλλάξει            | 44   |
| 4B        | <b>seminal</b>                 | adj            | a seminal article, book etc is important, and influences the way things develop in the future  | <b>a seminal study of eighteenth-century France</b>   | με επιρροή, σημαίνων                 | 44   |
| 4B        | <b>cocoon</b>                  | n              | 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 | <b>She was surrounded by the cocoon of a loving family.</b>   | κουκούλι, κάψουλα                    | 44   |
| 4B        | <b>quackery</b>                | n              | the activities of someone who pretends to be a doctor  | <b>His claim he could cure cancer was pure quackery.</b>  | αγυρτεία                             | 45   |
| 4B        | <b>cut-and-thrust (debate)</b> | adj phr        | lively discussion or activity  | <b>I don't mind the cut and thrust of argument, but I prefer friendlier and more relaxed conversation.</b>                                    | έντονη συζήτηση με διαφωνία          | 45   |
| 4B        | <b>nerd</b>                    | colloquial n   | someone who seems only interested in computers and other technical things - used to show disapproval   | <b>a computer nerd</b>  | σπασίκλας, φυτό                      | 45   |
| 4B        | <b>embedded</b>                | adj            | put firmly and deeply into something else, or to be put into something in this way   | <b>A piece of glass was embedded in her hand.</b>   | ενσωματωμένος, ένθετος               | 45   |
| 4B        | <b>backfire</b>                | v              | if a plan or action backfires, it has the opposite effect to the one you intended  | <b>The company's new policy backfired when a number of employees threatened to quit.</b>  | γυρνάει μπουόμερανγκ                 | 45   |
| 4B        | <b>exhaustive</b>              | adj            | extremely thorough and complete  | <b>an exhaustive investigation</b>  | εξαντλητικός                         | 45   |

| SRB4 Unit | Headword                   | Part of Speech | Definition   | Example  | Greek Translation               | Page |
|-----------|----------------------------|----------------|--|--|---------------------------------|------|
| 4B        | <b>insular</b>             | adj            | interested in your own group, country, way of life etc and no others - used to show disapproval                        | <b>an insular community</b>  | στενόμυαλος                     | 45   |
| 4B        | <b>permeable</b>           | adj            | material that is permeable allows water, gas etc to pass through it  | <b>the permeable cell membrane</b>   | διαπερατός                      | 45   |
| 4B        | <b>imprimatur</b>          | n              | approval of something, especially from an important person   | <b>His actions have the imprimatur of the Secretary of State.</b>                                      | επίσημη έγκριση                 | 45   |
| 4B        | <b>cultic milieu</b>       | n phr          | the religious things and people that surround you and influence the way you live and think                             | <b>Proust's work reflected his own social and cultic milieu.</b>                                       | λατρευτικό περιβάλλον           | 45   |
| 4B        | <b>sequester (oneself)</b> | v              | to take property away from the person it belongs to because they have not paid their debts                             | <b>These properties were sequestered by the local council for public use.</b>                          | κατάσχω                         | 45   |
| 4B        | <b>in contention</b>       | phr            | having a chance of winning something   | <b>Owen's goal kept England in contention.</b>   | μένω στον αγώνα, στη διεκδίκηση | 45   |
| 4B        | <b>cite</b>                | v              | to give the exact words of something that has been written, especially in order to support an opinion or prove an idea | <b>The passage cited above is from a Robert Frost poem.</b>  | αναφέρω, παραθέτω               | 46   |
| 4B        | <b>genre</b>               | n              | a particular type of art, writing, music etc, which has certain features that all examples of this type share          | <b>a new genre of filmmaking</b>   | είδος, στυλ                     | 46   |
| 4B        | <b>lay (sth) to rest</b>   | v phr          | to stop people from worrying about or believing something  | <b>The minister resigned, and the government hoped that the scandal would finally be laid to rest.</b> | καθησυχάζω                      | 47   |
| 4B        | <b>inept</b>               | adj            | not good at doing something  | <b>He was criticized for his inept handling of the problem.</b>  | ανίκανος, άπειρος               | 47   |
| 4B        | <b>well-adjusted</b>       | adj            | emotionally healthy and able to deal well with the problems of life  | <b>a happy, well-adjusted child</b>  | καλά προσαρμοσμένος             | 47   |
| 4B        | <b>be instrumental in</b>  | adj phr        | to be important in making something happen   | <b>He was instrumental in developing links with European organizations.</b>                            | σημαντικός, συντελεστικός       | 47   |

| Unit | Headword                   | Part of Speech | Definition   | Example  | Greek Translation            | Page |
|------|----------------------------|----------------|--|--|------------------------------|------|
| 5A   | <b>abound</b>              | v              | to exist in very large numbers   | <b>Rumours abound as to the reasons for his resignation.</b>               | αφθονώ                       | 72   |
| 5A   | <b>surge</b>               | n              | a sudden increase in amount or number  | <b>a surge in food costs</b>   | ξαφνική αύξηση               | 72   |
| 5A   | <b>deploy</b>              | v              | to use something for a particular purpose, especially ideas, arguments etc   | <b>a job in which a variety of professional skills will be deployed</b>    | αναπτύσσω, εφαρμόζω          | 72   |
| 5A   | <b>ensue</b>               | v              | to happen after or as a result of something  | <b>problems that ensue from food and medical shortages</b>                 | προκύπτω, επακολουθώ         | 72   |
| 5A   | <b>speculation</b>         | n              | when you guess about the possible causes or effects of something without knowing all the facts, or the guesses that you make | <b>There is speculation that the president is ill.</b>                     | εικασία                      | 72   |
| 5A   | <b>stack</b>               | v              | to make things into a neat pile, or to form a neat pile  | <b>The assistants price the items and stack them on the shelves.</b>       | στοιβάζω                     | 72   |
| 5A   | <b>deem</b>                | v              | to think of something in a particular way or as having a particular quality  | <b>They deemed that he was no longer capable of managing the business.</b> | θεωρώ, κρίνω                 | 72   |
| 5A   | <b>kudos</b>               | n              | the state of being admired and respected for being important or for doing something important                                | <b>He acquired kudos just by appearing on television.</b>                  | δόξα, φήμη                   | 72   |
| 5A   | <b>tangible</b>            | adj            | relating to things a person or company owns that have a known value, for example property, buildings, or equipment           | <b>Investors began buying gold and tangible assets rather than shares.</b> | απτός, χειροπιαστός          | 72   |
| 5A   | <b>relegate</b>            | v              | to give someone or something a less important position than before   | <b>Women tended to be relegated to typing and filing jobs.</b>             | υποβιβάζω                    | 72   |
| 5A   | <b>odds</b>                | n pl           | how likely it is that something will or will not happen  | <b>The odds are that he will commit the same crime again.</b>              | πιθανότητες                  | 72   |
| 5A   | <b>cart</b>                | v              | to take something somewhere in a cart, truck etc   | <b>Household waste is carted away by the city's Sanitation Department.</b> | κουβαλάω                     | 73   |
| 5A   | <b>come to the crunch</b>  | v phr          | an important time, especially one when a difficult decision has to be made   | <b>When it came to the crunch, she couldn't agree to marry him.</b>        | η ώρα της κρίσης             | 73   |
| 5A   | <b>nose around / about</b> | phr v          | to look around a place in order to try to find something, when there is no one else there                                    | <b>What were you doing nosing around in my office?</b>                     | τριγυρνάω ψάχνοντας          | 73   |
| 5A   | <b>speak volumes</b>       | expr.          | if something speaks volumes, it clearly shows the nature of something or the feelings of a person                            | <b>What you wear speaks volumes about you.</b>                             | λέει πολλά, σημαίνει πολλά   | 73   |
| 5A   | <b>leaning</b>             | n              | a tendency to prefer or agree with a particular set of beliefs, opinions etc   | <b>his radical political leanings</b>                                      | κλίση, τοποθέτηση, προτίμηση | 73   |



| Unit | Headword                         | Part of Speech | Definition   | Example  | Greek Translation           | Page |
|------|----------------------------------|----------------|--|--|-----------------------------|------|
| 5A   | <b>ambiance</b>                  | n              | the qualities and character of a particular place and the way these make you feel  | <b>The restaurant's new owners have created a welcoming ambience.</b>  | ατμόσφαιρα, κλίμα           | 73   |
| 5A   | <b>engage with</b>               | v              | to get involved with other people and their ideas in order to understand them  | <b>Are you so tired you don't have the energy to engage with your kids?</b>  | ασχολούμαι με               | 73   |
| 5A   | <b>binding</b>                   | n              | a book cover, material sewn or stuck along the edge of a piece of cloth for strength or decoration                                 | <b>The book's binding wasn't good and it started falling apart after the first use.</b>  | δέσιμο, βιβλιοδεσία         | 73   |
| 5A   | <b>perch</b>                     | n              | a branch or stick where a bird sits, a high place or position, especially one where you can sit and watch something                | <b>She watched the parade from her perch on her father's shoulders.</b>  | κούρνια                     | 73   |
| 5A   | <b>redundant</b>                 | adj            | if you are redundant, your employer no longer has a job for you, not necessary because something else means or does the same thing | <b>As the economy weakens, more and more jobs will be made redundant.</b>  | περιττός, πλεονάζων         | 73   |
| 5A   | <b>tome</b>                      | n              | a large heavy book   | <b>The university library has a section which houses a prominent collection of tomes dedicated to 19th century English poetry.</b> | ογκώδης τόμος               | 73   |
| 5A   | <b>affinity</b>                  | n              | a strong feeling that you like and understand someone or something   | <b>his remarkable affinity with animals</b>  | σχέση, έλξη, συμπάθεια      | 73   |
| 5A   | <b>prospective</b>               | adj            | someone who is likely to do a particular thing or achieve a particular position  | <b>the prospective costs of providing pensions</b>   | αναμενόμενος, προσδοκώμενος | 73   |
| 5A   | <b>have a good eye for (sth)</b> | n phr          | to be good at noticing a particular type of thing, especially something attractive, valuable, of good quality etc                  | <b>She's definitely got a good eye for a bargain.</b>  | έχω "μάτι" για κάτι         | 74   |
| 5A   | <b>budge</b>                     | v              | to move, or to make someone or something move, to change your opinion, or to make someone change their opinion                     | <b>The government has refused to budge.</b>  | κινούμαι, κινώ              | 75   |
| 5A   | <b>tongue-tied</b>               | adj            | unable to talk in a relaxed way because you feel nervous or embarrassed  | <b>When adults spoke to her, she became tongue-tied and shy.</b>   | σιωπηλός, βουβός            | 75   |
| 5A   | <b>fair play</b>                 | expr           | playing according to the rules of a game without cheating  | <b>rules designed to ensure fair play</b>  | τίμιο παιχνίδι              | 75   |
| 5A   | <b>foregone conclusion</b>       | n phr          | if something is a foregone conclusion, its result is certain, even though it has not happened yet                                  | <b>The election result was a foregone conclusion.</b>  | προτετελεσμένο γεγονός      | 75   |
| 5A   | <b>foul play</b>                 | expr           | an action that is dishonest, unfair, or illegal, especially one that happens during a sports game                                  | <b>The police said they had no reason to suspect foul play.</b>  | αντικανονική ενέργεια       | 75   |
| 5A   | <b>send sb packing</b>           | v phr          | to ask someone to leave immediately  | <b>There were some kids at the door asking for money but I sent them packing.</b>  | ξαποστέλνω, διώχνω          | 75   |

| Unit | Headword                        | Part of Speech | Definition  | Example   | Greek Translation              | Page        |
|------|---------------------------------|----------------|---|---|--------------------------------|-------------|
| 5A   | <b>laughing stock</b>           | n phr          | someone who is a laughing stock has done something so silly that people have no respect for them                          | <b>The programme has made the U.S. a laughing stock.</b>                          | περίγελος                      | 75          |
| 5A   | <b>string sth together</b>      | phr v          | to combine things in order to make something that is complete, good, useful etc   | <b>They string together image after image until the documentary is completed.</b> | ενώνω, συνδέω                  | 75          |
| 5A   | <b>knack</b>                    | n              | a natural skill or ability  | <b>Some people seem to have a knack for making money.</b>                         | ικανότητα, δεξιότητα, μαστοριά | 75          |
| 5A   | <b>succinctly</b>               | adv            | clearly expressed in a few words - use this to show approval  | <b>Anderson put the same point more succinctly.</b>                               | ευκρινώς, συνοπτικά            | 75          |
| 5A   | <b>lexicon</b>                  | n phr          | all the words and phrases used in a language or that a particular person knows  | <b>New words continuously enter the lexicon of the language.</b>                  | λεξιλόγιο                      | 75          |
| 5A   | <b>good riddance</b>            | n phr          | a rude way of saying you are glad someone has left  | <b>She was awful. Good riddance to her, I say!</b>                                | ξεκουμπίδια                    | 75          |
| 5A   | <b>broadsheet</b>               | n              | a newspaper printed on large sheets of paper, especially a serious newspaper  | <b>The story was not covered by any of the broadsheets.</b>                       | εφημερίδα μεγάλης κυκλοφορίας  | 75 / script |
| 5A   | <b>document</b>                 | v              | to write about something, film it, or take photographs of it, in order to record information about it                     | <b>His research documents how the crisis occurred.</b>                            | καταγράφω                      | 77 / script |
| 5A   | <b>field</b>                    | n              | a subject that people study or an area of activity that they are involved in as part of their work                        | <b>Peter's an expert in his field.</b>  | τομέας, πεδίο                  | 77 / script |
| 5A   | <b>principled</b>               | adj            | based on clear and definite ideas   | <b>an attempt to reduce prison sentences in a principled way</b>                  | βασισμένος σε αρχές            | 78 / script |
| 5A   | <b>oral tradition</b>           | n phr          | spoken stories about a community's beliefs, customs, history etc that are passed on from person to person over many years | <b>Forms of the oral tradition include storytelling and ballads.</b>              | προφορική παράδοση             | 80 / script |
| 5A   | <b>last-ditch</b>               | adj            | a final attempt to achieve something before it is too late  | <b>The negotiators made a last-ditch effort to reach an agreement.</b>            | έσχατος                        | 80 / script |
| 5B   | <b>on an impulse</b>            | prep phr       | a sudden strong desire to do something without thinking about whether it is a sensible thing to do                        | <b>On impulse, I picked up the phone and rang her.</b>                            | από παρόρμηση                  | 79          |
| 5B   | <b>underlying</b>               | adj            | the cause, idea etc that is the most important, although it is not easily noticed   | <b>the underlying causes of her depression</b>                                    | βαθύτερος, υποκείμενος         | 79          |
| 5B   | <b>human endeavour</b>          | n              | effort by people in general to do something new or difficult  | <b>an outstanding example of human endeavor</b>                                   | ανθρώπινη προσπάθεια           | 79          |
| 5B   | <b>keep (sb) on tenterhooks</b> | v phr          | to make someone feel nervous and excited waiting to find out something or for something to happen                         | <b>We were kept on tenterhooks while the judges made their decision.</b>          | κρατάω κάποιον σε αγωνία       | 79          |

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

| Unit             | Headword                      | Part of Speech        | Definition   | Example  | Greek Translation          | Page        |
|------------------|-------------------------------|-----------------------|--|--|----------------------------|-------------|
| 5B               | <b>outlandish</b>             | adj                   | strange and unusual  | <b>outlandish clothes</b>  | αλλόκοτος, παράξενος       | 83          |
| 5B               | <b>cliffhanger</b>            | n                     | 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 | <b>the episode's cliffhanger ending</b>  | δραματική στιγμή           | 83          |
| 5B               | <b>be captivated by (sth)</b> | phr                   | to be very attracted to someone, so that you give them all your attention  | <b>He was captivated by her beauty.</b>  | γοητεύομαι από κάτι        | 85          |
| 5B               | <b>melt away</b>              | phr v                 | if a crowd of people melts away, the people gradually leave, to gradually disappear  | <b>Her determination to take revenge slowly melted away.</b>                         | εξαφανίζομαι, διαλύομαι    | 86          |
| 5B               | <b>the bee's knees</b>        | phr                   | to be very good  | <b>She thought the party was just the bee's knees.</b>                               | εξαιρετικός                | 86          |
| 5B               | <b>get the hang of sth</b>    | v phr                 | to learn how to do something or use something  | <b>It seems difficult at first, but you'll soon get the hang of it.</b>              | συνηθίζω, παίρνω το κολάι  | 86          |
| 5B               | <b>intelligible</b>           | adj                   | if speech, writing, or an idea is intelligible, it can be easily understood  | <b>His reply was barely intelligible.</b>  | κατανοητός                 | 86          |
| 5B               | <b>produce the goods</b>      | expr.                 | to produce what is wanted  | <b>What they promise sounds impressive, let's see if they can produce the goods.</b> | φέρνω εις πέρας, καταφέρνω | 86          |
| 5B               | <b>touch</b>                  | n                     | a particular way of doing something, or the ability to do it in a particular way   | <b>The room was decorated with a very artistic touch.</b>                            | άγγιγμα                    | 82 / script |
| 5B               | <b>timeless classic</b>       | n phr                 | a book, play, or film that is important and has been admired for a long time   | <b>'La Grande Illusion' is one of the timeless classics of French cinema.</b>        | διαχρονικά κλασικός        | 83 / script |
| 5B               | <b>throw light on (sth)</b>   | v phr                 | to provide new information that makes a difficult subject or problem easier to understand  | <b>These discoveries may throw new light on the origins of the universe.</b>         | ρίχνω φως                  | 84 / script |
| 5B               | <b>foresight</b>              | n                     | the ability to imagine what is likely to happen and to consider this when planning for the future  | <b>It was an example of the authorities' lack of foresight.</b>                      | προνοητικότητα             | 85 / script |
| <b>SRB5 Unit</b> | <b>Headword</b>               | <b>Part of Speech</b> | <b>Definition</b>  | <b>Example</b>   | <b>Greek Translation</b>   | <b>Page</b> |
| 5A               | <b>delegate</b>               | n                     | someone who has been elected or chosen to speak, vote, or take decisions for a group   | <b>Around 350 delegates attended the conference.</b>                                 | αντιπρόσωπος               | 50          |
| 5A               | <b>blurb</b>                  | n                     | a short description giving information about a book, new product etc   | <b>a backcover blurb</b>   | διαφήμιση                  | 50          |

| SRB5 Unit | Headword                       | Part of Speech | Definition  | Example   | Greek Translation               | Page |
|-----------|--------------------------------|----------------|---|---|---------------------------------|------|
| 5A        | <b>inflated</b>                | adj            | inflated prices, amounts etc are high and unreasonable  | <b>He has a very inflated opinion of himself.</b>   | διογκωμένος, παράλογος          | 50   |
| 5A        | <b>disarming</b>               | adj            | making you feel less angry or disapproving towards someone, and more friendly                                     | <b>a disarming sense of humor</b>   | αφοπλιστικός                    | 50   |
| 5A        | <b>lingua franca</b>           | n              | a language used between people whose main languages are different   | <b>English is the lingua franca in many countries.</b>  | κοινή γλώσσα                    | 50   |
| 5A        | <b>ubiquitous</b>              | adj            | seeming to be everywhere - sometimes used humorously  | <b>Coffee shops are ubiquitous these days.</b>  | πανταχού παρών                  | 51   |
| 5A        | <b>derivation</b>              | n              | the origin of something, especially a word  | <b>the derivation of a word</b>   | καταγωγή, προέλευση, ετυμολογία | 51   |
| 5A        | <b>wacky</b>                   | adj            | silly in an exciting or amusing way   | <b>a wonderfully wacky idea</b>   | εκκεντρικός                     | 51   |
| 5A        | <b>acronym</b>                 | n              | a word made up from the first letters of the name of something such as an organization                            | <b>NATO is an acronym for the North Atlantic Treaty Organization.</b>                         | ακρωνύμιο                       | 51   |
| 5A        | <b>illuminating</b>            | adj            | making things much clearer and easier to understand   | <b>a very illuminating book</b>   | διαφωτιστικός                   | 52   |
| 5A        | <b>subsequently</b>            | adv            | after an event in the past  | <b>The book was subsequently translated into 15 languages.</b>                                | ακολούθως, κατόπιν              | 52   |
| 5A        | <b>play host to</b>            | v phr          | provide the place, food etc for a special meeting or event  | <b>The gallery is playing host to an exhibition of sculpture.</b>                             | φιλοξενώ                        | 52   |
| 5A        | <b>perennial</b>               | adj            | continuing or existing for a long time, or happening again and again  | <b>Lack of resources has been a perennial problem since the beginning.</b>                    | αιώνιος, μόνιμος, πολυετής      | 53   |
| 5A        | <b>savvy</b>                   | adj            | someone who is savvy is clever and knows how to deal with situations successfully                                 | <b>savvy consumers</b>  | έξυπνος, πανούργος, έμπειρος    | 54   |
| 5A        | <b>quirky</b>                  | adj            | unusual, especially in an interesting way   | <b>I like his quirky sense of humour.</b>   | ιδιότροπος                      | 54   |
| 5A        | <b>tap into</b>                | phr v          | to use or take what is needed from something such as an energy supply or an amount of money                       | <b>People are tapping into the power supply illegally.</b>                                    | επωφελούμαι                     | 54   |
| 5A        | <b>displacement activities</b> | n phr          | an unnecessary activity that you do because you are trying to delay doing a more difficult or unpleasant activity | <b>When I was studying for my exams I used to clean the house as a displacement activity.</b> | μετατόπιση δραστηριοτήτων       | 54   |
| 5A        | <b>beguile</b>                 | v              | to interest and attract someone   | <b>She was beguiled by his smooth talk.</b>   | σαγηνεύω, γοητεύω               | 54   |

| SRB5 Unit | Headword                          | Part of Speech | Definition   | Example  | Greek Translation                            | Page |
|-----------|-----------------------------------|----------------|--|--|--|------|
| 5A        | <b>bash out a whole raft of</b>   | phr            | to produce something quickly or in great quantities but without much care or thought a large number of things                                    | <b>The company has bashed out a whole raft of new software products.</b>                             | παράγω γρήγορα και σε μεγάλες ποσότητες κάτι | 54   |
| 5A        | <b>a whole different ballgame</b> | phr            | a completely different situation, often one that is difficult or that you know little about  | <b>Babysitting my niece is one thing, but having a baby of my own is a whole different ballgame.</b> | εντελώς διαφορετική υπόθεση                  | 54   |
| 5A        | <b>volume of sales</b>            | phr            | the total amount of sales, especially when they are large or increasing  | <b>increased volume of sales</b>   | ο όγκος των πωλήσεων                         | 54   |
| 5A        | <b>dumb down</b>                  | v              | to present news or information in a simple and attractive way without many details so that everyone can understand it - used to show disapproval | <b>Have history textbooks been dumbed down over the past decade?</b>                                 | υπεραπλουστεύω, απλοποιώ, εκλαίκεύω          | 54   |
| 5A        | <b>walk a tightrope</b>           | expr.          | to be in a difficult situation in which something bad could happen if you make a mistake   | <b>I feel as though I'm walking a tightrope between success and failure.</b>                         | ακροβατώ                                     | 54   |
| 5B        | <b>upbeat</b>                     | adj            | positive and making you feel that good things will happen  | <b>an upbeat message</b>   | αισιόδοξος                                   | 55   |
| 5B        | <b>compulsion (to do sth)</b>     | n              | a strong and unreasonable desire to do something   | <b>the compulsion to smoke or eat too much</b>   | καταναγκασμός                                | 55   |
| 5B        | <b>needless to say</b>            | adj phr        | used when you are telling someone something that they probably know or expect  | <b>Needless to say, any contributions of money will be gratefully received.</b>                      | περιττό να πω                                | 55   |
| 5B        | <b>counterpart</b>                | n              | someone or something that has the same job or purpose as someone or something else in a different place  | <b>Belgian officials are discussing this with their French counterparts.</b>                         | ομόλογος                                     | 55   |
| 5B        | <b>conceivably</b>                | adv            | able to be believed or imagined  | <b>Conceivably, interest rates could rise very high indeed.</b>                                      | ενδεχομένως                                  | 55   |
| 5B        | <b>repertoire</b>                 | n              | the total number of things that someone or something is able to do   | <b>the behavioral repertoire of infants</b>  | ρεπερτόριο                                   | 55   |
| 5B        | <b>codex</b>                      | n              | an ancient book written by hand  | <b>a sixth-century codex</b>   | κώδικας (χειρόγραφο βιβλίο)                  | 56   |
| 5B        | <b>hand-wringing</b>              | n              | to rub and twist your hands together because you are worried and upset   | <b>When in a job interview, avoid any hand-wringing.</b>   | σφιγγω τα χέρια μου                          | 56   |
| 5B        | <b>dodo</b>                       | n              | a large bird that was unable to fly and no longer exists, a stupid person  | <b>Dodos are extinct.</b>  | Ντόντο, πτηνό το οποίο έχει εκλείψει         | 56   |
| 5B        | <b>geometric pattern</b>          | n phr          | a pattern having or using the shapes and lines in geometry   | <b>Some strange geometric patterns appeared in his field in the course of the night.</b>             | γεωμετρικό σχέδιο                            | 56   |

