

GOLD

experience

B2+

ENGLISH - GREEK WORDLIST

UNIT 1

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
(be) a pain	phr	to be very annoying	Getting to school on time during rush hour can be a pain .	είμαι μπελάς, γίνομαι ενοχλητικός	19
(be) on track	phr	to be likely to achieve the result you want	My brother's studying really hard and is on track to pass all of his exams.	στη σωστή κατεύθυνση	11
(do sth) from scratch	phr	if you start something from scratch, you begin it without using anything that existed or was prepared before	I've messed this exercise up. I think I need to start again from scratch .	από την αρχή	11
(have) the best of both worlds	phr	a situation in which you have the advantages of two different things without any of the disadvantages	I love spending time with my family but they give me lots of independence, so I get the best of both worlds.	ο καλύτερος συνδυασμός	11
(overcome) a setback	n	a problem that delays or prevents progress, or makes things worse than they were	Nothing ever comes easily in life. There'll always be one or two setbacks to overcome.	(ξεπερνώ) μια αναποδιά	11
(pass) with flying colours	phr	if you pass a test with flying colours, you are very successful in it	Amanda passed the college entrance test with flying colours .	(περνώ) με απόλυτη επιτυχία / με άριστα	11
(present) a challenge	n	something that tests strength, skill, or ability, especially in a way that is interesting	The grades you need to get into medical school present a huge challenge , but I'll give it a go.	(αποτελώ) πρόκληση	11
accomplish (your goals)	v	to achieve what you have intended, especially after trying very hard	I hope to accomplish my main goals before I'm 25.	επιτυγχάνω (τους στόχους μου)	11
automatically assume	adv + v	to decide that something is true, although you did not give it much thought and do not have definite proof	People look at me and automatically assume I'm younger than I am.	υποθέτω αυτόματα	14
beat off (competitors)	phr v	to succeed in defeating someone who is attacking, opposing or competing with you	The team had to beat off the competition to win.	αποκρούω	13
campaign	v	to lead or take part in a series of actions intended to achieve a particular social or political result	Some students are campaigning to allow the girls to play football with the boys.	διεξάγω εκστρατεία	12
campaign	n	a series of actions intended to achieve a particular result relating to politics or business, or a social improvement	The police have launched a campaign against drug dealers.	εκστρατεία, καμπάνια	12
clearly show	adv + v	to provide facts or information that make it clear that something is true, that something exists, or that something has happened	My recent physics grades clearly show I haven't understood what we've been learning.	καταδεικνύω σαφώς	14
closely modelled	adv + v	trying to be like someone else because you admire them	Some games characters are closely modelled on real actors.	έχω ως πρότυπο	14
come through (a difficult time)	phr v	to continue to live, be strong or succeed after a difficult or dangerous time	It was a difficult time for Rob but he came through it without too many problems.	αντέχω, υπομένω	13
come up against (a problem)	phr v	to have to deal with problems or difficulties	We've come up against a bit of a problem but hopefully, we'll find a solution soon.	αντιμετωπίζω	13

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come up with (an idea)	phr v	to think of an idea, answer, etc.	Rica's come up with a brilliant idea for the end-of-year celebrations.	επινοώ, βρίσκω	13
compromise	v	to reach an agreement in which everyone involved accepts less than what they wanted at first	I think I'll never compromise with my boss.	συμβιβάζομαι	12
compromise	n	an agreement that is achieved after everyone involved accepts less than what they wanted at first, or the act of making this agreement	We both wanted to do very different things, so had to come to a compromise .	συμβιβασμός	12
consistently annoy	adv + v	to make someone feel slightly angry and unhappy about something on every occasion something is happening	Cyclists consistently annoy me when they go through a red light.	μονίμως / διαρκώς ενοχλώ	audioscript 1.7
demonstration	n	an event at which a large group of people meet to protest or to support something in public	There's a demonstration in the city centre by teachers demanding higher salaries.	διαδήλωση	12
drive	n	determination and energy to succeed	I'd love to be a lawyer but I'm not sure I've got the drive to do all that study.	θέληση, επιμονή	9
end up (doing sth)	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 out but ended up staying in instead.	καταλήγω	13
energised	adj	feeling more determined and energetic	After an afternoon nap, I felt energised and ready to do some work.	ενεργός, ορεξάτος	9
engage	v	to be doing or to become involved in an activity	Teachers prefer students not to engage in private conversations in class.	συμμετέχω, συζητώ	15
expertise	n	special skills or knowledge in a particular subject, that you learn by experience or training	My mum's an accountant so she has a lot of expertise when it comes to numbers.	εμπειρία, τεχνογνωσία	12
flourish	v	to develop well and be successful	After she got to secondary school and made new friends, she flourished .	ανθίζω, ακμάζω, διαπρέπω	11
fulfil (your potential)	v	to be as successful as you possibly can be	Anyone who wants to fulfil their potential has to work hard at it.	εκπληρώνω / πραγματοποιώ (τις προοπτικές μου)	11
funding	n	money that is provided by an organization for a particular purpose	The school's got funding for a new sports hall.	χρηματοδότηση	12
generally accepted	adv + v	considered right or suitable by most people	It's generally accepted that social networking has changed how people communicate.	γενικά αποδεκτός	14
generally considered	adv + adj	if something is generally considered, most people think of it in a particular way or have a particular opinion about it	CDs are generally considered to be a thing of the past.	θεωρούμαι κατά κανόνα	14
genius	n	someone who has an unusually high level of intelligence, mental skill, or ability	My brother's a genius when it comes to languages. He speaks French and Italian.	ιδιοφυΐα	19

