

# GOLD

## experience

**B2**

**ENGLISH - GREEK WORDLIST**

# UNIT 1

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

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

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

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

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

# UNIT 2

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



# UNIT 2

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



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

# UNIT 2

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

# UNIT 2

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

# UNIT 2

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

# UNIT 3

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

# UNIT 3

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



# UNIT 3

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



# UNIT 3

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

# UNIT 3

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

# UNIT 3

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

# UNIT 4

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

# UNIT 4

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

# UNIT 4

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

# UNIT 4

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



# UNIT 4

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

# UNIT 4

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

# UNIT 4

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

# UNIT 4

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

# UNIT 5

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

# UNIT 5

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



# UNIT 5

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



# UNIT 5

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

# UNIT 5

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

# UNIT 5

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

# UNIT 5

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

# UNIT 5

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

# UNIT 5

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

# UNIT 5

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



# UNIT 6

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

# UNIT 6

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

# UNIT 6

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

# UNIT 6

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

# UNIT 6

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

# UNIT 7

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

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



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

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

# UNIT 7

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

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

# UNIT 7

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

# UNIT 7

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

# UNIT 8

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



# UNIT 8

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

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

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

# UNIT 8

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

# UNIT 8

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

# UNIT 9

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

# UNIT 9

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



# UNIT 9

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

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

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

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

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