| SRB5 Unit | Headword            | Part of Speech | Definition  | Example   | Greek Translation                                     | Page |
|-----------|---------------------|----------------|---|---|---|------|
| 5B        | margin              | n              | the empty space at the side of a page   | <b>Someone had scribbled a note in the margin.</b>  | περιθώριο   | 56   |
| 5B        | congregate          | v              | to come together in a group   | <b>Crowds began to congregate to hear the President's speech.</b>                                 | συναθροίζομαι   | 56   |
| 5B        | node                | n              | a place where lines in a network cross or join  | <b>The office's network is composed of ten nodes.</b>   | κόμβος  | 56   |
| 5B        | painstakingly       | adv            | very carefully and thoroughly   | <b>The old painting was painstakingly restored.</b>   | επιμελώς, προσεκτικά                                  | 56   |
| 5B        | dog-eared           | adj            | dog-eared books or papers have been used so much that the corners are turned over or torn   | <b>a dog-eared novel</b>  | πολυδιαβασμένο βιβλίο, που του έχουν στρίψει οι άκρες | 56   |
| 5B        | superseded          | adj            | if a new idea, product, or method supersedes another one, it becomes used instead because it is more modern or effective                | <b>Their map has since been superseded by photographic atlases.</b>                               | ξεπερασμένος, αχρηστευμένος                           | 56   |
| 5B        | blur                | v              | to become difficult to see or to make something difficult to see, because the edges are not clear                                       | <b>The street lights were blurred by the fog.</b>   | θολώνω, θαμπώνω                                       | 57   |
| 5B        | demise              | n              | the end of something that used to exist   | <b>the imminent demise (=happening soon) of the local newspaper</b>                               | θάνατος   | 57   |
| 5B        | mourn               | v              | to feel very sad and to miss someone after they have died   | <b>Hundreds of people gathered to mourn the slain president.</b>                                  | θρηνώ, πενθώ  | 57   |
| 5B        | imminent            | adj            | an event that is imminent, especially an unpleasant one, will happen very soon  | <b>He was in imminent danger of dying.</b>  | επικείμενος, άμεσος                                   | 57   |
| 5B        | curate              | v              | to be in charge of a museum, a collection of art, or a particular exhibition or arts festival   | <b>The museum director curated the exhibition.</b>  | επιμελούμαι, οργανώνω, φροντίζω                       | 57   |
| 5B        | incorporate         | v              | to include something as part of a group, system, plan etc   | <b>We've incorporated many environmentally-friendly features into the design of the building.</b> | ενσωματώνω  | 57   |
| 5B        | push the boundaries | v phr          | 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 | <b>art that pushes back the boundaries</b>  | ωθώ τα όρια, κάνω νέα ανακάλυψη, καινοτομώ            | 57   |
| 5B        | augment             | v              | to increase the value, amount, effectiveness etc of something   | <b>Any surplus was sold to augment their income.</b>  | αυξάνω  | 57   |

| SRB5 Unit | Headword              | Part of Speech | Definition   | Example   | Greek Translation  | Page |
|-----------|-----------------------|----------------|--|---|--------------------|------|
| 5B        | <b>interface</b>      | n              | the way in which you see the information from a computer program on a screen, or how you type information into the program | <b>a computer interface</b>   | διεπαφή            | 57   |
| 5B        | <b>collaborative</b>  | adj            | a job or piece of work that involves two or more people working together to achieve something                              | <b>a collaborative task</b>   | συνεργατικός       | 57   |
| 5B        | <b>inception</b>      | n              | the start of an organization or institution  | <b>a CD collection covering the band from its inception in 1994</b>     | έναρξη, ξεκίνημα   | 57   |
| 5B        | <b>annotated</b>      | adj            | short notes added to a book or piece of writing to explain parts of it   | <b>an annotated edition of 'Othello'</b>                                | σχολιασμένος       | 57   |
| 5B        | <b>anonymity</b>      | n              | when other people do not know who you are or what your name is   | <b>Every step will be taken to preserve your anonymity.</b>             | ανωνυμία           | 58   |
| 5B        | <b>mixed blessing</b> | expr.          | a situation that has both good and bad parts   | <b>Having children so early in their marriage was a mixed blessing.</b> | ευχή και κατάρα    | 59   |
| 5B        | <b>alcove</b>         | n              | a place in the wall of a room that is built further back than the rest of the wall   | <b>The fireplace was set in a nice alcove of the living room.</b>       | εσοχή, κόγχη       | 60   |
| 5B        | <b>array</b>          | n              | a group of people or things, especially one that is large or impressive  | <b>There was a vast array of colours to choose from.</b>                | παράταξη, ποικιλία | 60   |



| Unit | Headword                       | Part of Speech | Definition   | Example   | Greek Translation        | Page |
|------|--------------------------------|----------------|--|---|--------------------------|------|
| 6A   | <b>that old chestnut</b>       | n phr          | a joke or story that has been repeated many times  | <b>If I hear that old chestnut again, I'll scream!</b>                                      | η γνωστή ιστορία         | 88   |
| 6A   | <b>be a far cry from (sth)</b> | v phr          | to be very different from something  | <b>The company lost £3 million, which is a far cry from last year's £60 million profit.</b> | απέχω κατά πολύ από κάτι | 88   |
| 6A   | <b>the passage of time</b>     | n phr          | the passing of time  | <b>With the passage of time, things began to look more hopeful.</b>                         | το πέρασμα του χρόνου    | 88   |
| 6A   | <b>tides of history</b>        | n phr          | the way in which important events develop over a long period of time   | <b>Politicians might think they can control the tides of history, but they're wrong.</b>    | ο ρους της ιστορίας      | 88   |
| 6A   | <b>vagabonding</b>             | n              | the activity of travelling continuously and not having a permanent home  | <b>How old were you when you first started vagabonding?</b>                                 | περιπλάνηση              | 88   |
| 6A   | <b>relish</b>                  | v              | to enjoy an experience or the thought of something that is going to happen   | <b>I don't relish the thought of you walking home alone.</b>                                | απολαμβάνω               | 88   |
| 6A   | <b>grimy</b>                   | adj            | covered with dirt  | <b>grimy windows</b>  | βρώμικος                 | 88   |
| 6A   | <b>privileged</b>              | adj            | having advantages because of your wealth, social position, job etc   | <b>Only the privileged few can afford private education.</b>                                | προνομιούχος             | 88   |
| 6A   | <b>officialdom</b>             | n              | government departments or the people who work in them – used when you think they are not helpful                                   | <b>Fining people for chewing gum is officialdom gone mad!</b>                               | γραφειοκρατία            | 88   |
| 6A   | <b>fraught</b>                 | adj            | full of problems etc   | <b>Their marriage has been fraught with difficulties.</b>                                   | γεμάτος                  | 88   |
| 6A   | <b>allure</b>                  | n              | a mysterious, exciting, or desirable quality   | <b>the allure of foreign travel</b>   | γοητεία, θέλγητρο        | 88   |
| 6A   | <b>hub</b>                     | n              | the central and most important part of an area, system, activity etc, which all the other parts are connected to                   | <b>Birmingham is at the hub of Britain's motorway network.</b>                              | κόμβος, κέντρο           | 88   |
| 6A   | <b>tendency</b>                | n              | if someone or something has a tendency to do or become a particular thing, they are likely to do or become it                      | <b>Greg's tendency to be critical made him unpopular with his co-workers.</b>               | τάση                     | 88   |
| 6A   | <b>ravaged</b>                 | adj            | damaged very badly   | <b>ravaged health</b>   | κατεστραμμένος           | 89   |
| 6A   | <b>wrinkle</b>                 | n              | wrinkles are lines on your face and skin that you get when you are old   | <b>Her face was a mass of wrinkles.</b>   | ρυτίδα, ζάρα             | 89   |
| 6A   | <b>motto</b>                   | n              | a short sentence or phrase giving a rule on how to behave, which expresses the aims or beliefs of a person, school, or institution | <b>'Be prepared' is the motto of the boy scouts.</b>  | ρητό, γνωμικό            | 89   |
| 6A   | <b>flog (to)</b>               | v              | to beat a person or animal with a whip or stick  | <b>He was publicly flogged and humiliated.</b>  | μαστιγώνω, ραβδίζω       | 89   |

| Unit | Headword                  | Part of Speech | Definition   | Example  | Greek Translation                | Page |
|------|---------------------------|----------------|--|--|----------------------------------|------|
| 6A   | <b>stumble across</b>     | phr v          | to find or discover something by chance and unexpectedly   | <b>Researchers have stumbled across a drug that may help patients with Parkinson's disease.</b>                          | ανακαλύπτω τυχαία                | 89   |
| 6A   | <b>random tip</b>         | n phr          | a helpful piece of advice given without any definite plan or aim   | <b>George, who happens to be an interior decorator, gave us a few random tips on how to make the room look brighter.</b> | τυχαία συμβουλή, πληροφορία      | 89   |
| 6A   | <b>back of beyond</b>     | idiom phr      | a place far away from any big town   | <b>They live in some village in the back of beyond.</b>  | στη μέση του πουθενά             | 89   |
| 6A   | <b>haphazard</b>          | adj            | happening or done in a way that is not planned or organized  | <b>I continued my studies in a rather haphazard way.</b>   | αμεθόδευτος, τυχαίος             | 89   |
| 6A   | <b>irrelevance</b>        | n              | a lack of importance in a particular situation   | <b>He believes that these outdated organizations will continue down the path to irrelevance.</b>                         | ασυνάφεια, έλλειψη σπουδαιότητας | 89   |
| 6A   | <b>be tainted by</b>      | adj phr        | if something bad taints a situation or person, it makes the person or situation seem bad                 | <b>Baker argues that his trial was tainted by negative publicity.</b>  | επηρεάζομαι από                  | 89   |
| 6A   | <b>compromise (sth.)</b>  | v              | to do something which is against your principles and which therefore seems dishonest or shameful         | <b>As soon as you compromise your principles you are lost.</b>   | διακινδυνεύω, εκθέτω             | 89   |
| 6A   | <b>far-flung</b>          | adj            | very distant   | <b>expeditions to far-flung corners of the globe</b>   | απομακρυσμένος                   | 89   |
| 6A   | <b>scribble</b>           | v              | to write something quickly and untidily  | <b>I scribbled his phone number in my address book.</b>  | κακογράφω, μουτζουρώνω           | 89   |
| 6A   | <b>strewn (all over)</b>  | adj            | scattered around a large area  | <b>The street was strewn with broken glass.</b>  | διασκορπισμένος                  | 90   |
| 6A   | <b>quaint</b>             | adj            | unusual and attractive, especially in an old-fashioned way   | <b>a quaint little village in Yorkshire</b>  | γραφικός, κομψός                 | 90   |
| 6A   | <b>in retrospect</b>      | adv phr        | thinking back to a time in the past, especially with the advantage of knowing more now than you did then | <b>In retrospect, I wonder if we should have done more.</b>  | εκ των υστέρων                   | 90   |
| 6A   | <b>adversity</b>          | n              | a situation in which you have a lot of problems that seem to be caused by bad luck                       | <b>his courage in the face of adversity</b>  | αντιξοότητα                      | 90   |
| 6A   | <b>beset</b>              | v              | to make someone experience serious problems or dangers   | <b>The business has been beset with financial problems.</b>  | περιβάλλω, περιστοιχίζω          | 90   |
| 6A   | <b>Australian outback</b> | n              | the Australian countryside far away from cities, where few people live                                   | <b>My uncle's dream is to hike in the Australian outback.</b>  | η ύπαιθρος της Αυστραλίας        | 90   |

| Unit | Headword                       | Part of Speech | Definition  | Example   | Greek Translation                               | Page        |
|------|--------------------------------|----------------|---|---|---|-------------|
| 6A   | <b>exponent</b>                | n              | an exponent of an idea, belief etc tries to explain it and persuade others that it is good or useful  | <b>a leading exponent of desktop publishing</b>   | υπέρμαχος, υποστηρικτής                         | 91          |
| 6A   | <b>(swimming) goggles</b>      | n              | a pair of glasses made of glass or plastic with a rubber or plastic edge that fit against your skin and protect your eyes                                       | <b>Goggles should be worn all through practice by swimmers.</b>   | προστατευτικά γυαλιά (κολύμβησης)               | 91          |
| 6A   | <b>glacier</b>                 | n              | a large mass of ice which moves slowly down a mountain valley   | <b>Antarctic glacier</b>  | παγετώνας                                       | 92          |
| 6A   | <b>yacht chartering</b>        | n              | to pay a yacht company to use their boat  | <b>Most celebrities prefer yacht chartering to enjoy their holidays away from any paparazzi.</b>                | ενοικίαση θαλαμηγού                             | 93          |
| 6A   | <b>skipper</b>                 | n              | the person in charge of a ship  | <b>the skipper of the boat</b>  | πλοίαρχος                                       | 93          |
| 6A   | <b>legally binding</b>         | coll.          | a legally binding agreement, contract, decision, etc. is one that the law says you must obey  | <b>Each order that is accepted constitutes a legally binding contract between the seller and the purchaser.</b> | νομικά δεσμευτικός                              | 93          |
| 6A   | <b>commute</b>                 | v              | to regularly travel a long distance to get to work  | <b>Jim commutes to Manhattan every day.</b>   | ταξιδεύω μεγάλη απόσταση για να πάω στη δουλειά | 94          |
| 6A   | <b>Viking</b>                  | n              | 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 | <b>The Vikings raided villages and towns along the northeast coast of Britain.</b>                              | Βίκινγκ   | 86 / script |
| 6A   | <b>permafrost</b>              | n              | a layer of soil that is always frozen in countries where it is very cold  | <b>the permafrost of the arctic tundra</b>  | μόνιμο στρώμα πάγου                             | 87 / script |
| 6A   | <b>potent</b>                  | adj            | powerful and effective  | <b>The treaty requires them to get rid of their most potent weapons.</b>  | ισχυρός, δυνατός                                | 87 / script |
| 6A   | <b>exacerbate</b>              | v              | to make a bad situation worse   | <b>The recession has exacerbated this problem.</b>  | επιδεινώνω                                      | 88 / script |
| 6A   | <b>at close quarters</b>       | adj            | if something happens or is done at close quarters, it happens inside a small space or is done from a short distance away  | <b>The troops had been fighting at close quarters.</b>  | από κοντά                                       | 88 / script |
| 6A   | <b>bring (sth) to fruition</b> | phr            | if a plan, project etc is brought to fruition, it is successfully put into action and completed, often after a long process                                     | <b>Many people have worked together to bring this scheme to fruition.</b>                                       | ολοκληρώνω, υλοποιώ επιτυχώς                    | 90 / script |
| 6B   | <b>slip through the net</b>    | v phr          | 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                       | <b>In a class of 30 children it is easy for some to slip through the net and learn nothing.</b>                 | ξεγλιστρώ                                       | 95          |

| Unit | Headword                  | Part of Speech | Definition   | Example  | Greek Translation            | Page |
|------|---------------------------|----------------|--|--|------------------------------|------|
| 6B   | <b>sustainable travel</b> | n phr          | forms of travel that do not use a lot of fuel or harm the environment  | <b>Improving bus and rail services shows the government's commitment to sustainable travel</b> | βιώσιμη κινητικότητα         | 95   |
| 6B   | <b>underlie</b>           | v phr          | to be the cause of something, or be the basic thing from which something develops  | <b>the one basic principle that underlies all of the party's policies</b>                      | αποτελώ τη βάση              | 95   |
| 6B   | <b>notion</b>             | n              | an idea, belief, or opinion  | <b>misguided notions of male superiority</b>   | αντίληψη, ιδέα               | 95   |
| 6B   | <b>intrinsic</b>          | adj            | being part of the nature or character of someone or something  | <b>the intrinsic interest of the subject</b>   | εγγενής                      | 95   |
| 6B   | <b>watchdog</b>           | n              | 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 | <b>a consumer watchdog</b>   | φρουρός, φύλακας             | 95   |
| 6B   | <b>credentials</b>        | n pl           | someone's education, achievements, experience etc that prove they have the ability to do something   | <b>There are doubts over his credentials as a future Prime Minister.</b>                       | διαπιστευτήρια               | 95   |
| 6B   | <b>unwind</b>             | v              | to relax and stop feeling anxious  | <b>a beautiful country hotel that is the perfect place to unwind</b>                           | χαλαρώνω                     | 95   |
| 6B   | <b>mania</b>              | n              | a strong desire for something or interest in something, especially one that affects a lot of people at the same time                                     | <b>the Victorian mania for butterfly collecting</b>  | μανία                        | 98   |
| 6B   | <b>essence</b>            | n              | used when talking about the most basic and important part of something, especially an idea, belief, or argument  | <b>In essence his message was very simple.</b>   | ουσία                        | 98   |
| 6B   | <b>holiday snap</b>       | coll.          | a holiday photograph taken quickly and often not very skilfully [= snapshot]   | <b>Look at this holiday snap of the sunset at the beach.</b>                                   | φωτογραφία διακοπών          | 98   |
| 6B   | <b>posterity</b>          | n              | all the people in the future who will be alive after you are dead  | <b>a priceless work of art that must be kept for posterity</b>                                 | οι επόμενες γενιές           | 98   |
| 6B   | <b>exquisite</b>          | adj            | extremely beautiful and very delicately made   | <b>the most exquisite craftsmanship</b>  | εξάίσιος, πανέμορφος         | 98   |
| 6B   | <b>carving</b>            | n              | an object or pattern made by cutting a shape in wood or stone for decoration   | <b>wood carvings</b>   | σκάλισμα, ανάγλυφη παράσταση | 98   |
| 6B   | <b>essence</b>            | n              | used when talking about the most basic and important part of something, especially an idea, belief, or argument  | <b>In essence his message was very simple.</b>   | ουσία                        | 98   |
| 6B   | <b>knock-down prices</b>  | n pl           | prices that have been reduced by a large amount  | <b>It sells designer goods at knock-down prices.</b>   | εξευτελιστικές τιμές         | 99   |
| 6B   | <b>trout</b>              | n              | a common river-fish, often used for food, or the flesh of this fish  | <b>Trout fishing is very popular in this part of river.</b>                                    | πέστροφα                     | 99   |

| Unit | Headword          | Part of Speech | Definition  | Example   | Greek Translation    | Page |
|------|-------------------|----------------|---|---|----------------------|------|
| 6B   | wild boar         | n              | a large wild pig with long hair   | <b>Obelix's favourite meal is wild boar.</b>  | αγριογούρουνο        | 99   |
| 6B   | venison           | n              | the meat of a deer  | <b>Gina has never tasted venison.</b>   | κρέας ελαφιού        | 99   |
| 6B   | gastronomic       | adj            | relating to the art of cooking good food or the pleasure of eating it   | <b>the gastronomic delights of Thailand</b>   | γαστρονομικός        | 99   |
| 6B   | (be) infused with | adj            | to be filled with a particular feeling or quality   | <b>Her books are infused with humour and wisdom.</b>  | εμποτισμένος με      | 99   |
| 6B   | chestnut          | n              | a smooth red-brown nut that you can eat   | <b>roast chestnuts</b>  | κάστανο              | 99   |
| 6B   | porcini           | n              | a type of wild mushroom, used in cooking  | <b>I'm having pasta with red sauce and porcini.</b>   | μανιτάρι πορτσίνι    | 99   |
| 6B   | nettle            | n              | a wild plant with rough leaves that sting you   | <b>stinging nettles</b>   | τσουκνίδα            | 99   |
| 6B   | preconceived      | adj            | preconceived ideas, opinions etc are formed before you really have enough knowledge or experience               | <b>We started from scratch with no preconceived ideas.</b>                                      | προκατειλημμένος     | 100  |
| 6B   | weird             | adj            | very strange and unusual, and difficult to understand or explain  | <b>A really weird thing happened last night</b>   | αλλόκοτος, παράξενος | 100  |
| 6B   | evoke             | v              | to produce a strong feeling or memory in someone  | <b>The photographs evoked strong memories of our holidays in France.</b>                        | προκαλώ, ανακαλώ     | 100  |
| 6B   | preconceived      | adj            | preconceived ideas, opinions etc are formed before you really have enough knowledge or experience               | <b>We started from scratch with no preconceived ideas.</b>                                      | προκατειλημμένος     | 100  |
| 6B   | venture out       | phr v          | to go somewhere that could be dangerous   | <b>He ventured out on his own so late at night to grab something to eat as he was starving.</b> | τολμώ να βγω         | 100  |
| 6B   | sojourn           | n              | a short period of time that you stay in a place that is not your home   | <b>a brief sojourn in Europe</b>  | διαμονή              | 100  |
| 6B   | drought           | n              | a long period of dry weather when there is not enough water for plants and animals to live                      | <b>Prolonged periods of drought may cause famine.</b>   | ξηρασία              | 102  |
| 6B   | destined for      | phr            | seeming certain to happen at some time in the future  | <b>She seemed destined for a successful career.</b>   | που προορίζεται για  | 102  |
| 6B   | plumber           | n              | someone whose job is to repair water pipes, baths, toilets etc  | <b>We called a plumber to fix the linking water pipe.</b>                                       | υδραυλικός           | 102  |
| 6B   | compensation      | n              | money paid to someone because they have suffered injury or loss, or because something they own has been damaged | <b>She received compensation from the government for the damage caused to her property.</b>     | αποζημίωση           | 102  |