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
get over (a problem)	phr v	to begin to feel better after a very upsetting experience	He was ill in bed all week but had got over it by the weekend.	ξεπερνώ	13
gifted	adj	talented	I'm not a particularly gifted singer but I love it.	ταλαντούχος, χαρισματικός	12
give in	phr v	to accept that you are defeated in a game, fight, competition, etc.	Don't give in just because you failed your first test. Work hard and try again!	παραδίδομαι, υποκύπτω	13
go hand in hand	phr	if two things go hand in hand, they are closely connected	Success goes hand in hand with hard work.	συμβαδίζω	11
greatly increase	adv + v	if something greatly increases, it becomes much bigger in amount, number, or degree	Student numbers at our school have greatly increased over the last few years.	αυξάνω σημαντικά	14
highly (un)likely	adv + adj	something that is highly likely will probably happen or is probably very true	It's highly likely the match will be called off because of the snow.	πολύ πιθανό / απίθανο	14
hold back	phr v	to be unwilling to do something, especially because you are being careful, or to make someone unwilling to do something	Marian's lack of confidence definitely holds her back in drama classes.	συγκρατώ	13
keep your cool	phr	to remain calm in a frightening or difficult situation	I try and keep my cool whenever I see a spider but usually scream and run.	κρατάω την ψυχραιμία μου	11
knock out (an opponent)	phr v	to defeat a person or team in a competition so that they can no longer take part	Manchester were knocked out of the Champion's League by Madrid.	αποκλείω, βγάζω νοκ άουτ	20
largely based (on)	adv + v	used as the thing from which something else is developed	The film's largely based on a true story but some parts are made up.	βασίζομαι σε μεγάλο βαθμό (σε)	14
live up to (expectations)	phr v	if something or someone lives up to a particular standard or promise, they do as well as they were expected to, do what they promised, etc.	Everyone thought I'd make a brilliant dancer when I was younger, but I didn't quite live up to those expectations!	ανταποκρίνομαι στις (προσδοκίες)	13
mess up (an exercise)	phr v	to make a mistake and do something badly	I tried to knit a scarf for my mum's birthday but I messed it up and had to buy her one instead!	τα κάνω μαντάρα, τα θαλασσώνω, τα κάνω θάλασσα	13
negatively influence	adv + v	have a bad effect on something or somebody	Friends can sometimes negatively influence each other.	επιηρεάζω αρνητικά	14
obstacle	n	something that makes it difficult to achieve something	Not being able to drive is a major obstacle in life.	εμπόδιο	12
occupy (your time)	v	if something occupies you or your time, you are busy doing it	This maths homework occupied far too much of my time last weekend.	απασχολώ	11
open up (opportunities)	phr v	if opportunities open up, or a new situation opens them up, they become available or possible	Learning a language can open up career opportunities.	δημιουργώ / προσφέρω (ευκαιρίες)	13

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pass up (an opportunity)	phr v	not to use the chance to do or have something when it is offered	Taking a study trip abroad was an opportunity I just couldn't pass up .	προσπερνώ (μια ευκαιρία)	13
petition	v	to ask the government or an organization to do something by sending them a petition	Villagers are petitioning for better bus services.	αιτούμαι	19
petition	n	a written request signed by a lot of people, asking someone in authority to do something or change something	I signed a petition asking for healthier school dinners.	αίτημα, λίστα υπογραφών	12
potentially dangerous	adv + adj	something that is potentially dangerous is not dangerous now, but may become so in the future	Cliff diving is potentially very dangerous and should never be tried without a lot of training first.	πιθανώς επικίνδυνος	14
pull out (of sth)	phr v	to stop doing or being involved in something, or to make someone do this	I was supposed to run a half marathon but had to pull out because I'd torn a leg muscle.	αποσύρω	13
pursue (your interest)	v	to continue doing an activity or trying to achieve something over a long period of time	He loves working on old cars and wants to pursue this interest at college next year.	ακολουθώ / ασχολούμαι (με το πάθος μου)	8
readily available	adv + adj	something that is readily available can quickly and easily be used, bought, found, etc.	Information is readily available at reception for new students.	άμεσα διαθέσιμος	14
related to	adj	directly connected with something or affected by it	A lot of problems we experienced were related to a lack of funding.	σχετίζομαι με	16
relatively unknown	adv + adj	something that is relatively unknown is almost not known compared to other things	This band's huge in Germany but relatively unknown anywhere else.	σχετικά άγνωστος	14
respect	v	to admire someone because they have high standards and good qualities such as fairness and honesty	I really respect my mother - she's very intelligent.	σέβομαι	19
respect	n	a feeling of admiring someone or what they do, especially because of their personal qualities, knowledge or skills	My boss said he had the greatest respect for my work.	σεβασμός	12
see (sth) through	phr v	to continue doing something until it is finished, especially something difficult or unpleasant	The game was really hard but I was determined to see it through to the end.	ολοκληρώνω, φέρνω εις πέρας	13
start out	phr v	to begin happening or existing in a particular way, especially when this changes later	The film started out scary but ended up being funny.	ξεκινώ	13
take to (swimming)	phr v	to start doing something regularly	My parents tried to get me to learn the piano when I was little but I didn't really take to it.	αρχίζει να μου αρέσει	13
talent	n	a natural ability to do something well	My sister's got a real talent in the kitchen and aims to be a chef one day.	ταλέντο	11
track down	phr v	to find someone or something that is difficult to find by searching or looking for information in several different places	I need to track down where my class is today.	εντοπίζω	9