| Unit      | Headword                  | Part of Speech | Definition  | Example   | Greek Translation  | Page        |
|-----------|---------------------------|----------------|---|---|--|-------------|
| 6B        | <b>ethical</b>            | adj            | relating to principles of what is right and wrong   | <b>The president must have the highest ethical standards.</b>                   | ηθικός   | 90 / script |
| 6B        | <b>green</b>              | adj            | relating to the environment and its protection  | <b>He is interested in green issues such as recycling.</b>                      | οικολογικός, “πράσινος”  | 92 / script |
| 6B        | <b>fancy</b>              | v              | to like or want something, or want to do something  | <b>Sorry, but I don’t fancy going out tonight.</b>                              | αγαπώ, μου αρέσει  | 93 / script |
| SRB6 Unit | Headword                  | Part of Speech | Definition  | Example   | Greek Translation  | Page        |
| 6A        | <b>backpacking</b>        | n              | the activity of travelling for pleasure, usually without very much money, and carrying a backpack                                       | <b>backpacking across Europe</b>  | ταξίδι με σακίδιο  | 61          |
| 6A        | <b>contentious</b>        | adj            | causing a lot of argument and disagreement between people   | <b>Animal welfare did not become a contentious issue until the late 1970’s.</b> | αμφιλεγόμενος  | 61          |
| 6A        | <b>mattress</b>           | n              | the soft part of a bed that you lie on  | <b>an old, lumpy mattress</b>   | στρώμα   | 61          |
| 6A        | <b>infrastructure</b>     | n              | the basic systems and structures that a country or organization needs in order to work properly, for example roads, railways, banks etc | <b>Some countries lack a suitable economic infrastructure.</b>                  | υποδομή  | 61          |
| 6A        | <b>rail</b>               | n              | the railway system  | <b>the American rail system</b>   | ο σιδηρόδρομος   | 61          |
| 6A        | <b>crop art</b>           | n phr          | Crop art falls into several different categories, all of which employ land and/or what grows from it to create images.                  | <b>Crop art works can only be seen from aerial viewpoints.</b>                  | η δημιουργία εικόνων πάνω στη γη μέσω της γεωργικής καλλιέργειας | 61          |
| 6A        | <b>(be) infested with</b> | phr            | if insects, rats etc infest a place, there are a lot of them and they usually cause damage  | <b>The kitchen was infested with cockroaches.</b>                               | μολυσμένος από, γεμάτος με (έντομα κλπ)                          | 61          |
| 6A        | <b>(be) plagued by</b>    | phr            | to cause pain, suffering, or trouble to someone, especially for a long period of time   | <b>Financial problems continued to plague the company.</b>                      | μαστιζομαι από   | 61          |
| 6A        | <b>elation</b>            | n              | a feeling of great happiness and excitement   | <b>Her supporters reacted to the news of her election win with elation.</b>     | χαρά, αγαλλίαση  | 61          |
| 6A        | <b>excruciating</b>       | adj            | extremely painful   | <b>When I bend my arm, the pain is excruciating.</b>                            | βασανιστικός, ανυπόφορος   | 61          |
| 6A        | <b>whim</b>               | n              | a sudden feeling that you would like to do or have something, especially when there is no important or good reason                      | <b>I didn’t leave just on a whim.</b>   | παρόρμηση, καπρίτσιο   | 62          |

| SRB6 Unit | Headword                                | Part of Speech | Definition  | Example   | Greek Translation                                | Page |
|-----------|---|----------------|---|---|--|------|
| 6A        | <b>decommission</b>                     | v              | to stop using a ship, weapon, or nuclear reactor and to take it to pieces                             | <b>a decommissioned military base</b>                         | παροπλίζω  | 62   |
| 6A        | <b>heritage</b>                         | n              | the traditional beliefs, values, customs etc of a family, country, or society                         | <b>the importance of preserving the national heritage</b>     | κληρονομιά                                       | 62   |
| 6A        | <b>defunct</b>                          | adj            | not existing any more, or not useful any more   | <b>the now-defunct nuclear reactor</b>                        | ανενεργός / μακαρίτης, αποθανών                  | 62   |
| 6A        | <b>niche</b>                            | n              | if you find your niche, you find a job or activity that is very suitable for you                      | <b>Amanda soon found her niche at the club.</b>               | θέση, κλίση σε                                   | 62   |
| 6A        | <b>craze</b>                            | n              | a fashion, game, type of music etc that becomes very popular for a short time                         | <b>She started a craze for this type of jewellery.</b>        | τρέλα, μανία                                     | 62   |
| 6A        | <b>work (one's) fingers to the bone</b> | phr            | to work very hard   | <b>They're working to their bones to meet the deadline.</b>   | εργάζομαι πολύ σκληρά για μεγάλο διάστημα        | 63   |
| 6A        | <b>warden</b>                           | n              | a person who is responsible for a particular place and whose job is to make sure its rules are obeyed | <b>the warden of the college</b>                              | φύλακας  | 63   |
| 6A        | <b>gust</b>                             | n              | a sudden strong movement of wind, air, rain etc   | <b>A sudden gust of wind blew the door shut.</b>              | δυνατή πνοή αέρα                                 | 64   |
| 6A        | <b>sedate</b>                           | adj            | calm, serious, and formal   | <b>The wedding was rather a sedate occasion.</b>              | ήσυχος, ήρεμος                                   | 65   |
| 6A        | <b>glinting</b>                         | pr. participle | giving out small flashes of light   | <b>The gold rims of his spectacles glinted in the sun.</b>    | αστραφτερός, σπινθηροβόλος                       | 65   |
| 6A        | <b>thrill-seeker</b>                    | n              | someone who does things that are dangerous because they like the feeling of excitement it gives them  | <b>a roller coaster that will please thrill-seekers</b>       | εραστής της περιπέτειας, κυνηγός της ανατριχίλας | 65   |
| 6A        | <b>tucked away</b>                      | adj phr        | if someone or something is tucked away, they are hidden or difficult to find                          | <b>The envelope was tucked away in her jewel box.</b>         | κρυμμένος  | 65   |
| 6A        | <b>boundlessness</b>                    | n              | having no limit or end  | <b>The boundlessness of the Australian outback.</b>           | απεραντοσύνη                                     | 65   |
| 6A        | <b>confines</b>                         | n              | limits or borders   | <b>within the confines of the prison</b>                      | όρια, σύνορα                                     | 65   |
| 6A        | <b>set foot in</b>                      | v phr          | to go to or enter a place   | <b>She swore she would never set foot in his house again.</b> | πατάω το πόδι μου, μπαίνω                        | 65   |

| SRB6 Unit | Headword             | Part of Speech | Definition   | Example  | Greek Translation              | Page |
|-----------|----------------------|----------------|--|--|--------------------------------|------|
| 6A        | <b>oar</b>           | n              | a long pole with a wide flat blade at one end, used for rowing a boat  | <b>We lost the oars of the boat and we couldn't get to the shore.</b>        | κουπί                          | 65   |
| 6A        | <b>coffin</b>        | n              | a long box in which a dead person is buried or burnt   | <b>They slowly lowered the coffin to the open grave.</b>                     | φέρετρο                        | 65   |
| 6A        | <b>introspection</b> | n              | the process of thinking deeply about your own thoughts, feelings, or behaviour   | <b>Introspection involves contemplating your thoughts and feelings.</b>      | ενδοσκόπηση, αυτοεξέταση       | 65   |
| 6A        | <b>overriding</b>    | adj            | more important than anything else  | <b>a question of overriding importance</b>                                   | επιτακτικός                    | 65   |
| 6B        | <b>birthplace</b>    | n              | the place where someone was born, used especially when talking about someone famous  | <b>Stratford-upon-Avon was Shakespeare's birthplace.</b>                     | γενέτειρα                      | 66   |
| 6B        | <b>epic</b>          | adj            | an epic book, poem, or film tells a long story about brave actions and exciting events   | <b>epic poetry</b>   | επικός                         | 66   |
| 6B        | <b>pilgrimage</b>    | n              | a journey to a holy place for religious reasons  | <b>the chance to go on pilgrimage to Mecca</b>                               | προσκύνημα, θρησκευτικό ταξίδι | 66   |
| 6B        | <b>hippy</b>         | n              | someone, especially in the 1960s, who opposed violence peacefully and often wore unusual clothes, had long hair, and took drugs for pleasure                 | <b>Hippies heavily protested against the Vietnam war in the '60s.</b>        | χίπης                          | 66   |
| 6B        | <b>prophet</b>       | n              | 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                        | <b>the prophet Elijah</b>  | προφήτης                       | 66   |
| 6B        | <b>saint</b>         | n              | 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 | <b>Saint Patrick</b>   | άγιος                          | 66   |
| 6B        | <b>limping</b>       | pr. participle | walking slowly and with difficulty because one leg is hurt or injured  | <b>Moreno limped off the field with a foot injury.</b>                       | κουτσαίνοντας                  | 66   |
| 6B        | <b>blister</b>       | n              | a swelling on your skin containing clear liquid, caused for example by a burn or continuous rubbing  | <b>New shoes always give me blisters.</b>                                    | φουσκάλα                       | 66   |
| 6B        | <b>vision</b>        | n              | ability to see   | <b>She suffered temporary loss of vision after being struck on the head.</b> | όραση                          | 66   |
| 6B        | <b>exhortation</b>   | n              | the act of trying very hard to persuade someone to do something  | <b>At the general's exhortation, the attack began.</b>                       | προτροπή                       | 66   |
| 6B        | <b>come unstuck</b>  | idiom phr      | if a person, plan, or system comes unstuck, they fail at what they were trying to achieve  | <b>a dangerous area of rock where many climbers come unstuck</b>             | αποτυγχάνω                     | 66   |



| SRB6 Unit | Headword                  | Part of Speech | Definition  | Example   | Greek Translation  | Page |
|-----------|---------------------------|----------------|---|---|--|------|
| 6B        | <b>sweatshop</b>          | n              | a small business, factory etc where people work hard in bad conditions for very little money - used to show disapproval | <b>Another sweatshop was raided yesterday and was closed by the police.</b> | επιχείρηση όπου οι εργαζόμενοι πληρώνονται ελάχιστα αν και εργάζονται σκληρά | 66   |
| 6B        | <b>manifest (itself)</b>  | v              | to appear or to become easy to see  | <b>His illness began to manifest itself at around this time.</b>            | εκδηλώνομαι, εμφανίζομαι   | 66   |
| 6B        | <b>quest</b>              | n              | a long search for something that is difficult to find   | <b>his long quest for truth</b>   | αναζήτηση  | 66   |
| 6B        | <b>pilgrim</b>            | n              | a religious person who travels a long way to a holy place   | <b>pilgrims visiting a holy shrine</b>                                      | προσκυνητής, θρησκευτικός ταξιδιώτης   | 67   |
| 6B        | <b>peer</b>               | v              | to look very carefully at something, especially because you are having difficulty seeing it                             | <b>He was peering through the wet windscreen at the cars ahead.</b>         | κοιτάζω από κοντά, περιεργάζομαι   | 67   |
| 6B        | <b>sandal-clad (foot)</b> | adj            | wearing sandals   | <b>a sandal-clad tourist</b>  | σανδαλοφορεμένος   | 67   |
| 6B        | <b>maternal instinct</b>  | coll.          | the maternal bond that forms between a mother and her child   | <b>appeal to the maternal instinct</b>                                      | μητρικό ένστικτο   | 67   |
| 6B        | <b>hair-raising</b>       | adj            | frightening and dangerous in a way that is exciting:  | <b>a hair-raising car chase</b>   | ανατριχιαστικός, τρομαχτικός   | 67   |
| 6B        | <b>transpire</b>          | v              | to happen. if it transpires that something is true, you discover that it is true  | <b>It now transpires that he kept all the money for himself.</b>            | συμβαίνει / αποκαλύπτομαι, μαθεύομαι   | 67   |
| 6B        | <b>sign up</b>            | phr v          | to put your name on a list for something because you want to take part in it  | <b>I'm thinking of signing up for a yoga course.</b>                        | εγγράφομαι   | 67   |
| 6B        | <b>itinerary</b>          | n              | a plan or list of the places you will visit on a journey  | <b>a trip itinerary</b>   | πρόγραμμα, δρομολόγιο  | 67   |
| 6B        | <b>power tool</b>         | n phr          | a tool that works by electricity  | <b>a battery-powered tool</b>   | ηλεκτρικό εργαλείο   | 67   |
| 6B        | <b>go for it</b>          | idiom phr      | used to encourage someone to try to achieve something   | <b>If you really want the job, go for it!</b>                               | προσπαθώ, επιδιώκω   | 67   |
| 6B        | <b>stroll</b>             | v              | to walk somewhere in a slow relaxed way   | <b>We were strolling along, laughing and joking.</b>                        | πηγαίνω βόλτα, περπατώ αργά  | 67   |
| 6B        | <b>cynical</b>            | adj            | unwilling to believe that people have good, honest, or sincere reasons for doing something                              | <b>a cynical view of human nature</b>                                       | κυνικός  | 67   |

| SRB6 Unit | Headword                    | Part of Speech | Definition  | Example   | Greek Translation                     | Page |
|-----------|-----------------------------|----------------|---|---|---------------------------------------|------|
| 6B        | <b>secular</b>              | adj            | not connected with or controlled by a church or other religious authority   | <b>secular education</b>  | κοσμικός, του κράτους (≠θρησκευτικός) | 67   |
| 6B        | <b>is on me</b>             | phr            | 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 | <b>Dinner is on me.</b>   | κερνάω εγώ                            | 67   |
| 6B        | <b>red-rimmed</b>           | adj            | having a red edge or border   | <b>red-rimmed glasses</b>   | με κόκκινο σκελετό                    | 67   |
| 6B        | <b>accredited</b>           | adj            | having official approval to do something, especially because of having reached an acceptable standard   | <b>an accredited language school</b>  | πιστοποιημένος, διαπιστευμένος        | 68   |
| 6B        | <b>photo-voltaic panel</b>  | phr            | 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                                  | <b>He has placed photo-voltaic panels at the roof of the building.</b>          | φωτοβολταϊκός πίνακας (πάνελ)         | 68   |
| 6B        | <b>things to come</b>       | phr            | what is likely to develop or happen in the future   | <b>You are so young and there are still great things to come your way!</b>      | τα μελλούμενα, αυτά που θα συμβούν    | 68   |
| 6B        | <b>submerge</b>             | v              | to go under the surface of the water and be completely covered by it  | <b>The submarine submerged.</b>   | βουτάω στο νερό, καταδύομαι           | 69   |
| 6B        | <b>hand it to someone</b>   | v phr          | used to say that you admire someone   | <b>You have to hand it to her. She's really made a success of that company.</b> | αναγνωρίζω την αξία κάποιου           | 69   |
| 6B        | <b>hoist</b>                | v              | to raise, lift, or pull up something, especially using ropes  | <b>The crew hurried to hoist the flag.</b>                                      | υψώνω, ανεβάζω                        | 69   |
| 6B        | <b>take (it) for a spin</b> | idiom.<br>phr  | a short trip in a car for pleasure  | <b>Let's go for a spin in the country.</b>                                      | πάω μια βόλτα με αμάξι, μηχανή κλπ    | 69   |
| 6B        | <b>(be) steeped in</b>      | phr            | to have a lot of a particular quality   | <b>a town steeped in history</b>  | διαποτίζομαι από                      | 70   |

| Unit | Headword                        | Part of Speech | Definition  | Example   | Greek Translation         | Page |
|------|---------------------------------|----------------|---|---|---------------------------|------|
| 7A   | <b>stress buster</b>            | phr            | a product, practice, system, etc that is designed to alleviate stress   | <b>Yoga is considered by many an effective stress buster.</b>                                   | αγχολυτικό                | 103  |
| 7A   | <b>organic produce</b>          | coll.          | relating to farming or gardening methods of growing food without using artificial chemicals, or produced or grown by these method                           | <b>a market with organic produce</b>  | βιολογικά προϊόντα        | 103  |
| 7A   | <b>allotment</b>                | n              | a small area of land that people can rent for growing vegetables  | <b>growing vegetables on the allotment</b>  | ενοικιαζόμενο αγροτεμάχιο | 103  |
| 7A   | <b>stay abreast of (sth)</b>    | v phr          | to make sure that you know all the most recent facts or information about a particular subject or situation   | <b>It's important to stay abreast of the latest developments in computers.</b>                  | μένω ενήμερος για κάτι    | 104  |
| 7A   | <b>rein (sth/sb) in</b>         | phr v          | to start to control a situation more strictly   | <b>The government began to rein in public spending.</b>   | χαλιναγωγώ                | 104  |
| 7A   | <b>(political) fermentation</b> | n              | a process in which political change is causing great trouble or excitement in a country   | <b>It was an era of political fermentation, during which Europe experienced two world wars.</b> | πολιτική ζύμωση           | 104  |
| 7A   | <b>proclamation</b>             | n              | an official public statement about something that is important, or when someone makes such a statement  | <b>The authorities issued a proclamation forbidding public meetings.</b>                        | διακήρυξη                 | 104  |
| 7A   | <b>flit</b>                     | v              | to move lightly or quickly and not stay in one place for very long  | <b>Birds flitted about in the trees above them.</b>   | πηγαινοέρχομαι            | 104  |
| 7A   | <b>beverage</b>                 | n              | a hot or cold drink   | <b>alcoholic beverages</b>  | ποτό, ρόφημα              | 104  |
| 7A   | <b>oscillate</b>                | v              | to move backwards and forwards in a regular way   | <b>The needle on the dial began to oscillate.</b>   | ταλαντεύομαι              | 104  |
| 7A   | <b>(public) outcry</b>          | n              | an angry protest by a lot of ordinary people  | <b>The closure of the local hospital has caused a huge public outcry.</b>                       | (δημόσια) κατακραυγή      | 104  |
| 7A   | <b>invigorating</b>             | adj            | making you feel healthy and giving you a lot of energy  | <b>an invigorating swim before breakfast</b>  | αναζωογονητικός           | 104  |
| 7A   | <b>rumour</b>                   | n              | information or a story that is passed from one person to another and which may or may not be true   | <b>I've heard all sorts of rumours about him and his secretary.</b>                             | φήμη, διάδοση             | 105  |
| 7A   | <b>patron</b>                   | n              | someone who supports the activities of an organization, for example by giving money   | <b>a wealthy patron</b>   | προστάτης, χρηματοδότης   | 105  |
| 7A   | <b>establishment</b>            | n              | an organization or institution, especially a business, shop etc   | <b>a top class training establishment</b>   | εγκατάσταση               | 105  |
| 7A   | <b>be reflected in</b>          | v phr          | 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 | <b>She could see her face reflected in the car's windshield.</b>                                | αντικατοπτρίζομαι         | 105  |

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

| Unit | Headword              | Part of Speech | Definition  | Example   | Greek Translation  | Page |
|------|-----------------------|----------------|---|---|--|------|
| 7A   | <b>hotspot</b>        | n              | 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 | <b>a WiFi hotspot</b>   | μέρος σε δημόσιο χώρο όπου υπάρχει δυνατότητα ασύρματης σύνδεσης στο διαδίκτυο | 105  |
| 7A   | <b>foster</b>         | v              | 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   | <b>The couple wanted to adopt a black child they had been fostering.</b>              | περιθάλπτω, ανατρέφω   | 105  |
| 7A   | <b>quarrel</b>        | n              | an angry argument or disagreement   | <b>Jacob left after a quarrel with his wife.</b>                                      | φιλονικία, καυγιάς   | 105  |
| 7A   | <b>atone for sth.</b> | v              | to do something to show that you are sorry for having done something wrong  | <b>Richard was anxious to atone for his thoughtlessness.</b>                          | εξιλεώνομαι για  | 105  |
| 7A   | <b>detractor</b>      | n              | someone who says bad things about someone or something, in order to make them seem less good than they really are   | <b>Even the President's detractors admit that the decision was the right one.</b>     | επικριτής  | 105  |
| 7A   | <b>chew</b>           | v              | to bite food several times before swallowing it   | <b>This meat's so tough I can hardly chew it!</b>                                     | μασάω  | 105  |
| 7A   | <b>infuse</b>         | v              | to fill something or someone with a particular feeling or quality   | <b>Her books are infused with humour and wisdom.</b>                                  | εμποτίζω, ενσταλάζω  | 105  |
| 7A   | <b>regular</b>        | n              | someone who often goes to the same bar, restaurant etc or who takes part in an activity very often  | <b>The barman knows all the regulars by name.</b>                                     | θαμώνας  | 105  |
| 7A   | <b>lavish</b>         | adj            | large, impressive, or expensive, very generous  | <b>He was always lavish in his praise of my efforts.</b>                              | πολυτελής, γενναιόδωρος  | 105  |
| 7A   | <b>social stratum</b> | n phr          | a social class in a society   | <b>people of different social strata</b>  | κοινωνικό στρώμα   | 105  |
| 7A   | <b>forum</b>          | n              | an organization, meeting, TV programme etc where people have a chance to publicly discuss an important subject  | <b>The journal aims to provide a forum for discussion and debate.</b>                 | τόπος δημόσιας συζήτησης, βήμα   | 105  |
| 7A   | <b>nickname</b>       | v              | 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   | <b>We had nicknames for all the teachers.</b>   | παρατσούκλι  | 105  |
| 7A   | <b>verse</b>          | n              | a set of lines that forms one part of a song, poem, or a book such as the Bible or the Koran  | <b>Learn the first two verses of the poem by heart.</b>                               | στίχος   | 105  |
| 7A   | <b>kinship</b>        | n              | a family relationship   | <b>the ties of kinship</b>  | συγγένεια, δεσμός  | 105  |
| 7A   | <b>coincidence</b>    | n              | 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   | <b>'I'm going to Appleby tomorrow.' 'What a coincidence! I'm going up there too.'</b> | σύμπτωση   | 105  |

| Unit | Headword                          | Part of Speech | Definition  | Example  | Greek Translation  | Page |
|------|-----------------------------------|----------------|---|--|--|------|
| 7A   | <b>parallel</b>                   | n              | a relationship or similarity between two things, especially things that exist or happen in different places or at different times   | <b>Entering the world of fine art, she found many parallels with the world of fashion.</b>                         | παράλληλισμός  | 105  |
| 7A   | <b>nexus</b>                      | n              | a connection or network of connections between a number of people, things, or ideas   | <b>a nexus of social relationships</b>   | σύνδεσμος, πλέγμα  | 105  |
| 7A   | <b>pamphlet</b>                   | n              | a very thin book with paper covers, that gives information about something  | <b>a political pamphlet</b>  | φυλλάδιο   | 105  |
| 7A   | <b>grievous bodily harm</b>       | phr            | serious injury caused by a criminal attack  | <b>be charged with grievous bodily harm</b>  | βαριά σωματική βλάβη   | 106  |
| 7A   | <b>herald</b>                     | v              | to be a sign of something that is going to come or happen soon  | <b>A flash of lightning heralded torrential rain.</b>  | αναγγέλω   | 107  |
| 7A   | <b>prominent</b>                  | adj            | important, something that is in a prominent place is easily seen  | <b>a prominent Russian scientist</b>   | διαπρεπής, εξέχων  | 107  |
| 7A   | <b>enclosure</b>                  | n              | an area surrounded by a wall or fence, and used for a particular purpose  | <b>the bear enclosure at the zoo</b>   | περίφραξη, περίβλημα   | 107  |
| 7A   | <b>(in) stark contrast (with)</b> | coll.          | a great difference between people, ideas, situations, things etc that are being compared  | <b>The winter heatwave in California is a stark contrast to the below-freezing temperatures on the East Coast.</b> | σε πλήρη αντίθεση με   | 107  |
| 7A   | <b>allay fears</b>                | v phr          | someone feel less afraid, worried etc   | <b>The president made a statement to allay public anxiety.</b>   | καθησυχάζω τους φόβους                                       | 108  |
| 7A   | <b>budget</b>                     | n              | the money that is available to an organization or person, or a plan of how it will be spent   | <b>a welfare program with a budget of \$2 million</b>  | προϋπολογισμός   | 108  |
| 7A   | <b>shared space approach</b>      | phr            | 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. | <b>Shared space approach is not so convenient for blind people.</b>  | αρχιτεκτονική προσέγγιση για το σχεδιασμό κοινόχρηστων χώρων | 108  |
| 7A   | <b>recklessly</b>                 | adv            | not caring or worrying about the possible bad or dangerous results of your actions  | <b>He was accused of causing death by driving recklessly.</b>  | ρισκοκίνδυνα, απρόσεκτα                                      | 108  |
| 7A   | <b>cutback</b>                    | n              | a reduction in something, such as the number of workers in a company or the amount of money a government or company spends  | <b>The shortage of teachers was blamed on government cutbacks.</b>   | περικοπή   | 109  |
| 7A   | <b>net profit</b>                 | n phr          | the actual profit after expenses have been paid   | <b>a company's net profit</b>  | καθαρό κέρδος  | 109  |
| 7A   | <b>smallholding</b>               | n              | a piece of land used for farming, that is smaller than an ordinary farm   | <b>Smallholding operates under a small-scale agricultural model.</b>   | μικρή γεωργική ιδιοκτησία                                    | 109  |

| Unit | Headword                  | Part of Speech | Definition   | Example  | Greek Translation          | Page         |
|------|---------------------------|----------------|--|--|----------------------------|--------------|
| 7A   | <b>investment capital</b> | n              | money or property, especially when it is used to start a business or to produce more wealth                                | <b>The government is eager to attract foreign capital.</b>   | επενδυτικό κεφάλαιο        | 109          |
| 7A   | <b>think (sth) up</b>     | phr v          | to produce a new idea, name etc by thinking  | <b>We had to think up a good excuse, and quickly.</b>  | σκαρφίζομαι, επινοώ        | 110          |
| 7A   | <b>lads</b>               | n              | a group of male friends that a man works with or spends his free time with   | <b>a night out with the lads</b>   | φιλαράκια, αντροπαρέα      | 110          |
| 7A   | <b>hectic</b>             | adj            | very busy or full of activity  | <b>a hectic social life</b>  | ταραχώδης, έντονος         | 93 / script  |
| 7A   | <b>envisage</b>           | v              | to think that something is likely to happen in the future  | <b>I don't envisage working with him again.</b>  | οραματίζομαι, βλέπω        | 99 / script  |
| 7A   | <b>spoilt for choice</b>  | phr            | to have so many good things to choose from that you cannot decide which one to choose                                      | <b>With so many makes and models available, buyers are spoilt for choice.</b>                              | έχω πάρα πολλές επιλογές   | 100 / script |
| 7A   | <b>unorthodox</b>         | adj            | unorthodox opinions or methods are different from what is usual or accepted by most people                                 | <b>Her unorthodox views tend to attract controversy.</b>   | ανορθόδοξος                | 101 / script |
| 7A   | <b>sceptic</b>            | n              | a person who disagrees with particular claims and statements, especially those that are generally thought to be true       | <b>Sceptics argued that the rise in prices was temporary.</b>  | σκεπτικιστής, δύσπιστος    | 101 / script |
| 7A   | <b>disposable</b>         | adj            | intended to be used once or for a short time and then thrown away  | <b>disposable nappies</b>  | μιας χρήσης, αναλώσιμος    | 102 / script |
| 7B   | <b>axe</b>                | v              | to suddenly dismiss someone from their job   | <b>There are plans to axe 2600 staff.</b>  | περικόπτω, καταργώ         | 111          |
| 7B   | <b>a must</b>             | n              | something that you must do or must have  | <b>Warm clothes are a must in the mountains.</b>   | επιβεβλημένος, απαραίτητος | 111          |
| 7B   | <b>set (sb) back</b>      | phr v          | to delay the progress or development of something, or delay someone from finishing something                               | <b>Environmental experts said the move would set back further research.</b>                                | αναβάλλω                   | 111          |
| 7B   | <b>a means to an end</b>  | phr            | something that you do only to achieve a result, not because you want to do it or because it is important                   | <b>For Geoff, the job was simply a means to an end.</b>  | το μέσο για έναν σκοπό     | 111          |
| 7B   | <b>elitist</b>            | adj            | an elitist system, government etc is one in which a small group of people have more power and advantages than other people | <b>an elitist education system</b>   | ελιτιστικός                | 111          |
| 7B   | <b>negate</b>             | v              | to prevent something from having any effect  | <b>Efforts to expand the tourist industry could be negated by reports that the sea is highly polluted.</b> | αναιρώ                     | 111          |
| 7B   | <b>replenish</b>          | v              | to put new supplies into something, or to fill something again   | <b>More vaccines are needed to replenish our stocks.</b>   | αναπληρώνω                 | 113          |

| Unit | Headword                | Part of Speech | Definition   | Example   | Greek Translation  | Page |
|------|-------------------------|----------------|--|---|--|------|
| 7B   | <b>freelance</b>        | adj            | working independently for different companies rather than being employed by one particular company   | <b>She works freelance from home.</b>   | ελεύθερος επαγγελματίας  | 114  |
| 7B   | <b>adhere to</b>        | v              | to stick firmly to something, to continue to behave according to a particular rule, agreement, or belief   | <b>I have adhered strictly to the rules.</b>  | τηρώ, εμμένω σε  | 114  |
| 7B   | <b>digital nomad</b>    | coll.          | digital nomads are individuals that use digital technologies to work. Such workers typically work remotely—from home, coffee shops, public libraries | <b>After the outburst of the pandemic, the majority of the workforce became digital nomads.</b> | ψηφιακός νομάς (κάποιος ο οποίος χρησιμοποιώντας τις νέες τεχνολογίες εργάζεται σε διάφορα μέρη) | 114  |
| 7B   | <b>pedestrianise</b>    | v              | to change a street or shopping area so that cars and trucks are no longer allowed  | <b>This street was pedestrianised last year.</b>  | πεζοδρομώ  | 114  |
| 7B   | <b>nomadic</b>          | adj            | if someone leads a nomadic life, they travel from place to place and do not live in any one place for very long                                      | <b>As the son of an air force pilot, Mark had a somewhat nomadic childhood.</b>                 | νομαδικός  | 114  |
| 7B   | <b>radically</b>        | adv            | new ideas, against what most people think or believe   | <b>a radically different method of production</b>   | ριζικά, ριζοσπαστικά   | 115  |
| 7B   | <b>nine-to-five</b>     | adj            | between nine o'clock and five o'clock, the normal working hours of an office worker  | <b>a nine-to-five job</b>   | οχτάωρο ωράριο εργασίας  | 115  |
| 7B   | <b>mould</b>            | n              | 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                 | <b>Another method, used especially for figures, was to pour the clay into a mould.</b>          | καλούπι  | 115  |
| 7B   | <b>enhance</b>          | v              | to improve something   | <b>The publicity has enhanced his reputation.</b>   | ενισχύω  | 115  |
| 7B   | <b>uphold</b>           | v              | to defend or support a law, system, or principle so that it continues to exist   | <b>a committee that aims to uphold educational standards</b>                                    | στηρίζω, υποστηρίζω  | 118  |
| 7B   | <b>restoration</b>      | n              | 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              | <b>a fund for the restoration of historic buildings</b>   | αναπαλαίωση, αποκατάσταση  | 118  |
| 7B   | <b>councillor</b>       | n              | a member of a council  | <b>Write to your local councillor to complain.</b>  | δημοτικός σύμβουλος  | 118  |
| 7B   | <b>be in sb's shoes</b> | idiom. phr     | in someone else's situation, especially a bad one  | <b>I wouldn't like to be in his shoes when his wife finds out what happened.</b>                | μπαίνω στη (δυσάρεστη) θέση κάποιου  | 118  |



| Unit | Headword                    | Part of Speech | Definition  | Example   | Greek Translation                | Page         |
|------|-----------------------------|----------------|---|---|----------------------------------|--------------|
| 7B   | <b>indigenous</b>           | adj            | indigenous people or things have always been in the place where they are, rather than being brought there from somewhere else | <b>Blueberries are indigenous to America.</b>                                     | ιθαγενής, αυτόχθονας             | 118          |
| 7B   | <b>(university) faculty</b> | n              | a department or group of related departments within a university  | <b>the Faculty of Law</b>   | πανεπιστημιακό τμήμα             | 118          |
| 7B   | <b>imposing</b>             | adj            | large, impressive, and appearing important  | <b>He's a tall, quietly spoken, but imposing figure.</b>                          | επιβλητικός                      | 118          |
| 7B   | <b>a slip of the tongue</b> | idiom. phr     | a small mistake in something you say  | <b>Did I say \$100? It must have been a slip of the tongue.</b>                   | γλωσσικό ολίσθημα                | 118          |
| 7B   | <b>speak (one's) mind</b>   | idiom. phr     | to tell people exactly what you think, even if it offends them  | <b>He was a tough politician who wasn't afraid to speak his mind.</b>             | λέω ξεκάθαρα την γνώμη μου       | 118          |
| 7B   | <b>demolition</b>           | n              | completely ending something or destroying a building  | <b>He demolished my argument in minutes.</b>                                      | κατεδάφιση, κατάρριψη            | 118          |
| 7B   | <b>deed</b>                 | n              | something someone does, especially something that is very good or very bad  | <b>After the morning's good deeds he deserved a rest.</b>                         | πράξη, κατόρθωμα                 | 118          |
| 7B   | <b>banter</b>               | n              | friendly conversation in which people make a lot of jokes with, and amusing remarks about, each other                         | <b>easy banter between her cousins</b>  | πείραγμα                         | 118          |
| 7B   | <b>nondescript</b>          | adj            | someone or something that is nondescript looks very ordinary and is not at all interesting or unusual                         | <b>a rather nondescript suburban house</b>  | κοινός, ασήμαντος, απαρατήρητος  | 118          |
| 7B   | <b>impetus</b>              | n              | an influence that makes something happen or makes it happen more quickly  | <b>The discovery gave fresh impetus to the research.</b>                          | ώθηση, ορμή                      | 118          |
| 7B   | <b>unequivocal</b>          | adj            | completely clear and without any possibility of doubt   | <b>His answer was an unequivocal 'No'.</b>  | κατηγορηματικός, αδιαμφισβήτητος | 118          |
| 7B   | <b>pool</b>                 | n              | a number of things that are shared or an amount of money that is shared by a group of people                                  | <b>Both partners put money into a common pool.</b>                                | κοινό ταμείο                     | 104 / script |
| 7B   | <b>blow</b>                 | n              | an action or event that causes difficulty or sadness for someone  | <b>The factory closures came as a blow to the local economy.</b>                  | πλήγμα                           | 104 / script |
| 7B   | <b>the open road</b>        | n phr          | used to say that there is not much traffic or anything to stop you getting somewhere  | <b>In the American Midwest, you really get a sense of being on the open road.</b> | ανοιχτός δρόμος                  | 105 / script |
| 7B   | <b>emissions</b>            | n pl           | a gas or other substance that is sent into the air  | <b>Britain agreed to cut emissions of nitrogen oxide from power stations.</b>     | εκπομπές αερίων                  | 105 / script |

| Unit             | Headword                               | Part of Speech        | Definition   | Example   | Greek Translation                                       | Page         |
|------------------|--|-----------------------|--|---|---|--------------|
| 7B               | <b>bite off more than you can chew</b> | v phr                 | to try to do more than you are able to do  | <b>She bit off more than she could chew when she took on that extra work.</b> | αναλαμβάνω κάτι που δε μπορώ να φέρω εις πέρας          | 111 / script |
| 7B               | <b>a means to an end</b>               | n phr                 | something that you do only to achieve a result, not because you want to do it or because it is important | <b>For Geoff, the job was simply a means to an end.</b>                       | το μέσο για κάποιο σκοπό                                | 111 / script |
| 7B               | <b>set (sb/sth) back</b>               | phr v                 | to delay the progress or development of something, or delay someone from finishing something             | <b>The fire set the project back several months.</b>                          | αναβάλλω  | 111 / script |
| 7B               | <b>steer clear of (sb/sth)</b>         | v phr                 | to avoid someone or something unpleasant or difficult  | <b>Jo tried to steer clear of political issues.</b>                           | αποφεύγω  | 111 / script |
| 7B               | <b>be dead set on (sth)</b>            | adj phr               | be determined about something  | <b>The government's dead set on the plan.</b>                                 | είμαι αποφασισμένος για κάτι                            | 111 / script |
| 7B               | <b>go over the top</b>                 | v phr                 | to say or do something that is extreme or unreasonable, so that it seems stupid or offensive             | <b>I think you went a bit over-the-top calling him a fascist.</b>             | υπερβάλλω, το παρακάνω                                  | 111 / script |
| 7B               | <b>axe</b>                             | v                     | to get rid of a plan, system, or service, especially in order to save money                              | <b>TV's longest running show is to be axed.</b>                               | τσεκουρώνω, κόβω  | 111 / script |
| 7B               | <b>a must</b>                          | n                     | something that you must do or must have  | <b>Warm clothes are a must in the mountains.</b>                              | επιβεβλημένο  | 111 / script |
| 7B               | <b>fraternity</b>                      | n                     | all the people who work in a particular profession or share a particular interest                        | <b>The scientific fraternity has expressed doubts about the findings.</b>     | αδελφότητα  | 111 / script |
| <b>SRB7 Unit</b> | <b>Headword</b>                        | <b>Part of Speech</b> | <b>Definition</b>  | <b>Example</b>  | <b>Greek Translation</b>                                | <b>Page</b>  |
| 7A               | <b>ivory</b>                           | n                     | the hard smooth yellowish-white substance from the tusks (=long teeth) of an elephant                    | <b>an ivory chess set</b>   | ελεφαντόδοντο   | 72           |
| 7A               | <b>poaching</b>                        | n                     | illegally catching or shoot animals, birds, or fish, especially on private land without permission       | <b>Deer have been poached here for years.</b>                                 | λαθραίο κυνήγι άγριων ζώων                              | 72           |
| 7A               | <b>span</b>                            | n                     | a period of time between two dates or events   | <b>Over a span of ten years, the company has made great progress.</b>         | διάρκεια  | 72           |
| 7A               | <b>the tide is turning</b>             | idiom. phr            | reversal in the direction of events, a reversal in public opinion  | <b>The tide is turning so make sure you are on the right side of history.</b> | αλλαγή στην ροή των γεγονότων, αλλαγή της κοινής γνώμης | 72           |

| SRB7 Unit | Headword                   | Part of Speech    | Definition   | Example  | Greek Translation                       | Page |
|-----------|----------------------------|-------------------|--|--|---|------|
| 7A        | <b>overbearing</b>         | adj               | always trying to control other people without considering their wishes or feelings                                 | <b>a bossy, overbearing wife</b>   | αυταρχικός                              | 72   |
| 7A        | <b>argue (one's) case</b>  | v phr             | to state, giving clear reasons, that something is true, should be done etc   | <b>She argued the case for changing the law.</b>   | υποστηρίζω,<br>επιχειρηματολογώ<br>υπέρ | 72   |
| 7A        | <b>back (sb) up</b>        | phr v             | to say or show that what someone is saying is true, to provide support or help for someone or something            | <b>Jane would back me up if she were here.</b>   | υποστηρίζω                              | 72   |
| 7A        | <b>bling</b>               | colloquial<br>n   | expensive objects such as jewellery that are worn in a way that is very easy to notice                             | <b>Rappers like to wear fancy clothes and lots of blings.</b>                                    | φανταχτερά<br>κοσμήματα                 | 72   |
| 7A        | <b>mural</b>               | n                 | a painting that is painted on a wall, either inside or outside a building  | <b>ancient murals</b>  | τοιχογραφία                             | 72   |
| 7A        | <b>seedling</b>            | n                 | a young plant or tree grown from a seed  | <b>This seedling needs re-planting to a bigger pot.</b>  | δενδρύλλιο                              | 73   |
| 7A        | <b>unbidden</b>            | p.p. as<br>adv    | without being asked for, expected, or invited  | <b>unbidden presence</b>   | απρόσκλητος                             | 73   |
| 7A        | <b>absurd</b>              | adj               | completely stupid or unreasonable  | <b>It seems quite absurd to expect anyone to drive for 3 hours just for a 20 minute meeting.</b> | παράλογος                               | 73   |
| 7A        | <b>tick</b>                | n                 | a mark written next to an answer, something on a list etc, to show that it is correct or has been dealt with       | <b>Put a tick in the box if you agree with this statement.</b>                                   | τικ, σημάδι                             | 73   |
| 7A        | <b>overwhelmingly</b>      | adv               | having such a great effect on you that you feel confused and do not know how to react                              | <b>Congress voted overwhelmingly in favor of the bill.</b>                                       | συντριπτικά                             | 73   |
| 7A        | <b>fiddle with (sth)</b>   | v                 | to keep moving and touching something, especially because you are bored or nervous                                 | <b>She was at her desk in the living room, fiddling with a deck of cards.</b>                    | παιζω με, χαζολογώ                      | 74   |
| 7A        | <b>leave (sb) stranded</b> | coll.             | a person or vehicle that is stranded is unable to move from the place where they are                               | <b>Air travellers were left stranded because of icy conditions.</b>                              | μένω αποκλεισμένος                      | 74   |
| 7A        | <b>flight simulator</b>    | n phr             | a machine used to train pilots that copies closely the movements and conditions that exist when flying an aircraft | <b>Pilots train in flight simulators first.</b>  | προσομοιωτής<br>πτήσης                  | 74   |
| 7A        | <b>fetching</b>            | adj               | attractive, especially because the clothes you are wearing suit you  | <b>Your sister looks very fetching in that dress.</b>  | γοητευτικός                             | 74   |
| 7A        | <b>give it a rest</b>      | colloquial<br>phr | used to tell someone to stop talking about something because they are annoying you                                 | <b>Give it a rest, Jack!</b>   | μην το συζητάς,<br>άστο                 | 74   |

| SRB7 Unit | Headword                    | Part of Speech | Definition  | Example   | Greek Translation           | Page |
|-----------|-----------------------------|----------------|---|---|-----------------------------|------|
| 7A        | <b>settlement</b>           | n              | a group of houses and buildings where people live, especially in a place where few people have lived before                             | <b>The railway stations created new settlements.</b>                    | οικισμός                    | 74   |
| 7A        | <b>straw bale</b>           | n phr          | a large quantity of hay that is tightly tied together especially into a block   | <b>a bale of straw</b>  | αχυρόδεμα                   | 74   |
| 7A        | <b>rammed earth</b>         | n phr          | a technique for building walls using natural raw materials such as earth, chalk, lime or gravel   | <b>a building made of rammed earth</b>                                  | συμπιεσμένο χώμα            | 74   |
| 7A        | <b>hands-on assistance</b>  | phr            | helping someone yourself rather than just talking about it or telling other people to do it   | <b>provide hands-on assistance</b>                                      | έμπρακτη βοήθεια            | 76   |
| 7A        | <b>draw up</b>              | phr v          | to prepare a written document, such as a list or contract   | <b>Draw up a list of all the things you want to do.</b>                 | καταρτίζω, σχεδιάζω         | 76   |
| 7A        | <b>potential hazard</b>     | n phr          | potential risk  | <b>That pile of rubbish is a potential fire hazard</b>                  | πιθανός, δυνητικός κίνδυνος | 76   |
| 7A        | <b>kit</b>                  | n              | a set of tools, equipment etc that you use for a particular purpose or activity   | <b>Sally keeps her make-up kit in her bag.</b>                          | σύνεργα                     | 76   |
| 7A        | <b>subsidy</b>              | n              | money that is paid by a government or organization to make prices lower, reduce the cost of producing goods etc                         | <b>international disagreement over trade subsidies</b>                  | επιδότηση                   | 76   |
| 7A        | <b>overlook</b>             | v              | to not notice something, or not see how important it is   | <b>It is easy to overlook a small detail like that.</b>                 | παραβλέπω                   | 76   |
| 7A        | <b>perk</b>                 | n              | something that you get legally from your work in addition to your wages, such as goods, meals, or a car                                 | <b>I only eat here because it's free - one of the perks of the job.</b> | προνόμιο, "τυχερό"          | 76   |
| 7A        | <b>remuneration package</b> | n phr          | the pay you give someone for something they have done for you   | <b>a job offer with a satisfying remuneration package</b>               | πακέτο αποδοχών             | 76   |
| 7A        | <b>claim</b>                | n              | a statement that something is true, even though it has not been proved  | <b>Gould rejected claims that he had acted irresponsibly.</b>           | αξίωση, ισχυρισμός          | 76   |
| 7A        | <b>comprehensiveness</b>    | n              | including all the necessary facts, details, or problems that need to be dealt with  | <b>the comprehensiveness of a study</b>                                 | εύρος, έκταση               | 76   |
| 7B        | <b>tenant</b>               | n              | someone who lives in a house, room etc and pays rent to the person who owns it  | <b>The desk was left by the previous tenant.</b>                        | ενοικιαστής                 | 77   |
| 7B        | <b>daycare</b>              | n              | when babies or young children, or sick or old people are looked after during the day, especially while their family members are at work | <b>Local authorities may provide day care for under fives.</b>          | ημερήσια φροντίδα           | 78   |
| 7B        | <b>reversal</b>             | n              | a change to an opposite arrangement, process, or way of doing something   | <b>a sudden reversal of government policy</b>                           | αντιστροφή, ανατροπή        | 78   |

| SRB7 Unit | Headword                   | Part of Speech | Definition   | Example   | Greek Translation  | Page |
|-----------|----------------------------|----------------|--|---|--|------|
| 7B        | <b>bosom</b>               | n              | the front part of a woman's chest  | <b>She cradled the child to her bosom.</b>  | κόρφος, στήθος   | 78   |
| 7B        | <b>child-rearing</b>       | n              | looking after a child until they are fully grown   | <b>best child-rearing practices</b>   | ανατροφή των παιδιών                                     | 78   |
| 7B        | <b>nursery</b>             | n              | a place where young children are taken care of during the day while their parents are at work  | <b>Children can attend nursery schools at the age of three years old.</b>                   | παιδικός σταθμός   | 78   |
| 7B        | <b>swear by</b>            | v              | to have great confidence in how good or effective something is   | <b>He swears by vitamin C pills.</b>  | ορκίζομαι σε   | 78   |
| 7B        | <b>striker</b>             | n              | a player in football whose main job is to score goals  | <b>Messi is a striker.</b>  | επιθετικός (παίκτης)                                     | 78   |
| 7B        | <b>whinge</b>              | v              | to keep complaining in an annoying way   | <b>Stop whinging about the situation and accept it.</b>                                     | μουρμουρίζω, παραπονιέμαι                                | 78   |
| 7B        | <b>inflict</b>             | v              | to make someone suffer something unpleasant  | <b>The strikes inflicted serious damage on the economy.</b>                                 | επιβάλλω, προκαλώ  | 78   |
| 7B        | <b>blissfully</b>          | adv            | extremely happily or enjoyably   | <b>blissfully unaware of the impending danger</b>   | μακαρίως   | 78   |
| 7B        | <b>pull (one's) weight</b> | idiom. phr     | to do your full share of work  | <b>He accused me of not pulling my weight.</b>  | κάνω αυτά που μου αναλογούν                              | 78   |
| 7B        | <b>misgivings</b>          | n              | a feeling of doubt or fear about what might happen or about whether something is right   | <b>Despite her misgivings about leaving the baby, she decided to accompany her husband.</b> | ενδοιασμός, φόβος  | 78   |
| 7B        | <b>recourse to</b>         | phr            | something that you do to achieve something or deal with a situation, or the act of doing it  | <b>We may conclude that he never had recourse to this simple experiment.</b>                | προσφεύγω σε   | 78   |
| 7B        | <b>tedious</b>             | adj            | something that is tedious continues for a long time and is not interesting   | <b>The work was tiring and tedious.</b>   | κουραστικός, βαρετός                                     | 79   |
| 7B        | <b>go into sth lightly</b> | idiom. phr     | start doing something on a whim  | <b>He went into acting lightly and look at him now winning all these awards!</b>            | ξεκινώ να κάνω κάτι χωρίς πολλή σκέψη                    | 79   |
| 7B        | <b>takeaway</b>            | n              | a meal that you buy at a shop or restaurant to eat at home   | <b>Let's have a takeaway tonight.</b>   | φαγητό σε πακέτο   | 80   |
| 7B        | <b>gap year</b>            | n phr          | 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 | <b>Some students choose to work in high-tech industries during their gap year.</b>          | ο χρόνος αμέσως μετά το σχολείο και πριν το πανεπιστήμιο | 80   |
| 7B        | <b>bypass</b>              | n              | a road that goes around a town or other busy area rather than through it   | <b>Take the bypass, it will save you time from your trip.</b>                               | παρακαμπτήρια οδός                                       | 80   |

| SRB7 Unit | Headword          | Part of Speech | Definition   | Example   | Greek Translation         | Page |
|-----------|-------------------|----------------|--|---|---------------------------|------|
| 7B        | <b>agenda</b>     | n              | a list of problems or subjects that a government, organization etc is planning to deal with  | <b>Measures to combat terrorism will be high on the agenda.</b>                     | ημερήσια διάταξη, ατζέντα | 80   |
| 7B        | <b>precedence</b> | n              | 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 | <b>Do we want a society where appearance takes precedence over skill or virtue?</b> | προτεραιότητα             | 80   |

| Unit    | Headword              | Part of Speech | Definition   | Example  | Greek Translation           | Page |
|---------|-----------------------|----------------|--|--|-----------------------------|------|
| Lead-in | <b>innovation</b>     | n              | a new idea, method, or invention   | <b>We must encourage innovation if the company is to remain competitive.</b>               | καινοτομία                  | 119  |
| Lead-in | <b>perpendicular</b>  | n, adj         | not leaning to one side or the other but exactly vertical  | <b>a perpendicular line</b>  | κάθετος                     | 119  |
| Lead-in | <b>symmetry</b>       | n              | the quality of being symmetrical   | <b>the symmetry of the design</b>  | συμμετρία                   | 119  |
| 8A      | <b>regenerate</b>     | v              | to make something develop and grow strong again  | <b>efforts to regenerate the US economy</b>  | αναζωογονώ, αναβιώνω        | 120  |
| 8A      | <b>contemporaries</b> | n pl           | someone who lived or was in a particular place at the same time as someone else                  | <b>Oswald was much admired by his contemporaries at the Academy.</b>                       | σύγχρονοι, της ίδιας γενιάς | 120  |
| 8A      | <b>halt</b>           | v              | to prevent someone or something from continuing - used especially in news reports                | <b>The government has failed to halt economic decline.</b>                                 | σταματώ                     | 120  |
| 8A      | <b>obsolete</b>       | adj            | no longer useful, because something newer and better has been invented                           | <b>obsolete weapons</b>  | παρωχημένος, απαρχαιωμένος  | 120  |
| 8A      | <b>alteration</b>     | n              | a small change that makes someone or something slightly different, or the process of this change | <b>If you make alterations to the Windows setup, save the new settings before closing.</b> | αλλαγή, μετατροπή           | 120  |
| 8A      | <b>fortress</b>       | n              | a large strong building used for defending an important place and protecting people or things    | <b>The fortress was captured after a long siege.</b>                                       | οχυρό                       | 120  |
| 8A      | <b>grass-roots</b>    | adj            | relating to the ordinary people in an organization, rather than the leaders                      | <b>We want to get the views of members at a grass-roots level.</b>                         | λαϊκός, σε επίπεδο βάσης    | 120  |
| 8A      | <b>upheaval</b>       | n              | a very big change that often causes problems   | <b>political upheaval</b>  | αναταραχή, αναστάτωση       | 120  |
| 8A      | <b>transparency</b>   | n              | the quality of glass, plastic etc that makes it possible for you to see through it               | <b>The transparency of glass can be measured using a spectrometer.</b>                     | διαφάνεια                   | 120  |
| 8A      | <b>gut</b>            | v              | to completely destroy the inside of a building, especially by fire                               | <b>The building was completely gutted by fire.</b>   | καταστρέφω εντελώς          | 120  |
| 8A      | <b>friction</b>       | n              | disagreement, angry feelings, or unfriendliness between people                                   | <b>Having my mother living with us causes friction at home.</b>                            | τριβή                       | 120  |
| 8A      | <b>dismantle</b>      | v              | to take a machine or piece of equipment apart so that it is in separate pieces                   | <b>Chris dismantled the bike in five minutes.</b>  | αποσυναρμολογώ              | 120  |

| Unit | Headword              | Part of Speech | Definition   | Example   | Greek Translation                        | Page |
|------|-----------------------|----------------|--|---|--|------|
| 8A   | <b>flip side</b>      | n              | the bad effects of something that also has good effects  | <b>The flip side of the treatment is that it can make patients feel very tired.</b>                         | η άλλη πλευρά, η άλλη όψη του νομίσματος | 120  |
| 8A   | <b>buoyancy</b>       | n              | the ability of prices, a business etc to quickly get back to a high level after a difficult period           | <b>The buoyancy of domestic demand, which grew by 4 per cent last year, is a good sign for the economy.</b> | πλευστότητα                              | 120  |
| 8A   | <b>elevated</b>       | adj            | raised off the ground or higher up than other things   | <b>The train runs on an elevated track.</b>   | υπερυψωμένος                             | 120  |
| 8A   | <b>contemporary</b>   | n              | someone who lived or was in a particular place at the same time as someone else                              | <b>Oswald was much admired by his contemporaries at the Academy.</b>  | σύγχρονος                                | 120  |
| 8A   | <b>embody</b>         | v              | to be a very good example of an idea or quality  | <b>She embodies everything I admire in a teacher.</b>   | ενσαρκώνω                                | 120  |
| 8A   | <b>fete</b>           | v              | to honour someone  | <b>The team were feted in the science community for their work.</b>   | τιμώ                                     | 121  |
| 8A   | <b>strike a deal</b>  | v phr          | to agree to do something for someone if they do something for you  | <b>There are rumors that the president struck a private deal with the corporation's chairman.</b>           | καταλήγω σε συμφωνία                     | 121  |
| 8A   | <b>self-assurance</b> | n              | feeling calm and confident about what you are doing  | <b>calm self-assurance</b>  | αυτοπεποίθηση                            | 122  |
| 8A   | <b>eccentric</b>      | adj            | behaving in a way that is unusual and different from most people   | <b>His eccentric behaviour lost him his job.</b>  | εκκεντρικός                              | 122  |
| 8A   | <b>shoestring</b>     | adj            | a shoestring business, operation etc is one that does not spend or cost much money                           | <b>shoestring interior design</b>   | με ελάχιστα κεφάλαια                     | 123  |
| 8A   | <b>renovator</b>      | n              | restorer   | <b>home renovator</b>   | ανακαινιστής                             | 123  |
| 8A   | <b>refurbishment</b>  | n              | decoration and repair of something such as a building or office in order to improve its appearance           | <b>The complete refurbishment of Grand Hotel.</b>   | ανακαίνιση                               | 123  |
| 8A   | <b>source</b>         | v              | if goods are sourced from a particular place, they are obtained from that place                              | <b>Fish for the restaurant is sourced daily from British ports.</b>   | πηγάζω, προέρχομαι από                   | 123  |
| 8A   | <b>upside</b>         | n              | the positive part of a situation that is generally bad   | <b>The upside of the whole thing is that we got a free trip to Jamaica.</b>                                 | πλεονέκτημα                              | 123  |
| 8A   | <b>pioneering</b>     | adj            | introducing new and better methods or ideas for the first time   | <b>She played a pioneering role in opening higher education to women.</b>                                   | πρωτοποριακός                            | 123  |
| 8A   | <b>indication</b>     | n              | a sign, remark, event etc that shows what is happening, what someone is thinking or feeling, or what is true | <b>Dark green leaves are a good indication of healthy roots.</b>  | ένδειξη                                  | 124  |



| Unit | Headword                          | Part of Speech | Definition  | Example  | Greek Translation             | Page |
|------|-----------------------------------|----------------|---|--|-------------------------------|------|
| 8A   | <b>designated</b>                 | adj            | someone or something chosen for a particular job or purpose   | <b>The lake was recently designated a conservation area.</b>                             | προσδιορισμένος, καθορισμένος | 124  |
| 8A   | <b>dubious</b>                    | adj            | probably not honest, true, right etc  | <b>The firm was accused of dubious accounting practices.</b>                             | αμφίβολος                     | 125  |
| 8A   | <b>be loath/loth to do sth</b>    | phr            | to be unwilling to do something   | <b>Sarah was loath to tell her mother what had happened.</b>                             | απρόθυμος                     | 126  |
| 8B   | <b>talk sb into doing sth</b>     | phr v          | to persuade someone to do something   | <b>I don't know how I was talked into trying bungee-jumping!</b>                         | πείθω κάποιον να κάνει κάτι   | 127  |
| 8B   | <b>part with</b>                  | phr v          | to give something to someone else, although you do not want to  | <b>I'm reluctant to part with any of the kittens, but we need the money.</b>             | αποχωρίζομαι κάτι             | 127  |
| 8B   | <b>mislead</b>                    | v              | to make someone believe something that is not true by giving them information that is false or not complete     | <b>Politicians have misled the public over the dangers of these chemicals.</b>           | παραπλανώ                     | 127  |
| 8B   | <b>unappreciated</b>              | adj            | not fully understood, recognized, or valued   | <b>She had been brought up in a family where she felt unappreciated and undervalued.</b> | υποτιμημένος, παραγνωρισμένος | 127  |
| 8B   | <b>durability</b>                 | n              | the ability to withstand wear, pressure, or damage  | <b>the reliability and durability of plastics</b>  | ανθεκτικότητα, αντοχή         | 127  |
| 8B   | <b>go with the flow</b>           | n phr          | to agree that you will do the thing that most people want to do   | <b>I don't mind, I'll just go with the flow.</b>   | πάω με το ρεύμα               | 127  |
| 8B   | <b>root (sth) out</b>             | phr v          | to find something by searching for it   | <b>I'll try to root out my old bike and you can have it.</b>                             | ξετρυπώνω                     | 127  |
| 8B   | <b>stash (sth) away</b>           | v phr          | to store something secretly or safely somewhere   | <b>He has money stashed away in the Bahamas.</b>   | κρύβω, καταχωνιάζω            | 127  |
| 8B   | <b>get full credit (for)</b>      | n phr          | to receive complete approval or praise for something you have done  | <b>Women did not get full credit for the sacrifices they made.</b>                       | αναγνωρίζομαι                 | 127  |
| 8B   | <b>wow factor</b>                 | n              | an interesting, exciting, or unusual feature of something, that people will notice and think is very impressive | <b>The huge windows certainly give the house a wow factor.</b>                           | το μεγάλο πλεονέκτημα         | 127  |
| 8B   | <b>turn the corner</b>            | n phr          | to start to become successful after a period of being unsuccessful  | <b>He believes that the economy has turned the corner and will grow next year.</b>       | ξεπερνώ ένα εμπόδιο           | 127  |
| 8B   | <b>give free rein to (sb/sth)</b> | n phr          | to allow an emotion or feeling to be expressed freely   | <b>He gave free rein to his imagination.</b>   | απελευθερώνω                  | 127  |
| 8B   | <b>clear-cut</b>                  | adj            | easy to understand or be certain about  | <b>There is not always a clear-cut distinction between right and wrong.</b>              | σαφής, ξεκάθαρος              | 127  |

| Unit | Headword                       | Part of Speech | Definition   | Example   | Greek Translation   | Page |
|------|--------------------------------|----------------|--|---|---|------|
| 8B   | <b>mainstream</b>              | adj            | accepted by or involving most people in a society  | <b>Deaf children can often be included in mainstream education.</b>                         | βασικός, ευρέως αποδεκτός   | 127  |
| 8B   | <b>perseverance</b>            | n              | determination to keep trying to achieve something in spite of difficulties – use this to show approval     | <b>It took perseverance to overcome his reading problems.</b>                               | επιμονή, αποφασιστικότητα   | 127  |
| 8B   | <b>memorabilia</b>             | n pl           | things that you keep or collect because they are connected with a famous person, event, or time            | <b>a collection of war memorabilia</b>  | αναμνηστικά   | 128  |
| 8B   | <b>sentimental value</b>       | n phr          | the value of something to someone because of personal or emotional associations rather than material worth | <b>This ring has a sentimental value for Sue as it was given to her by her late mother.</b> | συναισθηματική αξία   | 128  |
| 8B   | <b>minimalist</b>              | adj            | relating to a style of art, design, music etc that uses only a very few simple ideas or patterns           | <b>Minimalist design is heavily influenced by traditional Japanese design.</b>              | μινιμαλιστικός  | 129  |
| 8B   | <b>uncluttered</b>             | adj            | not having too many objects, details, or elements  | <b>The rooms were plain and uncluttered.</b>  | λιτός, απέριτος   | 129  |
| 8B   | <b>accumulate</b>              | v              | to gradually get more and more money, possessions, knowledge etc over a period of time                     | <b>It is unjust that a privileged few should continue to accumulate wealth.</b>             | αποκτώ, συσσωρεύω   | 129  |
| 8B   | <b>hoard</b>                   | v              | to collect and save large amounts of food, money etc, especially when it is not necessary to do so         | <b>families who hoarded food during the strike</b>  | βάζω στην άκρη, μαζεύω  | 129  |
| 8B   | <b>ingrained</b>               | adj            | ingrained attitudes or behaviour are firmly established and therefore difficult to change                  | <b>The idea of doing our duty is deeply ingrained in most people.</b>                       | βαθιά ριζωμένος   | 129  |
| 8B   | <b>neutral</b>                 | adj            | not supporting any of the people or groups involved in an argument or disagreement                         | <b>I always tried to remain neutral when they started arguing.</b>                          | ουδέτερος   | 130  |
| 8B   | <b>forgery</b>                 | n              | the crime of copying official documents, money etc   | <b>The painting was a very clever forgery.</b>  | πλαστογραφία  | 130  |
| 8B   | <b>contemplate (doing sth)</b> | v              | to think about something that you might do in the future   | <b>Did you ever contemplate resigning?</b>  | συλλογίζομαι  | 130  |
| 8B   | <b>brush up (a language)</b>   | phr v          | to practise and improve your skills or your knowledge of something that you learned in the past            | <b>I must brush up on my French before I go to Paris.</b>                                   | φρεσκάρω, ξεσκονίζω (για ξένη γλώσσα)                               | 130  |
| 8B   | <b>do the round of</b>         | v phr          | to go around from one place to another, especially looking for work or advertising something               | <b>Ryan is making the rounds of talk shows to promote her new movie.</b>                    | πηγαίνω από μέρος σε μέρος αναζητώντας εργασία ή διαφημίζοντας κάτι | 130  |
| 8B   | <b>scout</b>                   | v              | to look for something in a particular area   | <b>I'm scouting round for a place to stay.</b>  | κατοπτεύω, αναζητώ  | 130  |
| 8B   | <b>acclaim</b>                 | n              | to praise someone or something publicly  | <b>His work was acclaimed by art critics.</b>   | αποθεώνω, επευφημώ  | 130  |

| Unit | Headword                          | Part of Speech | Definition   | Example   | Greek Translation                                | Page |
|------|-----------------------------------|----------------|--|---|--|------|
| 8B   | <b>philanthropic</b>              | adj            | a philanthropic person or institution gives money and help to people who are poor or in trouble                                    | <b>a philanthropic foundation</b>   | φιλανθρωπικός                                    | 130  |
| 8B   | <b>obsolescence</b>               | n              | when something becomes old-fashioned and no longer useful, because something newer and better has been invented                    | <b>Obsolescence is more of a problem for the technology industry than any other.</b>                    | απαρχαίωση, παλαιώση                             | 131  |
| 8B   | <b>time span</b>                  | n phr          | a period of time   | <b>It's difficult to imagine a time span of a million years.</b>  | χρονικό διάστημα                                 | 131  |
| 8B   | <b>launch</b>                     | n              | when a new product, book etc is made available or made known   | <b>the launch of a new women's magazine</b>   | έναρξη, λανσάρισμα                               | 131  |
| 8B   | <b>outlet</b>                     | n              | a shop that sells things for less than the usual price, especially things from a particular company or things of a particular type | <b>Benetton has retail outlets in every major European city.</b>  | κατάστημα λιανικής πώλησης                       | 133  |
| 8B   | <b>roll your eyes (at)</b>        | v phr          | to move your eyes around and up, especially in order to show that you are annoyed or think something is silly                      | <b>Lucy rolled her eyes as Tom sat down beside her.</b>   | κουνάω τα μάτια μου ώστε να δείξω ότι ενοχλούμαι | 133  |
| 8B   | <b>a thorny problem</b>           | phr            | a problem that is complicated and difficult  | <b>Balancing this year's budget was a thorny problem for the project manager.</b>                       | ακανθώδες ζήτημα                                 | 134  |
| 8B   | <b>culminate (in)</b>             | v              | if a process culminates in or with a particular event, it ends with that event   | <b>A series of events for teachers and students will culminate in a Shakespeare festival next year.</b> | κορυφώνομαι, μεσουρανώ                           | 134  |
| 8B   | <b>heated discussion</b>          | phr            | a discussion that is full of angry and excited feelings  | <b>They were in a heated discussion and I didn't want to interrupt.</b>                                 | έντονη συζήτηση                                  | 134  |
| 8B   | <b>discordant</b>                 | adj            | a discordant sound is unpleasant because it is made up of musical notes that do not go together well                               | <b>The modern decor strikes a discordant note in this old building.</b>                                 | παράφωνος, ασύμφωνος                             | 134  |
| 8B   | <b>in the eye of the beholder</b> | expr.          | used to express the fact that not all people have the same opinions about what is attractive                                       | <b>Beauty remains in the eye of the beholder.</b>   | υποκειμενικός, στα μάτια του παρατηρητή          | 134  |
| 8B   | <b>deliberation</b>               | n              | careful consideration or discussion of something   | <b>After much deliberation, first prize was awarded to Derek Murray.</b>                                | μελέτη, περίσκεψη, διαβούλευση                   | 134  |
| 8B   | <b>fork out (money)</b>           | phr v          | to spend a lot of money on something, not because you want to but because you have to  | <b>I had to fork out £600 on my car when I had it serviced.</b>   | ξοδεύω απρόθυμα                                  | 134  |
| 8B   | <b>elaborate</b>                  | adj            | having a lot of small parts or details put together in a complicated way   | <b>pure silks embroidered with elaborate patterns</b>   | λεπτομερής, περίτεχνος                           | 134  |
| 8B   | <b>wield</b>                      | v              | to have a lot of power or influence, and to use it   | <b>The Church wields immense power in Ireland.</b>  | ασκώ, χειρίζομαι                                 | 134  |

| SRB8 Unit | Headword                            | Part of Speech | Definition   | Example  | Greek Translation       | Page |
|-----------|-------------------------------------|----------------|--|--|-------------------------|------|
| 8A        | <b>privacy</b>                      | n              | the state of being able to be alone, and not seen or heard by other people   | <b>With seven people squashed in one house, you don't get much privacy.</b>                                      | ιδιωτικότητα, ησυχία    | 83   |
| 8A        | <b>irresistibly</b>                 | adv            | in such an attractive, desirable way that you cannot prevent yourself from wanting something                         | <b>irresistibly attracted by one's charm</b>   | ακαταμάχητα             | 83   |
| 8A        | <b>illusory</b>                     | adj            | false but seeming to be real or true   | <b>First impressions can often prove illusory.</b>   | απατηλός                | 83   |
| 8A        | <b>hint</b>                         | n              | something that you say or do to suggest something to someone, without telling them directly                          | <b>There have been hints that he may take up coaching.</b>   | υπαινιγμός, υπονοούμενο | 83   |
| 8A        | <b>preoccupation</b>                | n              | when someone thinks or worries about something a lot, with the result that they do not pay attention to other things | <b>The management's preoccupation with costs and profits resulted in a drop in quality and customer service.</b> | έγνοια, ανησυχία        | 83   |
| 8A        | <b>down-to-earth</b>                | adj            | practical and direct in a sensible honest way  | <b>Fran's a friendly, down-to-earth person.</b>  | λογικός, προσγειωμένος  | 83   |
| 8A        | <b>confidence trickster</b>         | n              | a dishonest person who plays tricks on someone in order to get their money   | <b>A gang of confidence tricksters fooled old people into giving them their life-savings.</b>                    | απατεώνας               | 84   |
| 8A        | <b>bogus</b>                        | adj            | not true or real, although someone is trying to make you think it is   | <b>bogus insurance claims</b>  | ψεύτικος, κίβδηλος      | 84   |
| 8A        | <b>in situ</b>                      | expr.          | if something remains in situ, it remains in its usual place  | <b>mosaics and frescoes have been left in situ</b>   | στην αρχική θέση        | 84   |
| 8A        | <b>hoodwink (sb into doing sth)</b> | v              | to trick someone in a clever way so that you can get an advantage for yourself                                       | <b>an attempt to hoodwink the public</b>   | απατώ, ξεγελώ           | 84   |
| 8A        | <b>without trace</b>                | prep phr       | without a small sign that shows that someone or something was present or existed                                     | <b>There was no trace of anyone having entered the room since then.</b>  | χωρίς ίχνος             | 84   |
| 8A        | <b>up-and-coming</b>                | adj            | likely to become successful or popular   | <b>up-and-coming young artists</b>   | ανερχόμενος             | 85   |
| 8A        | <b>acquire</b>                      | v              | to obtain something by buying it or being given it   | <b>She has acquired an email address and a site on the WorldWide Web.</b>  | αποκτώ, αγοράζω         | 85   |
| 8A        | <b>crook</b>                        | n              | a dishonest person or a criminal   | <b>The crooks got away across the park.</b>  | απατεώνας               | 85   |
| 8A        | <b>adjustment</b>                   | n              | a small change made to a machine, system, or calculation   | <b>Once we make the adjustments for inflation, the fall in interest rates is quite small.</b>                    | προσαρμογή, ρύθμιση     | 86   |
| 8A        | <b>ceramics</b>                     | n pl           | the art of making pots, bowls, tiles etc, by shaping pieces of clay and baking them until they are hard              | <b>an exhibition of ceramics</b>   | κεραμική                | 87   |

| SRB8 Unit | Headword                  | Part of Speech | Definition  | Example  | Greek Translation                   | Page |
|-----------|---------------------------|----------------|---|--|-------------------------------------|------|
| 8A        | <b>art pottery</b>        | n phr          | the art of making objects out of baked clay   | <b>Native American art pottery</b>   | αγγειοπλαστική                      | 87   |
| 8A        | <b>stand up to</b>        | phr v          | to refuse to accept unfair treatment from a person or organization  | <b>He'll respect you more if you stand up to him.</b>                          | αντιστέκομαι, υψώνω το ανάστημά μου | 87   |
| 8A        | <b>aesthetically</b>      | adv            | connected with beauty and the study of beauty   | <b>aesthetically pleasing</b>  | αισθητικά                           | 87   |
| 8A        | <b>corridor</b>           | n              | a long narrow passage on a train or between rooms in a building, with doors leading off it                          | <b>We had to wait outside in the corridor until our names were called.</b>     | διάδρομος                           | 87   |
| 8A        | <b>a giveaway price</b>   | phr            | at such a low price that it almost given free   | <b>a pair of jeans sold at a giveaway price</b>                                | σε εξευτελιστική τιμή               | 87   |
| 8A        | <b>critical appraisal</b> | n phr          | an important statement or opinion judging the worth, value, or condition of something                               | <b>a critical appraisal of the existing facilities</b>                         | κριτική αξιολόγηση                  | 87   |
| 8A        | <b>craftsmanship</b>      | n              | very detailed work that has been done using a lot of skill, so that the result is beautiful                         | <b>The carving is a superb piece of craftsmanship.</b>                         | δεξιοτεχνία, μαστοριά               | 87   |
| 8B        | <b>defining moment</b>    | phr            | an event that determines all subsequent related events  | <b>Both of those events were defining moments in my life.</b>                  | καθοριστική στιγμή                  | 88   |
| 8B        | <b>covetable</b>          | adj            | having a very strong desire to have something that someone else has   | <b>a covetable pair of shoes</b>   | επιθυμητός, πολυπόθητος             | 88   |
| 8B        | <b>idiosyncratic</b>      | adj            | having an unusual habit or way of behaving that someone has   | <b>idiosyncratic behaviour</b>   | ιδιόμορφος                          | 88   |
| 8B        | <b>referral</b>           | n              | when someone sends someone or something to another person to be helped or dealt with                                | <b>The doctor will give you a referral to a specialist in your area.</b>       | παραπεμπτικό σημείωμα               | 88   |
| 8B        | <b>leverage</b>           | v              | to make money available to someone in order to invest or to buy something such as a company                         | <b>the use of public funds to leverage private investment</b>                  | μοχλεύω                             | 88   |
| 8B        | <b>high-end</b>           | adj            | relating to products or services that are more expensive and of better quality than other products of the same type | <b>high-end computer memory chips</b>  | ακριβός, υψηλής ποιότητας           | 88   |
| 8B        | <b>somebody's undoing</b> | phr            | to cause someone's shame, failure etc   | <b>In the end, drink was his undoing.</b>                                      | η καταστροφή κάποιου                | 88   |
| 8B        | <b>iteration</b>          | n              | saying or doing something again   | <b>Only after endless iterations, he became proficient to his art.</b>         | επανάληψη                           | 88   |
| 8B        | <b>incentive</b>          | n              | something that encourages you to work harder, start a new activity etc  | <b>As an added incentive, there's a bottle of champagne for the best team.</b> | κίνητρο                             | 88   |
| 8B        | <b>co-opt</b>             | v              | to make someone a member of a group, committee etc, by the agreement of all the members                             | <b>The committee may co-opt additional members for special purposes.</b>       | κάνω μέλος, επιλέγω                 | 88   |

| SRB8 Unit | Headword                       | Part of Speech | Definition  | Example  | Greek Translation           | Page |
|-----------|--------------------------------|----------------|---|--|-----------------------------|------|
| 8B        | <b>parlay</b>                  | v              | to use advantages that you already have, such as your skills, experience, or money, and increase their value by using all your opportunities well | <b>He owned five movie theaters, which he eventually parlayed into hotels.</b>   | μετατρέπω, χρησιμοποιώ ως   | 88   |
| 8B        | <b>monetise</b>                | v              | to change government bonds and debts into money   | <b>monetise a business</b>   | ρευστοποιώ                  | 88   |
| 8B        | <b>quantify</b>                | v              | to calculate the value of something and express it as a number or an amount   | <b>an attempt to quantify the region's social and economic decline</b>   | ποσοτικοποιώ                | 89   |
| 8B        | <b>received wisdom</b>         | phr            | knowledge or information that people generally believe is true, although in fact it is often false  | <b>The received wisdom is that marriage makes a relationship more secure, but as the divorce rates show, this is not necessarily true.</b> | κοινή παραδοχή              | 89   |
| 8B        | <b>endorsement</b>             | n              | if a famous person endorses a product or service, they say in an advertisement that they use and like it  | <b>celebrity endorsements</b>  | υποστήριξη                  | 89   |
| 8B        | <b>simultaneously</b>          | adv            | happening at exactly the same time  | <b>The opera will be broadcast simultaneously on television and radio.</b>   | ταυτόχρονα, συγχρόνως       | 89   |
| 8B        | <b>avant-garde</b>             | adj            | avant-garde music, literature etc is extremely modern and often seems strange or slightly shocking  | <b>an avant-garde play</b>   | πρωτοποριακός, προχωρημένος | 90   |
| 8B        | <b>adage</b>                   | n              | a well-known phrase that says something wise about human experience   | <b>the old adage that a picture is worth a thousand words</b>  | γνωμικό, παροιμία           | 90   |
| 8B        | <b>justifiable</b>             | adj            | actions, reactions, decisions etc that are justifiable are acceptable because they are done for good reasons                                      | <b>justifiable anger</b>   | δικαιολογημένος, εύλογος    | 91   |
| 8B        | <b>grave</b>                   | adj            | grave problems, situations, or worries are very great or bad  | <b>Matthew's life is in grave danger.</b>  | πολύ σοβαρός, θανάσιμος     | 91   |
| 8B        | <b>cobbler (old-fashioned)</b> | n              | someone who makes and repairs shoes   | <b>Grandpa John used to be a cobbler.</b>  | τσαγκάρης                   | 91   |
| 8B        | <b>espadrille</b>              | n pl           | a light shoe that is made of cloth and rope   | <b>a nice pair of shoes, called espadrilles</b>  | εσπαντρίγια                 | 91   |
| 8B        | <b>toy with</b>                | phr v          | to think about an idea or possibility, usually for a short time and not very seriously  | <b>I've been toying with the idea of going to Japan to visit them.</b>   | παίζω, φλερτάρω με μια ιδέα | 91   |
| 8B        | <b>stand for election</b>      | v phr          | to be elected   | <b>She was one of the first women to stand for election to parliament.</b>   | εκλέγομαι                   | 92   |
| 8B        | <b>obligatory</b>              | adj            | something that is obligatory must be done because of a law, rule etc  | <b>It is obligatory for companies to provide details of their industrial processes.</b>  | υποχρεωτικός                | 92   |
| 8B        | <b>see fit</b>                 | v phr          | to decide that something is the best thing to do, especially when other people do not agree with you  | <b>The government saw fit to ignore our advice.</b>  | βρίσκω κάτι πρέπον, βολικό  | 93   |

| SRB8 Unit | Headword                          | Part of Speech | Definition  | Example   | Greek Translation                | Page |
|-----------|-----------------------------------|----------------|---|---|----------------------------------|------|
| 8B        | <b>ambiguity</b>                  | n              | the state of being unclear, confusing, or not certain, or things that produce this effect         | <b>There was an element of ambiguity in the president's reply.</b>                      | ασάφεια                          | 93   |
| 8B        | <b>come down on (the side of)</b> | phr v          | to decide to support someone or something   | <b>The committee came down in favour of making the information public.</b>              | αποφασίζω να υποστηρίξω          | 93   |
| 8B        | <b>evocation</b>                  | n              | the act of producing a strong feeling or memory in someone  | <b>The poem is an evocation of lost love.</b>   | ανάμνηση, ζωντάνεμα              | 93   |
| 8B        | <b>reverence</b>                  | n              | great respect and admiration for someone or something   | <b>reverence for tradition</b>  | σεβασμός, ευλάβεια               | 93   |
| 8B        | <b>depict</b>                     | v              | to describe something or someone in writing or speech, or to show them in a painting, picture etc | <b>a book depicting life in pre-revolutionary Russia</b>                                | απεικονίζω, περιγράφω            | 93   |
| 8B        | <b>rule-bound</b>                 | adj            | limited or restricted by rules  | <b>a complex and rule-bound system, difficult to understand, and hard to administer</b> | δεσμευτικός από κανόνες ή νόμους | 93   |

| Unit    | Headword           | Part of Speech | Definition   | Example  | Greek Translation    | Page |
|---------|--------------------|----------------|--|--|----------------------|------|
| Lead-in | <b>stamina</b>     | n              | physical or mental strength that lets you continue doing something for a long time without getting tired                   | <b>You need stamina to be a long-distance runner.</b>                              | αντοχή               | 135  |
| 9A      | <b>agility</b>     | n              | the ability to move quickly and easily   | <b>With surprising agility, Karl darted across the road.</b>                       | ευκινησία            | 135  |
| 9A      | <b>gangly</b>      | adj            | unusually tall and thin, and not able to move gracefully   | <b>an awkward, gangly teenager</b>   | ψηλόλιγνος           | 136  |
| 9A      | <b>epic</b>        | adj            | an epic event continues for a long time and involves brave or exciting actions   | <b>his epic journey to South America</b>   | επικός               | 136  |
| 9A      | <b>stagger</b>     | v              | to walk or move unsteadily, almost falling over  | <b>He managed to stagger home.</b>   | τρεκλίζω             | 136  |
| 9A      | <b>stalemate</b>   | n              | a situation in which it seems impossible to settle an argument or disagreement, and neither side can get an advantage      | <b>The discussions with the miners' union ended in stalemate.</b>                  | αδιέξοδο             | 136  |
| 9A      | <b>incongruous</b> | adj            | strange, unexpected, or unsuitable in a particular situation   | <b>The new theatre looks utterly incongruous in its setting.</b>                   | αταίριαστος          | 136  |
| 9A      | <b>baggy</b>       | adj            | baggy clothes are big and do not fit tightly on your body  | <b>She was wearing jeans and a baggy T-shirt.</b>                                  | φαρδύς, χαλαρός      | 136  |
| 9A      | <b>languid</b>     | adj            | moving slowly and involving very little energy   | <b>He greeted Charles with a languid wave of his hand.</b>                         | νωχελικός            | 136  |
| 9A      | <b>partisan</b>    | adj            | strongly supporting a particular political party, plan, or leader, usually without considering the other choices carefully | <b>British newspapers are highly partisan.</b>                                     | μεροληπτικός         | 136  |
| 9A      | <b>jostle</b>      | v              | to push or knock against someone in a crowd, especially so that you can get somewhere or do something before other people  | <b>Followers of the president jostled for position in front of the TV cameras.</b> | σπρώχνομαι           | 136  |
| 9A      | <b>fidget</b>      | v              | to keep moving your hands or feet, especially because you are bored or nervous   | <b>Stop fidgeting with your pens!</b>  | κινούμαι νευρικά     | 136  |
| 9A      | <b>disarmingly</b> | adv            | in a way that makes you feel less angry or disapproving towards someone  | <b>He was disarmingly honest about his past mistakes.</b>                          | αφοπλιστικά          | 137  |
| 9A      | <b>abiding</b>     | adj            | an abiding feeling or belief continues for a long time and is not likely to change   | <b>Phil has a deep and abiding love for his family.</b>                            | διαρκής, αμετάβλητος | 137  |
| 9A      | <b>trickle</b>     | v              | if liquid trickles somewhere, it flows slowly in drops or in a thin stream   | <b>The tears trickled down her cheeks.</b>   | στάζω, σταλάζω       | 137  |
| 9A      | <b>hypnotise</b>   | v              | to produce a sleep-like state in someone so that you can influence their thoughts and actions                              | <b>We were completely hypnotized by her performance of the Haydn.</b>              | υπνωτίζω, μαγεύω     | 137  |



| Unit | Headword                              | Part of Speech | Definition  | Example   | Greek Translation           | Page |
|------|---------------------------------------|----------------|---|---|-----------------------------|------|
| 9A   | <b>latter</b>                         | adj            | being the second of two people or things, or the last in a list just mentioned                                      | <b>In the latter case, buyers pay a 15% commission.</b>                               | ο τελευταίος (από τους δύο) | 137  |
| 9A   | <b>adrenalin</b>                      | n              | a chemical produced by your body when you are afraid, angry, or excited, which makes your heart beat faster         | <b>There's nothing like a good horror film to get the adrenalin going.</b>            | αδρεναλίνη                  | 137  |
| 9A   | <b>changeover (in a tennis match)</b> | n              | a change from one activity, system, or way of working to another  | <b>a changeover from military to civilian government</b>                              | μετάβαση, αλλαγή            | 137  |
| 9A   | <b>register</b>                       | v              | to put someone's or something's name on an official list  | <b>The tanker is registered in Rotterdam.</b>   | εγγράφομαι                  | 137  |
| 9A   | <b>reach a milestone</b>              | n phr          | a very important event in the development of something  | <b>The treatment of diabetes reached a significant milestone in the 1970s.</b>        | φτάνω σε ένα ορόσημο        | 137  |
| 9A   | <b>on a knife edge</b>                | n phr          | if a situation is on a knife edge, the result is extremely uncertain  | <b>The future of the company is on a knife edge.</b>                                  | στην κόψη του ξυραφιού      | 137  |
| 9A   | <b>in the aftermath</b>               | adv phr        | the period of time after something such as a war, storm, or accident when people are still dealing with the results | <b>the danger of disease in the aftermath of the earthquake</b>                       | στον απόηχο                 | 137  |
| 9A   | <b>weep inconsolably</b>              | coll.          | to cry so sadly that it is impossible for anyone to comfort you   | <b>The boy cried inconsolably after the death of his dog.</b>                         | κλαίω απαρηγόρητα           | 137  |
| 9A   | <b>locker room</b>                    | n phr          | a room in a sports building, school etc where people change their clothes and leave them in lockers                 | <b>He changed his clothes in the locker room before going to his tennis practice.</b> | αποδυτήρια                  | 137  |
| 9A   | <b>humble</b>                         | adj            | not considering yourself or your ideas to be as important as other people's   | <b>a modest and humble man</b>  | ταπεινός, σεμνός            | 137  |
| 9A   | <b>haunt</b>                          | v              | if the soul of a dead person haunts a place, it appears there often   | <b>The pub is said to be haunted by the ghost of a former landlord.</b>               | στοιχειώνω, τρομάζω         | 137  |
| 9A   | <b>on the wane</b>                    | n phr          | becoming smaller, weaker, or less important   | <b>By the 5th century, the power of the Roman Empire was on the wane.</b>             | σε πτώση                    | 137  |
| 9A   | <b>league</b>                         | n              | a group of sports teams or players who play games against each other to see who is best                             | <b>He makes his football league debut tomorrow.</b>                                   | πρωτάθλημα                  | 138  |
| 9A   | <b>inflatable</b>                     | adj            | an inflatable object has to be filled with air before you can use it  | <b>an inflatable mattress</b>   | φουσκωτός                   | 138  |
| 9A   | <b>fortitude</b>                      | n              | courage shown when you are in great pain or experiencing a lot of trouble   | <b>Winnie is a woman of quiet fortitude who has endured a lot of suffering.</b>       | καρτερία, γενναιότητα       | 138  |
| 9A   | <b>ingenuity</b>                      | n              | skill at inventing things and thinking of new ideas   | <b>John showed great ingenuity in overcoming the problem.</b>                         | εφευρετικότητα              | 138  |

| Unit | Headword                   | Part of Speech | Definition   | Example  | Greek Translation                      | Page |
|------|----------------------------|----------------|--|--|--|------|
| 9A   | <b>(be) a testament to</b> | n phr          | proving or showing very clearly that something exists or is true   | <b>The aircraft's safety record is a testament to its designers' skill.</b>    | μαρτυρία, απόδειξη                     | 138  |
| 9A   | <b>exhilarated</b>         | adj            | feeling extremely happy, excited, and full of energy   | <b>Dan felt strangely exhilarated by the day's events.</b>                     | ζωντανός, αναζωογονημένος              | 140  |
| 9A   | <b>petrified</b>           | adj            | extremely frightened, especially so frightened that you cannot move or think   | <b>I'm petrified of spiders.</b>   | κοκκαλωμένος από φόβο                  | 140  |
| 9A   | <b>overwhelmed</b>         | adj            | if someone is overwhelmed by an emotion, they feel it so strongly that they cannot think clearly   | <b>Harriet was overwhelmed by a feeling of homesickness.</b>                   | συγκλονισμένος                         | 140  |
| 9A   | <b>saddle</b>              | n              | a leather seat that you sit on when you ride a horse, a bicycle or a motorcycle  | <b>We did six or eight hours in the saddle every day.</b>                      | σέλα                                   | 141  |
| 9A   | <b>umpire</b>              | n              | the person who makes sure that the players obey the rules in sports such as tennis, baseball, and cricket                                | <b>a tennis umpire</b>   | διαιτητής, κριτής                      | 141  |
| 9A   | <b>bleak</b>               | adj            | without anything to make you feel happy or hopeful   | <b>The company still hopes to find a buyer, but the future looks bleak.</b>    | ζοφερός, θλιβερός                      | 141  |
| 9A   | <b>naive</b>               | adj            | not having much experience of how complicated life is, so that you trust people too much and believe that good things will always happen | <b>a naive young girl</b>  | απλοϊκός, αφελής                       | 141  |
| 9A   | <b>matter-of-fact</b>      | adj            | showing no emotion when you are talking about something exciting, frightening, upsetting etc   | <b>Joan seemed very matter-of-fact about the divorce.</b>                      | ανέκφραστος, που δε δείχνει συναίσθημα | 141  |
| 9A   | <b>grit (one's) teeth</b>  | idiom. phr     | to use all your determination to continue in spite of difficulties   | <b>Just grit your teeth and hang on - it'll be over soon.</b>                  | σφίγγω τα δόντια                       | 141  |
| 9A   | <b>toddler</b>             | n              | a very young child who is just learning to walk  | <b>My nephew is a toddler who can barely walk.</b>                             | νήπιο                                  | 142  |
| 9A   | <b>outcast</b>             | n              | someone who is not accepted by the people they live among, or who has been forced out of their home                                      | <b>Smokers often feel as though they are being treated as social outcasts.</b> | απόβλητος, απόκληρος                   | 142  |
| 9B   | <b>allay</b>               | v              | to make someone feel less afraid, worried etc  | <b>The president made a statement to allay public anxiety.</b>                 | καθησυχάζω, κατευνάζω                  | 143  |
| 9B   | <b>food-labelling</b>      | n              | a label on food packaging, explaining ingredients etc  | <b>I always check the food-labelling before purchasing a new product.</b>      | ετικέτα συσκευασίας τροφίμου           | 143  |
| 9B   | <b>be clued up (about)</b> | phr            | knowing a lot about something  | <b>Ask Margaret. She's pretty clued-up about that sort of thing.</b>           | ενημερωμένος                           | 143  |
| 9B   | <b>preservatives</b>       | n pl           | chemical substances that are used to prevent things from decaying, for example food or wood  | <b>food that contains no artificial preservatives</b>                          | συντηρητικά                            | 143  |

| Unit | Headword                            | Part of Speech | Definition   | Example   | Greek Translation                   | Page |
|------|-------------------------------------|----------------|--|---|-------------------------------------|------|
| 9B   | <b>additive</b>                     | n              | a substance that is added to food to improve its taste, appearance etc   | <b>permitted food additives</b>   | πρόσθετο                            | 144  |
| 9B   | <b>carbohydrate</b>                 | n              | 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, | <b>foods such as rice, bread, and potatoes that contain carbohydrates</b>             | υδατάνθρακας                        | 144  |
| 9B   | <b>vegan</b>                        | n              | someone who does not eat any animal products at all, such as meat, fish, eggs, cheese, or milk   | <b>a strict vegan diet</b>  | φυτοφάγος                           | 144  |
| 9B   | <b>fibre</b>                        | n              | the parts of plants that you eat but cannot digest. Fibre helps to keep you healthy by moving food quickly through your body                                   | <b>Fruit and vegetables are high in fibre content.</b>                                | φυτικές ίνες                        | 144  |
| 9B   | <b>trans fats</b>                   | n phr          | 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                       | <b>Crisps are full in trans-fats.</b>   | ακόρεστα λίπη                       | 144  |
| 9B   | <b>hydrogenated</b>                 | adj            | fat in foods that has had hydrogen added to it   | <b>Hydrogenated fats are bad for your health</b>                                      | υδρογονωμένος                       | 144  |
| 9B   | <b>from scratch</b>                 | adv phr        | if you start something from scratch, you begin it without using anything that existed or was prepared before   | <b>We had to start again from scratch.</b>  | από το μηδέν                        | 145  |
| 9B   | <b>sluggish</b>                     | adj            | moving or reacting more slowly than normal   | <b>Alex woke late feeling tired and sluggish.</b>                                     | νωθρός, υποτονικός                  | 145  |
| 9B   | <b>hot potato</b>                   | n phr          | a subject or problem that no one wants to deal with, because it is difficult and any decision might make people angry  | <b>The issue has become a political hot potato.</b>                                   | “καυτή πατάτα”, ακανθώδες ζήτημα    | 145  |
| 9B   | <b>calories</b>                     | n              | a unit for measuring the amount of energy that food will produce   | <b>A potato has about 90 calories.</b>  | θερμίδες                            | 146  |
| 9B   | <b>pulses</b>                       | n pl           | seeds such as beans, peas, and lentils that you can eat  | <b>red lentil pulses</b>  | όσπρια                              | 146  |
| 9B   | <b>confectionery</b>                | n              | sweets, chocolates etc   | <b>The shop specializes in luxury confectionary.</b>                                  | ζαχαροπλαστική                      | 146  |
| 9B   | <b>burn the candle at both ends</b> | saying         | to get very tired by doing things until very late at night and getting up early in the mornings  | <b>Mum's been burning the candle at both ends the past week and she is exhausted.</b> | εξαντλούμαι από την πολύωρη εργασία | 146  |
| 9B   | <b>unforgiving</b>                  | adj            | an unforgiving place is very difficult to live in, for example because it is extremely hot or cold   | <b>Antarctica is a very unforgiving place.</b>  | αμείλικτος                          | 147  |
| 9B   | <b>prominently</b>                  | adv            | easily seen, importantly   | <b>Her photo was prominently displayed on his desk.</b>                               | σε περίοπτη θέση                    | 147  |
| 9B   | <b>(be) choosy</b>                  | adj            | someone who is choosy will only accept things that they like a lot or they consider to be very good  | <b>She's very choosy about clothes.</b>   | εκλεκτικός                          | 147  |

| Unit | Headword                    | Part of Speech | Definition  | Example  | Greek Translation                | Page         |
|------|-----------------------------|----------------|---|--|----------------------------------|--------------|
| 9B   | <b>genetically modified</b> | adj phr        | genetically modified foods or plants have had their genetic structure changed so that they are not affected by particular diseases or harmful insects | <b>a genetically modified crop that is resistant to the disease</b>                                    | γενετικά τροποποιημένος          | 148          |
| 9B   | <b>rigorous</b>             | adj            | severe, strict, and thorough  | <b>The swimmers follow a rigorous schedule of training twice a day.</b>                                | αυστηρός                         | 150          |
| 9B   | <b>ligament</b>             | n              | a band of strong material in your body, similar to muscle, that joins bones or holds an organ in its place  | <b>He tore a ligament in his left knee.</b>  | σύνδεσμος                        | 150          |
| 9B   | <b>optimal</b>              | adj            | the best or most suitable   | <b>the optimal solution</b>  | βέλτιστος, άριστος               | 150          |
| 9B   | <b>(be) geared towards</b>  | adj phr        | to be organized in a way that is suitable for a particular purpose or situation   | <b>The typical career pattern was geared to men whose wives didn't work.</b>                           | προσανατολισμένος σε             | 150          |
| 9B   | <b>progression</b>          | n              | a gradual process of change or development  | <b>the natural progression of the disease</b>  | πρόοδος                          | 143 / script |
| 9B   | <b>kick off</b>             | phr v          | if a meeting, event, or a football game kicks off, it starts  | <b>The match kicks off at 3 o'clock.</b>   | ξεκινώ                           | 143 / script |
| 9B   | <b>toe the line</b>         | v phr          | to do what other people in a job or organization say you should do, whether you agree with them or not  | <b>You toe the line or you don't stay on the team!</b>   | ακολουθώ τη γραμμή, παρατάσσομαι | 143 / script |
| 9B   | <b>clued up (about)</b>     | adj            | knowing a lot about something   | <b>Ask Margaret. She's pretty clued up about that sort of thing.</b>                                   | καλά ενημερωμένος για            | 143 / script |
| 9B   | <b>hype</b>                 | n              | 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        | <b>Despite the media hype, I found the film very disappointing.</b>                                    | υπερβολική δημοσιότητα           | 143 / script |
| 9B   | <b>residue</b>              | n              | a substance that remains on a surface, in a container etc and cannot be removed easily, or that remains after a chemical process                      | <b>Rinse off any soap residue.</b>   | υπόλειμμα                        | 143 / script |
| 9B   | <b>afoot</b>                | adj            | being planned or happening  | <b>There were plans afoot for a second attack.</b>   | σε εξέλιξη                       | 143 / script |
| 9B   | <b>prohibitive</b>          | adj            | prohibitive costs are so high that they prevent people from buying or doing something   | <b>The cost of land in Tokyo is prohibitive.</b>   | απαγορευτικός                    | 143 / script |
| 9B   | <b>far-fetched</b>          | adj            | extremely unlikely to be true or to happen  | <b>All this may sound a bit far-fetched, but companies are already developing 'intelligent' homes.</b> | υπερβολικός, παρατραβηγμένος     | 143 / script |

| Unit      | Headword             | Part of Speech | Definition   | Example  | Greek Translation                 | Page         |
|-----------|----------------------|----------------|--|--|-----------------------------------|--------------|
| 9B        | <b>barrage</b>       | n              | a lot of criticism, questions, complaints etc that are said at the same time, or very quickly one after another  | <b>a barrage of questions</b>  | καταιγισμός                       | 143 / script |
| 9B        | <b>red tape</b>      | n              | official rules that seem unnecessary and prevent things from being done quickly and easily   | <b>a procedure surrounded by bureaucracy and red tape</b>                                      | γραφειοκρατία                     | 143 / script |
| SRB9 Unit | Headword             | Part of Speech | Definition   | Example  | Greek Translation                 | Page         |
| 9A        | <b>grassroots</b>    | n              | the ordinary people in an organization, rather than the leaders  | <b>We are hoping for full participation at grass roots level</b>                               | οι απλοί πολίτες, η βάση          | 95           |
| 9A        | <b>thereby</b>       | adv            | with the result that something else happens  | <b>He became a citizen in 1978, thereby gaining the right to vote.</b>                         | έτσι, ως εκ τούτου                | 95           |
| 9A        | <b>cross-section</b> | n              | 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 | <b>a wide cross-section of the taxpaying population</b>  | αντιπροσωπευτικό δείγμα / διατομή | 95           |
| 9A        | <b>suspense</b>      | n              | a feeling of excitement or anxiety when you do not know what will happen next  | <b>They kept us in suspense for over two hours.</b>  | αγωνία                            | 96           |
| 9A        | <b>archery</b>       | n              | the sport of shooting arrows from a bow  | <b>Archery is an Olympic sport, isn't it?</b>  | τοξοβολία                         | 96           |
| 9A        | <b>tightrope</b>     | n              | a rope or wire high above the ground that someone walks along in a circus  | <b>I feel as though I'm walking a tightrope between success and failure.</b>                   | τεντωμένο σχοινί                  | 96           |
| 9A        | <b>stuntman</b>      | n              | a man who is employed to take the place of an actor when something dangerous has to be done in a film  | <b>Many actors use stuntmen to do all the dangerous acts to avoid getting themselves hurt.</b> | κασκαντέρ                         | 96           |
| 9A        | <b>spray</b>         | n              | liquid which is forced out of a special container in a stream of very small drops  | <b>a new hair styling spray</b>  | σπρέι, ψεκασμός                   | 96           |
| 9A        | <b>hinder</b>        | v              | to make it difficult for something to develop or succeed   | <b>His career has been hindered by injury.</b>   | εμποδίζω                          | 96           |
| 9A        | <b>visibility</b>    | n              | the distance it is possible to see, especially when this is affected by weather conditions   | <b>Visibility on the roads is down to 20 metres due to heavy fog.</b>                          | ορατότητα                         | 96           |
| 9A        | <b>unnerved</b>      | adj            | upset or frightened so that they lose their confidence or their ability to think clearly   | <b>He was unnerved by the way Sylvia kept staring at him.</b>                                  | ταραγμένος, εκνευρισμένος         | 96           |
| 9A        | <b>cable</b>         | n              | a plastic or rubber tube containing wires that carry telephone messages, electronic signals, television pictures etc   | <b>cables and switches for computers</b>   | καλώδιο                           | 96           |
| 9A        | <b>cascading</b>     | adj            | flowing, falling, or hanging down in large quantities  | <b>cascading water</b>   | που ξεχειλίζει                    | 96           |
| 9A        | <b>drained</b>       | adj            | very tired and without any energy  | <b>Suddenly, she felt totally drained.</b>   | εξαντλημένος                      | 96           |

| SRB9 Unit | Headword                             | Part of Speech | Definition  | Example   | Greek Translation                           | Page |
|-----------|--------------------------------------|----------------|---|---|---|------|
| 9A        | <b>fluffy</b>                        | adj            | very light and soft to touch  | <b>a fluffy little kitten</b>   | χνουδωτός, αφράτος                          | 97   |
| 9A        | <b>jest</b>                          | n              | something you say that is intended to be funny, not serious   | <b>I wasn't sure whether to treat her words as a jest.</b>                                  | αστείο                                      | 97   |
| 9A        | <b>optimise</b>                      | v              | to improve the way that something is done or used so that it is as effective as possible                            | <b>They need to optimize the use of available resources.</b>                                | βελτιστοποιώ                                | 98   |
| 9A        | <b>burst</b>                         | n              | the act of something bursting or the place where it has burst   | <b>a burst in the water pipe</b>  | έκρηξη, σκάσιμο                             | 98   |
| 9A        | <b>bobsleigh</b>                     | n              | a small vehicle with two long thin metal blades instead of wheels, that is used for racing down a special ice track | <b>Sixteen teams took part in the 400m bobsleigh.</b>                                       | έλκηθρο                                     | 98   |
| 9A        | <b>get under the skin of</b>         | idiom. phr     | if someone gets under your skin, they annoy you, especially by the way they behave                                  | <b>What really gets under my skin is people who push straight to the front of the line.</b> | ενοχλούμαι από μία συμπεριφορά              | 98   |
| 9A        | <b>do wonders for</b>                | idiom. phr     | to be very effective in solving a problem   | <b>A good night's sleep does wonders to the organism.</b>                                   | έχω πολύ καλά αποτελέσματα, κάνω θαύματα    | 98   |
| 9A        | <b>butterflies' (in the stomach)</b> | idiom. phr     | to feel very nervous before doing something   | <b>I always get butterflies before an exam.</b>   | πεταλούδες στο στομάχι, νευρικότητα         | 98   |
| 9A        | <b>tighten</b>                       | v              | to close or fasten something firmly by turning it   | <b>Tighten the screws firmly.</b>   | σφίγγω, τεντώνω                             | 98   |
| 9A        | <b>pent-up emotion</b>               | phr            | pent-up feelings have not been expressed or used for a long time  | <b>years of pent-up anger and frustration</b>   | καταπιεσμένο συναίσθημα                     | 98   |
| 9A        | <b>downward cycle</b>                | phr            | moving or pointing towards a lower position in a cycle  | <b>a market in a downward cycle</b>   | πτωτική τροχιά                              | 98   |
| 9A        | <b>trigger word</b>                  | phr            | a word that initiates a process or course of action   | <b>'Fetch' is a typical trigger word used in dog training.</b>                              | λέξη κλειδί, που ενεργοποιεί μια διαδικασία | 98   |
| 9B        | <b>swallow</b>                       | v              | to make food or drink go down your throat and towards your stomach  | <b>He swallowed the last of his coffee and asked for the bill.</b>                          | καταπίνω                                    | 99   |
| 9B        | <b>chargrill</b>                     | v              | to cook food over or under direct heat so that its surface burns slightly and becomes dark                          | <b>chargrilled chops</b>  | ψήνω στη σχάρα                              | 99   |
| 9B        | <b>staple</b>                        | adj            | forming the greatest or most important part of something  | <b>Oil is Nigeria's staple export.</b>  | βασικός, κύριος                             | 99   |
| 9B        | <b>anaemic</b>                       | adj            | suffering from anaemia  | <b>his anaemic-looking face</b>   | αναιμικός                                   | 99   |
| 9B        | <b>taste buds</b>                    | phr            | one of the small parts of the surface of your tongue with which you can taste things                                | <b>I have been avoiding salt so my taste buds have adjusted accordingly.</b>                | γευστικοί κάλυκες                           | 99   |
| 9B        | <b>tangy</b>                         | adj            | pleasantly strong or sharp smell or taste   | <b>tangy orange cake</b>  | αψύς, πικάντικος                            | 99   |

| SRB9 Unit | Headword             | Part of Speech | Definition  | Example  | Greek Translation  | Page |
|-----------|----------------------|----------------|---|--|--|------|
| 9B        | <b>smoothie</b>      | n              | a thick drink made of fruit and fruit juices mixed together, sometimes with ice, milk, or yoghurt   | <b>a strawberry-banana smoothie</b>  | smoothie (ρόφημα από φρούτα και γάλα)                                    | 99   |
| 9B        | <b>relent</b>        | v              | to change your attitude and become less strict or cruel towards someone   | <b>At last her father relented and came to visit her.</b>                        | υποχωρώ, μαλακώνω  | 99   |
| 9B        | <b>lifelong</b>      | adj            | continuing or existing all through your life  | <b>She became a lifelong friend of ours.</b>                                     | δια βίου   | 100  |
| 9B        | <b>lapse</b>         | v              | to gradually come to an end or to stop for a period of time   | <b>The conversation lapsed.</b>  | ολισθαίνω / παραγράφομαι, λήγω   | 100  |
| 9B        | <b>glory hunter</b>  | n phr          | 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 | <b>Glory hunters tend to only follow teams that are winning.</b>                 | οπαδός, υποστηρικτής ομάδας ανάλογα με το πόσο καλές επιδόσεις έχει αυτή | 100  |
| 9B        | <b>hooliganism</b>   | n              | a noisy violent behaviour which causes trouble by fighting etc  | <b>Hooliganism is still a thorny issue.</b>                                      | χουλιγκανισμός   | 100  |
| 9B        | <b>bribery</b>       | n              | the act of giving bribes (money or presents)  | <b>We tried everything - persuasion, bribery, threats.</b>                       | δωροδοκία  | 100  |
| 9B        | <b>gambler</b>       | n              | 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       | <b>Stevens was a compulsive gambler.</b>   | τζογαδόρος   | 100  |
| 9B        | <b>pervade</b>       | v              | if a feeling, idea, or smell pervades a place, it is present in every part of it  | <b>A spirit of hopelessness pervaded the country.</b>                            | διδεισδύω, διαποτίζω   | 100  |
| 9B        | <b>immune</b>        | adj            | someone who is immune to a particular disease cannot catch it   | <b>Once we've had the disease, we're immune for life.</b>                        | απρόσβλητος, άνοσος  | 100  |
| 9B        | <b>match-fixing</b>  | n              | dishonest activity to make sure that one team wins a particular sports match  | <b>Match-fixing is illegal.</b>  | στήσιμο αγώνα  | 100  |
| 9B        | <b>wrongdoing</b>    | n              | illegal or immoral behaviour  | <b>cleared of any wrongdoing</b>   | αδικία, αδικοπραγία  | 100  |
| 9B        | <b>mismatch</b>      | n              | a combination of things or people that do not work well together or are not suitable for each other   | <b>the mismatch between the demand for health care and the supply</b>            | αναντιστοιχία  | 100  |
| 9B        | <b>disillusioned</b> | adj            | disappointed because you have lost your belief that someone is good, or that an idea is right   | <b>As she grew older, Laura became increasingly disillusioned with politics.</b> | απογοητευμένος, χωρίς αυταπάτες  | 100  |
| 9B        | <b>disclosure</b>    | n              | a secret that someone tells people, or the act of telling this secret   | <b>the disclosure of private medical information</b>                             | αποκάλυψη  | 100  |

| SRB9 Unit | Headword                   | Part of Speech | Definition  | Example  | Greek Translation              | Page |
|-----------|----------------------------|----------------|---|--|--------------------------------|------|
| 9B        | <b>allegiance</b>          | n              | loyalty to a leader, country, belief etc  | <b>You owe allegiance to your king.</b>  | πίστη, υποταγή                 | 100  |
| 9B        | <b>scoreboard</b>          | n              | a board on which the points won in a game are recorded  | <b>He looked at the scoreboard to check his team's points.</b>                 | πίνακας βαθμολογίας            | 101  |
| 9B        | <b>ritual</b>              | n              | a ceremony that is always performed in the same way, in order to mark an important religious or social occasion   | <b>ancient pagan rituals</b>   | τελετουργία, ιεροτελεστία      | 101  |
| 9B        | <b>quote</b>               | v              | to repeat exactly what someone else has said or written   | <b>She quoted from a newspaper article.</b>                                    | παραθέτω, αναφέρω επί λέξη     | 101  |
| 9B        | <b>myth</b>                | n              | an idea or story that many people believe, but which is not true  | <b>the myth of male superiority</b>  | μύθος                          | 101  |
| 9B        | <b>consultancy</b>         | n              | a company that gives advice on a particular subject   | <b>a management consultancy</b>  | συμβουλευτικές υπηρεσίες       | 101  |
| 9B        | <b>season ticket</b>       | coll.          | 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   | <b>an annual season ticket</b>   | εισιτήριο διαρκείας            | 101  |
| 9B        | <b>year in, year out</b>   | phr            | every year for many years   | <b>Many birds return to the same spot year after year.</b>                     | χρόνο με τον χρόνο             | 101  |
| 9B        | <b>plausible</b>           | adj            | reasonable and likely to be true or successful  | <b>His story certainly sounds plausible.</b>                                   | εύλογος                        | 101  |
| 9B        | <b>trophy</b>              | n              | a large object such as a silver cup or plate that someone receives as a prize for winning a competition   | <b>walls lined with banners and athletic trophies</b>                          | έπαθλο, τρόπαιο, βραβείο       | 101  |
| 9B        | <b>deter sb from</b>       | v              | to stop someone from doing something, by making them realize it will be difficult or have bad results   | <b>The company's financial difficulties have deterred potential investors.</b> | αποθαρρύνω, αποτρέπω           | 101  |
| 9B        | <b>fake</b>                | adj            | made to look like a real material or object in order to deceive people  | <b>a fake ID card</b>  | πλαστός, "μαϊμού"              | 101  |
| 9B        | <b>(football) division</b> | n              | one of the groups of teams that a sports competition is divided into, often based on the number of games they have won  | <b>a second-division club</b>  | κατηγορία (ομάδων ποδοσφαίρου) | 101  |
| 9B        | <b>ominous</b>             | adj            | making you feel that something bad is going to happen   | <b>How long will she be ill?' he asked. There was an ominous silence.</b>      | δυσοίωνος                      | 101  |
| 9B        | <b>(football) league</b>   | n              | 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. | <b>the European football league</b>  | πρωτάθλημα                     | 101  |



| SRB9 Unit | Headword           | Part of Speech | Definition  | Example   | Greek Translation  | Page |
|-----------|--------------------|----------------|---|---|--------------------|------|
| 9B        | <b>sedentary</b>   | adj            | spending a lot of time sitting down, and not moving or exercising very much                           | <b>health problems caused by our sedentary lifestyles</b>     | καθιστικός         | 102  |
| 9B        | <b>raw</b>         | adj            | not cooked, raw substances are in a natural state and not treated or prepared for use                 | <b>Cabbage can be eaten raw.</b>                              | ωμός, ακατέργαστος | 102  |
| 9B        | <b>intimidated</b> | adj            | feeling worried and lacking confidence because of the situation you are in or the people you are with | <b>I was shy, and felt intimidated by the older students.</b> | φοβισμένος         | 102  |

| Unit | Headword                                | Part of Speech | Definition   | Example   | Greek Translation                           | Page |
|------|---|----------------|--|---|---|------|
| 10A  | <b>be on your guard</b>                 | v phr          | to be paying attention to what is happening in order to avoid danger, being tricked etc  | <b>These men are dangerous so you'll need to be on your guard.</b>                            | είμαι σε επιφυλακή                          | 152  |
| 10A  | <b>fall back on</b>                     | phr v          | to use something or depend on someone's help when dealing with a difficult situation, especially after other methods have failed           | <b>She has no relatives to fall back on.</b>  | καταφεύγω σε, στρέφομαι                     | 152  |
| 10A  | <b>remedy</b>                           | v              | a way of dealing with a problem or making a bad situation better   | <b>The problems in our schools do not have a simple remedy.</b>                               | λύση, θεραπεία                              | 152  |
| 10A  | <b>investment</b>                       | n              | the use of money to get a profit or to make a business activity successful, or the money that is used                                      | <b>We plan to buy some property as an investment.</b>   | επένδυση                                    | 152  |
| 10A  | <b>overreact</b>                        | v              | to react to something with too much emotion, or by doing something that is unnecessary   | <b>You always overreact to criticism.</b>   | υπερβάλλω, αντιδρώ υπερβολικά               | 152  |
| 10A  | <b>unrepresentative</b>                 | adj            | not typical of a particular group of things or people  | <b>opinions that are unrepresentative of the population</b>                                   | μη αντιπροσωπευτικός                        | 152  |
| 10A  | <b>tackle</b>                           | v              | to try to deal with a difficult problem  | <b>There is more than one way to tackle the problem.</b>                                      | αντιμετωπίζω                                | 152  |
| 10A  | <b>recruitment</b>                      | n              | finding new people to work in a company, joining an organization, do a job etc   | <b>The financial recession has forced a lot of companies to cut down on new recruitments.</b> | πρόσληψη, στρατολόγηση                      | 152  |
| 10A  | <b>inadequacy</b>                       | n              | a feeling that you are not as good, clever, skilled etc as other people  | <b>Unemployment can cause feelings of inadequacy and low self-esteem.</b>                     | ανεπάρκεια                                  | 152  |
| 10A  | <b>detract from (sth)</b>               | phr v          | to make something seem less good   | <b>One poor performance does not detract from the team's achievements.</b>                    | μειώνω, αφαιρώ                              | 152  |
| 10A  | <b>naivety</b>                          | n              | the quality of trusting people too much and believing that good things will always happen, because you do not have much experience of life | <b>Talking to the press showed great political naivety.</b>                                   | αφέλεια                                     | 152  |
| 10A  | <b>nothing ventured, nothing gained</b> | phr            | used to say that you cannot achieve anything unless you take risks   | <b>His motto when it comes to business is: nothing ventured, nothing gained.</b>              | πρέπει να ρισκάρεις για να κερδίσεις        | 152  |
| 10A  | <b>headhunt</b>                         | v              | to persuade someone to leave their present job by offering them another job with higher position or more pay                               | <b>After 2 years at Lloyds, he was headhunted by a rival bank.</b>                            | προσφέρω καλύτερη θέση εργασίας, στρατολογώ | 152  |
| 10A  | <b>canny</b>                            | adj            | clever, careful, and not easily deceived, especially in business or politics   | <b>a canny political advisor</b>  | πονηρός                                     | 152  |
| 10A  | <b>untenable</b>                        | adj            | an untenable situation has become so difficult that it is impossible to continue   | <b>The scandal put the President in an untenable position.</b>                                | αφόρητος                                    | 152  |

| Unit | Headword                              | Part of Speech | Definition  | Example   | Greek Translation                           | Page |
|------|---------------------------------------|----------------|---|---|---|------|
| 10A  | <b>restraint</b>                      | n              | calm sensible controlled behaviour, especially in a situation when it is difficult to stay calm           | <b>The police were praised for their restraint in handling the demonstrators.</b> | καταστολή, περιορισμός                      | 152  |
| 10A  | <b>recruit</b>                        | v              | to find new people to work in a company, join an organization, do a job etc                               | <b>We're having difficulty recruiting enough qualified staff.</b>                 | προσλαμβάνω, στρατολογώ                     | 152  |
| 10A  | <b>burgeon</b>                        | v              | to grow or develop quickly  | <b>the burgeoning market for digital cameras</b>                                  | ανθίζω                                      | 152  |
| 10A  | <b>backlog</b>                        | n              | a large amount of work that you need to complete, especially work that should already have been completed | <b>a backlog of requests</b>  | λίστα εκκρεμοτήτων                          | 152  |
| 10A  | <b>flounder</b>                       | v              | to have a lot of problems and be likely to fail completely  | <b>More and more firms are floundering because of the recession.</b>              | παραπαίω, παραδέρνω                         | 152  |
| 10A  | <b>raring to go</b>                   | phr            | very eager to start an activity   | <b>They woke up early and were raring to go.</b>                                  | ανυπομονών να ξεκινήσω κάτι                 | 153  |
| 10A  | <b>distribution</b>                   | n              | the act of sharing things among a large group of people in a planned way                                  | <b>the distribution of aid supplies</b>   | διαμονή                                     | 153  |
| 10A  | <b>make a go of sth</b>               | v phr          | to make something succeed, especially a business or marriage  | <b>Nikki was determined to make a go of the business.</b>                         | κάνω κάτι να πετύχει                        | 153  |
| 10A  | <b>sink all your savings into sth</b> | v phr          | to spend a lot of money on something  | <b>They sank their entire savings into their house.</b>                           | ξοδεύω όλες τις οικονομίες μου σε κάτι      | 153  |
| 10A  | <b>run up an overdraft</b>            | v phr          | to owe a bank a large amount of money after having spent more money than you had in your account          | <b>I've run up an overdraft and I'm broke now.</b>                                | χρωστάω στην τράπεζα, έχω κάνει υπερανάληψη | 153  |
| 10A  | <b>backer</b>                         | n              | someone who supports a plan, especially by providing money  | <b>We're still trying to find backers for the housing development scheme.</b>     | υποστηρικτής, χρηματοδότης                  | 153  |
| 10A  | <b>omit</b>                           | v              | to not include someone or something, either deliberately or because you forget to do it                   | <b>Please don't omit any details, no matter how trivial they may seem.</b>        | παραλείπω                                   | 153  |
| 10A  | <b>confidentiality</b>                | n              | a situation in which you trust someone not to tell secret or private information to anyone else           | <b>The relationship between attorney and client is based on confidentiality.</b>  | εμπιστευτικότητα                            | 153  |
| 10A  | <b>pay dearly (for sth)</b>           | phr            | to suffer a lot as a result of a particular action or event   | <b>If you refuse to cooperate with us, you will pay dearly for it.</b>            | το πληρώνω ακριβά                           | 153  |
| 10A  | <b>subsequent</b>                     | adj            | happening or coming after something else  | <b>These skills were passed on to subsequent generations.</b>                     | επόμενος, μεταγενέστερος                    | 153  |

| Unit | Headword                          | Part of Speech | Definition  | Example  | Greek Translation   | Page |
|------|-----------------------------------|----------------|---|--|---|------|
| 10A  | <b>chalk sth up to experience</b> | expr.          | to accept a failure or disappointment calmly and regard it as an experience that you can learn something from | <b>“So your new job didn’t work out very well?” “No, it didn’t, but never mind - chalk it up to experience.”</b> | δέχομαι μια αποτυχία ήρεμα και την καταγράφω ως διδακτική εμπειρία          | 153  |
| 10A  | <b>expansion</b>                  | n              | when something increases in size, range, amount etc   | <b>The rapid expansion of cities can cause social and economic problems.</b>                                     | επέκταση, διεύρυνση   | 153  |
| 10A  | <b>groundwork</b>                 | n              | something that has to happen before an activity or plan can be successful                                     | <b>His speech laid the groundwork for independence.</b>  | βάσεις, θεμέλια   | 153  |
| 10A  | <b>sustain (a level of sth)</b>   | v              | to make something continue to exist or happen for a period of time  | <b>to make something continue to exist or happen for a period of time</b>  | διατηρώ, συντηρώ  | 153  |
| 10A  | <b>blip</b>                       | n              | a short high electronic sound, or a flashing light on the screen of a piece of electronic equipment           | <b>blips on a radar screen</b>   | μπιπ, σύντομος ηλεκτρονικός ήχος ή φωτάκι που αναβοσβήνει σε οθόνη          | 153  |
| 10A  | <b>pay off</b>                    | phr v          | to give someone all the money you owe them  | <b>I’ll pay off all my debts first.</b>  | εξοφλώ  | 153  |
| 10A  | <b>comfort zone</b>               | n phr          | your comfort zone is the range of activities or situations that you feel happy and confident in               | <b>It’s not easy to get out of your comfort zone but you have to try it from time to time.</b>                   | ζώνη άνεσης, δραστηριότητες ή συνθήκες στις οποίες κάποιος αισθάνεται άνετα | 153  |
| 10A  | <b>mess (sth) up</b>              | phr v          | to spoil or ruin something, especially something important or something that has been carefully planned       | <b>I felt like I had messed my whole life up and needed to make a new start.</b>                                 | χαλάω, καταστρέφω   | 153  |
| 10A  | <b>venture capitalist</b>         | n              | a person or company that lends money to someone so that they can start a new business                         | <b>Venture capitalists are looking for a high rate of return on their investment.</b>                            | επενδυτής επιχειρηματικών κεφαλαίων   | 153  |
| 10A  | <b>put it mildly</b>              | v phr          | used to say that you could use much stronger words to describe something                                      | <b>Losing two members of staff was unfortunate, to put it mildly.</b>  | για να το θέσω ήπια   | 153  |
| 10A  | <b>gut feeling</b>                | phr            | a feeling that you are sure is right, although you cannot give a reason for it                                | <b>He had a gut feeling that Sarah was lying.</b>  | προαισθημα  | 153  |
| 10A  | <b>call it a day</b>              | expr.          | to decide to stop working, especially because you have done enough or you are tired                           | <b>Come on, let’s call it a day and go home.</b>   | ολοκληρώνω, τελειώνω  | 153  |
| 10A  | <b>drag on</b>                    | phr v          | if an event or situation drags on, it continues for too long  | <b>The party seemed to drag on when everybody wanted to just call it a night.</b>                                | συνεχίζομαι, παρατραβάω   | 153  |

| Unit | Headword                          | Part of Speech | Definition   | Example  | Greek Translation              | Page |
|------|-----------------------------------|----------------|--|--|--------------------------------|------|
| 10A  | <b>inexcusable</b>                | adj            | inexcusable behaviour is too bad to be excused   | <b>an inexcusable act of aggression</b>  | αδικαιολόγητος, ασυγχώρητος    | 153  |
| 10A  | <b>a different kettle of fish</b> | expr.          | used to say that a situation is very different from one that you have just mentioned                                   | <b>She enjoys public speaking but being on TV is a different kettle of fish.</b>                   | εντελώς διαφορετική υπόθεση    | 153  |
| 10A  | <b>settle for second best</b>     | v phr          | to accept something even though it is not the best, or not what you really want  | <b>They want \$2500 for it, but they might settle for \$2000.</b>                                  | αρκούμαι, συμβιβάζομαι με      | 154  |
| 10A  | <b>business associate</b>         | n phr          | someone who you work or do business with   |  | επαγγελματικός συνεργάτης      | 155  |
| 10A  | <b>reciprocal</b>                 | adj            | a reciprocal arrangement or relationship is one in which two people or groups do or give the same things to each other | <b>He spoke of the necessity for a reciprocal relationship that would be useful for all sides.</b> | αμοιβαίος                      | 155  |
| 10A  | <b>portable</b>                   | adj            | able to be carried or moved easily   | <b>a portable radio</b>  | φορητός                        | 155  |
| 10A  | <b>asset</b>                      | n              | the things that a company owns, that can be sold to pay debts  | <b>a corporation with \$9 billion in assets</b>  | περιουσιακό στοιχείο           | 155  |
| 10A  | <b>thatched</b>                   | adj            | a thatched roof is made with dried straw, reeds, leaves etc  | <b>a thatched cottage</b>  | αχυρένιος                      | 156  |
| 10A  | <b>have designs on</b>            | v phr          | to want something for yourself, especially because it will bring you money   | <b>Several developers have designs on the property.</b>  | έχω σχέδια για, εποφθαλμιώ     | 157  |
| 10A  | <b>categorically</b>              | adv            | in such a sure and certain way that there is no doubt  | <b>He has categorically denied his guilt all along.</b>  | κατηγορηματικά                 | 157  |
| 10A  | <b>venture</b>                    | n              | a new business activity that involves taking risks   | <b>a future venture</b>  | επιχείρηση, τόλμημα, εγχείρημα | 157  |
| 10A  | <b>a recipe for</b>               | expr.          | to be likely to cause a particular result, often a bad one   | <b>She said that five small boys on skis was a recipe for disaster, not a holiday.</b>             | μια συνταγή για                | 158  |
| 10A  | <b>eagle eye</b>                  | phr            | used to say that someone is watching carefully or is likely to notice something  | <b>They carried on working, under the eagle eye of the owner.</b>                                  | άγρυπνο μάτι                   | 158  |
| 10A  | <b>accordingly</b>                | adv            | in a way that is suitable for a particular situation or that is based on what someone has done or said                 | <b>Katherine still considered him a child and treated him accordingly.</b>                         | ανάλογα                        | 158  |
| 10A  | <b>arrogance</b>                  | n              | when someone behaves in a rude way because they think they are very important  | <b>I couldn't believe the arrogance of the man!</b>  | αλαζονία                       | 158  |
| 10A  | <b>constructive criticism</b>     | n phr          | useful and helpful remarks, or likely to produce good results  | <b>Thank you for the feedback and the constructive criticism.</b>                                  | εποικοδομητική κριτική         | 158  |

| Unit | Headword                              | Part of Speech | Definition  | Example  | Greek Translation              | Page |
|------|---------------------------------------|----------------|---|--|--------------------------------|------|
| 10A  | <b>put sth to good use</b>            | v phr          | to use something such as knowledge or skills for a particular purpose   | <b>a job where her management skills can be put to good use</b>                  | κάνω βέλτιστη χρήση, αξιοποιώ  | 158  |
| 10A  | <b>validity</b>                       | n              | the fact that something is legally or officially acceptable   | <b>I would question the validity of that statement.</b>                          | κύρος, εγκυρότητα              | 158  |
| 10B  | <b>bowl (sb) over</b>                 | phr v          | to surprise, please, or excite someone very much  | <b>I was bowled over by the beauty of the landscape.</b>                         | καταπλήσσω κάποιον             | 159  |
| 10B  | <b>fall into place</b>                | v phr          | 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 | <b>Suddenly, all the details started falling into place.</b>                     | τακτοποιώ, μπαίνω στη θέση μου | 159  |
| 10B  | <b>be at a loose end</b>              | n phr          | to have nothing to do   | <b>I was at a loose end so I decided to go see an old movie.</b>                 | έχω ελεύθερο χρόνο             | 159  |
| 10B  | <b>knock (sb) down with a feather</b> | v phr          | used humorously to say that you are very surprised about something  | <b>When he told me he was 60, you could have knocked me down with a feather.</b> | αφήνω κάποιον έκπληκτο         | 159  |
| 10B  | <b>hooked</b>                         | adj            | if you are hooked on something, you enjoy it very much and you want to do it as often as possible   | <b>I got hooked on TV when I was sick.</b>                                       | εθισμένος, που έχει "κολλήσει" | 159  |
| 10B  | <b>flabbergasted</b>                  | adj            | extremely surprised or shocked  | <b>When I heard how much money we'd made, I was flabbergasted.</b>               | εμβρόντητος, άναυδος           | 159  |
| 10B  | <b>grasp</b>                          | n              | your ability to understand a complicated idea, situation, or subject  | <b>Her grasp of the issues was impressive.</b>                                   | αντίληψη, κατανόηση            | 159  |
| 10B  | <b>muck about</b>                     | phr v          | to behave in a silly way, especially when you should be working or paying attention to something  | <b>Stop mucking about and get on with your homework right now!</b>               | τεμπελιάζω, χαζολογώ           | 159  |
| 10B  | <b>gob-smacked</b>                    | adj            | very surprised or shocked   | <b>When my sister bought a motorbike, I was totally gob-smacked.</b>             | έκπληκτος, άναυδος             | 159  |
| 10B  | <b>be up to doing (sth)</b>           | v              | clever, good, or well enough to do something  | <b>He's not really up to seeing any visitors.</b>                                | είμαι σε θέση να κάνω κάτι     | 159  |
| 10B  | <b>theoretical</b>                    | adj            | relating to the study of ideas, especially scientific ideas, rather than with practical uses of the ideas or practical experience               | <b>She has theoretical knowledge of teaching, but no practical experience.</b>   | θεωρητικός                     | 159  |
| 10B  | <b>paradigm</b>                       | n              | a model or example that shows how something works or is produced  | <b>the basic paradigm of the family tree</b>                                     | παράδειγμα                     | 160  |
| 10B  | <b>humanities</b>                     | n pl           | subjects of study such as literature, history, or art, rather than science or mathematics   | <b>Barbara will study humanities at college.</b>                                 | ανθρωπιστικές επιστήμες        | 160  |
| 10B  | <b>every subject under the sun</b>    | phr            | used to emphasize that you are talking about a large range of things  | <b>You can buy jeans in every colour under the sun.</b>                          | κάθετι που υπάρχει, κάθε λογής | 160  |

| Unit              | Headword                           | Part of Speech        | Definition  | Example  | Greek Translation                  | Page        |
|-------------------|------------------------------------|-----------------------|---|--|------------------------------------|-------------|
| 10B               | <b>effectively</b>                 | adv                   | in a way that produces the result that was intended   | <b>Children have to learn to communicate effectively.</b>                                  | αποτελεσματικά                     | 161         |
| 10B               | <b>bug</b>                         | n                     | an illness that people catch very easily from each other but is not very serious  | <b>There's a nasty bug going round.</b>  | μικρόβιο                           | 162         |
| 10B               | <b>hitch a lift</b>                | v phr                 | 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 | <b>My car broke down so I need to hitch a lift to the nearest garage.</b>                  | κάνω ωτοστόπ                       | 162         |
| 10B               | <b>collate</b>                     | v                     | to gather information together, examine it carefully, and compare it with other information to find any differences                 | <b>A computer system is used to collate information from across Britain.</b>               | συλλέγω, συγκεντρώνω               | 162         |
| 10B               | <b>entrepreneur</b>                | n                     | someone who starts a new business or arranges business deals in order to make money, often in a way that involves financial risks   | <b>The government scheme will encourage entrepreneurs to start new businesses.</b>         | επιχειρηματίας                     | 163         |
| 10B               | <b>consensus</b>                   | n                     | an opinion that everyone in a group agrees with or accepts  | <b>a lack of consensus about the aims of the project</b>                                   | ομοφωνία, συναίνεση                | 164         |
| 10B               | <b>substitute</b>                  | v                     | to use something new or different instead of something else   | <b>The recipe says you can substitute yoghurt for the sour cream.</b>                      | υποκαθιστώ, αντικαθιστώ με         | 164         |
| 10B               | <b>vocational</b>                  | adj                   | teaching or relating to the skills you need to do a particular job  | <b>vocational qualifications</b>   | επαγγελματικός                     | 164         |
| 10B               | <b>manual</b>                      | adj                   | manual work involves using your hands or your physical strength rather than your mind   | <b>People in manual occupations have a lower life expectancy.</b>                          | χειρωνακτικός                      | 165         |
| 10B               | <b>prerogative</b>                 | n                     | a right that someone has, especially because of their importance or social position   | <b>Education was once the prerogative of the elite.</b>                                    | προνόμιο                           | 166         |
| 10B               | <b>familiarity breeds contempt</b> | expr.                 | an expression meaning that if you know someone too well, you find out their faults and respect them less                            | <b>It isn't wise to spend all your time with one person - familiarity breeds contempt.</b> | η οικειότητα γεννά την περιφρόνηση | 166         |
| 10B               | <b>under attack</b>                | v phr                 | in the process of being attacked  | <b>a country under attack</b>  | δέχομαι επίθεση                    | 166         |
| 10B               | <b>of a high calibre</b>           | phr                   | the level of quality or ability that someone or something has achieved  | <b>The paintings were of the highest caliber.</b>  | υψηλού επιπέδου                    | 166         |
| <b>SRB10 Unit</b> | <b>Headword</b>                    | <b>Part of Speech</b> | <b>Definition</b>   | <b>Example</b>   | <b>Greek Translation</b>           | <b>Page</b> |
| 10A               | <b>right up your street</b>        | expr.                 | exactly right for you   | <b>A night out with the girls is right up your street.</b>                                 | ακριβώς αυτό που χρειάζεσαι        | 105         |

| SRB10 Unit | Headword                 | Part of Speech | Definition   | Example  | Greek Translation               | Page |
|------------|--------------------------|----------------|--|--|---------------------------------|------|
| 10A        | <b>track record</b>      | n phr          | 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 | <b>We're looking for someone with a proven track record in selling advertising.</b>            | ιστορικό                        | 105  |
| 10A        | <b>collaborate</b>       | v              | to work together with a person or group in order to achieve something, especially in science or art  | <b>The two nations are collaborating on several satellite projects.</b>                        | συνεργάζομαι                    | 105  |
| 10A        | <b>pull off (a deal)</b> | phr v          | to succeed in closing a deal   | <b>After months of negotiations she managed to pull this deal off.</b>                         | κλείνω μια συμφωνία             | 105  |
| 10A        | <b>persevere (with)</b>  | v              | to continue trying to do something in a very determined way in spite of difficulties - use this to show approval   | <b>He persevered with his task until he had succeeded in collecting an armful of firewood.</b> | επιμένω                         | 105  |
| 10A        | <b>redundancy</b>        | n              | a situation in which someone has to leave their job, because they are no longer needed   | <b>The closure of the export department resulted in over 100 redundancies.</b>                 | απόλυση πλεονάζοντος προσωπικού | 107  |
| 10A        | <b>recession</b>         | n              | a difficult time when there is less trade, business activity etc in a country than usual   | <b>the economic recession of the early 1980s</b>   | ύφεση                           | 108  |
| 10A        | <b>discreetly</b>        | adv            | careful about what you say or do, so that you do not offend, upset, or embarrass people or tell secrets  | <b>We need to handle the situation discreetly.</b>   | διακριτικά                      | 108  |
| 10A        | <b>devoid of</b>         | adj            | to be completely lacking in something  | <b>His face was devoid of any warmth or humour.</b>  | στερούμαι ενός πράγματος        | 108  |
| 10A        | <b>accentuate</b>        | v              | to make something more noticeable  | <b>The photograph seemed to accentuate his large nose.</b>                                     | υπερτονίζω                      | 108  |
| 10A        | <b>a necessary evil</b>  | expr.          | something bad or unpleasant that you have to accept in order to achieve what you want  | <b>Mr Hurst regarded work as a necessary evil.</b>   | αναγκαίο κακό                   | 109  |
| 10A        | <b>overstated</b>        | adj            | exaggerated  | <b>The importance of a child's early years cannot be overstated.</b>                           | μεγαλοποιημένος                 | 109  |
| 10A        | <b>traumatic</b>         | adj            | a traumatic experience is so shocking and upsetting that it affects you for a long time  | <b>His son's death was the most traumatic event in Stan's life.</b>                            | τραυματικός                     | 109  |
| 10A        | <b>sour</b>              | v              | if a relationship or someone's attitude sours, or if something sours it, it becomes unfriendly or unfavourable   | <b>An unhappy childhood has soured her view of life.</b>                                       | χαλάω, ξινίζω                   | 109  |
| 10A        | <b>chronic</b>           | adj            | a chronic disease or illness is one that continues for a long time and cannot be cured   | <b>chronic asthma</b>  | χρόνιος                         | 109  |



| SRB10 Unit | Headword                | Part of Speech | Definition   | Example  | Greek Translation                | Page         |
|------------|-------------------------|----------------|--|--|----------------------------------|--------------|
| 10A        | <b>trade-off</b>        | n              | a balance between two opposing things, that you are willing to accept in order to achieve something              | <b>There has to be a trade-off between quality and quantity if we want to keep prices low.</b> | ισοζύγιο                         | 109          |
| 10A        | <b>slacker</b>          | n              | someone who is lazy and does not do all the work they should - used to show disapproval                          | <b>Nick is no slacker - he works ten hours a day.</b>  | τεμπέλης                         | 109          |
| 10A        | <b>social standing</b>  | n phr          | social status  | <b>higher social standing</b>  | κοινωνική θέση                   | 109          |
| 10A        | <b>mobility</b>         | n              | the ability to move easily from one job, area, or social class to another  | <b>social mobility</b>   | κινητικότητα                     | 109          |
| 10A        | <b>cornerstone</b>      | n              | something that is extremely important because everything else depends on it                                      | <b>The magazine became the cornerstone of McFadden's publishing empire.</b>                    | ακρογωνιαίος λίθος               | 109          |
| 10A        | <b>miss out on</b>      | phr v          | to not have the chance to do something that you enjoy and that would be good for you                             | <b>Prepare food in advance to ensure you don't miss out on the fun!</b>                        | χάνω                             | 109          |
| 10A        | <b>shift</b>            | v              | to move from one place or position to another, or make something do this   | <b>Give me a hand to shift these chairs.</b>   | μετακινώ,<br>μετατοπίζω          | 109          |
| 10A        | <b>faint-hearted</b>    | adj            | not trying very hard, usually because you do not want to do something or are not confident that you will succeed | <b>He made a faint-hearted attempt to stop her leaving.</b>                                    | διστακτικός, δειλός              | 133 / script |
| 10A        | <b>business acumen</b>  | n              | the ability to think quickly and make good judgments   | <b>The firm's success is largely due to Brannon's business acumen.</b>                         | επιχειρηματικό<br>δαιμόνιο       | 135 / script |
| 10A        | <b>finite</b>           | adj            | having an end or a limit   | <b>the Earth's finite resources</b>  | πεπερασμένος                     | 135 / script |
| 10A        | <b>contingency plan</b> | n              | a plan for dealing with a future event or situation that might cause problems                                    | <b>We tried to ensure that the company prepared an adequate oil spill contingency plan.</b>    | σχέδιο έκτακτης<br>ανάγκης       | 136 / script |
| 10A        | <b>donkeywork</b>       | n              | the hard boring work that is part of a job or project  | <b>Why do I always have to do the donkeywork?</b>  | βαρετή δουλειά,<br>χαμαλοδουλειά | 138 / script |
| 10B        | <b>perpetrate</b>       | v              | to do something that is morally wrong or illegal   | <b>Who could have perpetrated such a dreadful crime?</b>                                       | διαπράττω                        | 110          |
| 10B        | <b>caught off-guard</b> | v phr          | to surprise someone by happening when they are not expecting something or prepared for it                        | <b>The sudden snow storm caught us all off-guard.</b>  | πιάνω κάποιον<br>απροετοίμαστο   | 110          |
| 10B        | <b>fraudster</b>        | n              | someone who has committed a fraud  | <b>Being the fraudster that he is, it is only logical he ended up behind bars.</b>             | απατεώνας                        | 110          |
| 10B        | <b>regale with</b>      | v              | to entertain someone by telling them about something   | <b>Bailey regaled the customers with tales of our exploits.</b>                                | διασκεδάζω                       | 110          |

| SRB10 Unit | Headword                 | Part of Speech | Definition   | Example   | Greek Translation                      | Page |
|------------|--------------------------|----------------|--|---|--|------|
| 10B        | <b>leap of faith</b>     | expr           | something you do even though it involves a risk, hoping that it will have a good result                | <b>It took a big leap of faith to decide to quit my job and try something new.</b>        | άλμα πίστης, θαρραλέα απόφαση          | 110  |
| 10B        | <b>swindle</b>           | v              | to get money from someone by deceiving them  | <b>a businessman who swindled investors out of millions of pounds</b>                     | εξαπατώ                                | 110  |
| 10B        | <b>shatter</b>           | v              | to break suddenly into very small pieces, or to make something break in this way                       | <b>The plate hit the floor, and shattered into tiny bits.</b>                             | θρυμματίζω                             | 110  |
| 10B        | <b>disabuse</b>          | v              | to persuade someone that what they believe is not true   | <b>I tried to disabuse him of that notion.</b>  | βγάζω κάποιον από την πλάνη, διαφωτίζω | 110  |
| 10B        | <b>lick their wounds</b> | expr.          | to quietly think about the defeat or disappointment you have just suffered                             | <b>After our team's defeat, we all had to lick our wounds and regroup.</b>                | γλείφω τις πληγές μου                  | 110  |
| 10B        | <b>ensconce</b>          | v              | to settle yourself in a place where you feel comfortable and safe                                      | <b>Nick was comfortably ensconced in front of the TV set.</b>                             | βολεύομαι                              | 110  |
| 10B        | <b>gullible</b>          | adj            | too ready to believe what other people tell you, so that you are easily tricked                        | <b>Plastic replicas of the Greek pottery are sold to gullible tourists.</b>               | εύπιστος, αφελής                       | 110  |
| 10B        | <b>fraudulent</b>        | adj            | intended to deceive people in an illegal way, in order to gain money, power etc                        | <b>a fraudulent insurance claim</b>   | δόλιος, απατηλός                       | 110  |
| 10B        | <b>prevalent</b>         | adj            | common at a particular time, in a particular place, or among a particular group of people              | <b>Solvent abuse is especially prevalent among younger teenagers.</b>                     | διαδεδομένος                           | 110  |
| 10B        | <b>penultimate</b>       | adj            | not the last, but immediately before the last  | <b>the penultimate chapter</b>  | προτελευταίος                          | 110  |
| 10B        | <b>uninitiated</b>       | adj            | people who do not have special knowledge or experience of something                                    | <b>To the uninitiated, this will make little sense.</b>                                   | αμήτηος                                | 111  |
| 10B        | <b>intervene</b>         | v              | to become involved in an argument, fight, or other difficult situation in order to change what happens | <b>The police don't usually like to intervene in disputes between husbands and wives.</b> | παρεμβαίνω                             | 111  |
| 10B        | <b>scam</b>              | n              | a clever but dishonest way to get money  | <b>He got involved in a credit card scam.</b>   | απάτη, κόλπο                           | 111  |
| 10B        | <b>dupe</b>              | v              | to trick or deceive someone  | <b>Consumers are being duped into buying faulty electronic goods.</b>                     | κοροϊδεύω, εξαπατώ                     | 111  |
| 10B        | <b>implicit</b>          | adj            | suggested or understood without being stated directly  | <b>Her words contained an implicit threat.</b>  | έμμεσος, σιωπηρός, υπονοούμενος        | 111  |
| 10B        | <b>embark upon</b>       | v              | to start something, especially something new, difficult, or exciting                                   | <b>He embarked on a new career as a teacher.</b>  | ξεκινώ, αναλαμβάνω                     | 112  |

| SRB10 Unit | Headword          | Part of Speech | Definition   | Example   | Greek Translation        | Page         |
|------------|-------------------|----------------|--|---|--------------------------|--------------|
| 10B        | <b>flourish</b>   | v              | to develop well and be successful  | <b>The economy is booming and small businesses are flourishing.</b>       | ανθίζω, ακμάζω, ευδοκιμώ | 113          |
| 10B        | <b>stationary</b> | adj            | standing still instead of moving   | <b>How did you manage to drive into a stationary vehicle?</b>             | στατικός, ακίνητος       | 113          |
| 10B        | <b>exploit</b>    | v              | to treat someone unfairly by asking them to do things for you, but giving them very little in return - used to show disapproval                    | <b>Homeworkers can easily be exploited by employers.</b>                  | εκμεταλλεύομαι           | 114          |
| 10B        | <b>stretch</b>    | v              | to make someone use all of their skill, abilities, or intelligence   | <b>The work's too easy. The students aren't being stretched enough.</b>   | επεκτείνω                | 140 / script |
| 10B        | <b>ironically</b> | adv            | used when talking about a situation in which the opposite of what you expected happens or is true  | <b>Ironically, his cold got better on the last day of his holiday.</b>    | κατά ειρωνία της τύχης   | 140 / script |
| 10B        | <b>worthy</b>     | adj            | to deserve to be thought about or treated in a particular way  | <b>a teacher who is worthy of respect</b>                                 | που αξίζει               | 140 / script |
| 10B        | <b>off-chance</b> | n              | if you do something on the off-chance that something will happen, you do it hoping that it will happen although it is unlikely                     | <b>I just came to see you on the off-chance that Pippa might be here.</b> | αν παρ' ελπίδα           | 141 / script |
| 10B        | <b>credit</b>     | v              | to believe that something is true  | <b>We found his statement hard to credit.</b>                             | πιστεύω, αναγνωρίζω      | 142 / script |
| 10B        | <b>allergy</b>    | n              | 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 | <b>I have an allergy to cats.</b>   | αλλεργία                 | 142 / script |