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ultimately	adv	finally, after everything else has been done or considered	We can discuss your options together but ultimately it's your decision.	τελικά, ουσιαστικά	12	
virtually impossible	adv + adj	almost not possible to happen or be done	It's virtually impossible for me to focus on my homework when there's music playing.	πρακτικά αδύνατο	14	
well designed	adv + adj	planned or developed in a successful or satisfactory way	This is such a well-designed phone - I love it!	άρτια σχεδιασμένο, καλοσχεδιασμένο	14	
Extra Vocabulary		Part of Speech	Definition	Example	Greek Translation	Page
acrobatic stunt	n	a difficult, unusual or dangerous feat performed by an acrobat, especially to attract people's attention	Cheerleading is a combination of acrobatic stunting , gymnastics and dance jumps.	ακροβατικό	audioscript 1.1	
be down to sb/sth	phr	to be the result of one person's actions or one particular thing	Mike's success is in its entirety down to his hard work.	οφείλομαι	9	
crafty	adj	skilful at making objects by hand	I guess I'm quite crafty . I quite enjoy bits of sewing and things like that.	πιάνει το χέρι μου	audioscript 1.1	
have a sneaking suspicion	phr	to have a feeling about something or someone, but to not say anything about it because you are not sure or you might be embarrassed	I have a sneaking suspicion that she is lying about where she was this weekend.	έχω την υποψία	audioscript 1.5	
immersed in	adj	completely involved in an activity	Watching a film or listening to music are much more passive than being immersed in a game where you're actually doing something active.	απορροφημένος από κτ.	audioscript 1.7	
put sth on the back burner	coll.	to delay doing something until a later time	I used to belly dance for a long time. Over the past few years, I've put it a bit on the back burner , but it's nice to be getting back to it now.	αφήνω κάτι στην άκρη	10	
recreational activities	n	things that you do for pleasure or amusement	Apparently these days most employers say the key skills are communication skills, creativity, team work, digital skills and so on. Those are the kinds of things you learn from recreational activities , aren't they?	ψυχαγωγικές δραστηριότητες	audioscript 1.3	
sustain	v	if food or drink sustains a person, animal or plant, it makes them able to continue living	I've been doing cooking for a very long time because I'm a human being and as human beings, we have to sustain ourselves by eating.	συντηρώ	audioscript 1.1	
undoubtedly	adv	used to emphasize your opinion or emphasize that something is definitely true	Jess is undoubtedly the best swimmer in our group.	αναμφίβολα	9	
a good case in point	phr	an appropriate example of a particular situation or of something happening	Some hobbies can be really expensive and scuba diving is a good case in point . Basic equipment can cost thousands of pounds.	ένα καλό παράδειγμα	23	

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
annoyance	n	a feeling of slight anger	The teacher shook his head in annoyance when we were talking in class.	ενόχληση	28
approval	n	when someone likes something or someone and thinks that they are good	The head teacher's given his approval for the new drama club!	αποδοχή, έγκριση	28
beat	n	the main rhythm that a piece of music or a poem has	This type of music has a strong beat to it.	ρυθμός	30
brilliance	n	a very high level of intelligence or skill	Well done winning the science prize! It's all down to your brilliance , of course.	εξαιρετική ικανότητα	28
broadly speaking	adv + v	used to introduce a statement that relates to the main facts rather than details	Broadly speaking , there are four main things you need to know about tennis.	σε γενικές γραμμές	31
bumf	n	boring written information that you have to read	I got loads of bumf about the new school uniform policy.	φυλλάδια	22
catering tent	n	a shelter consisting of a sheet of cloth supported by poles and ropes, used for providing and serving food and drinks at parties, meetings, etc. for money	The catering tent at the festival only sold burgers and cola.	σκηνή τροφοδοσίας	30
concept	n	an idea of how something is, or how something should be done	Computer science isn't that difficult once you understand a few basic concepts .	έννοια	23
crowd	n	a large group of people who have gathered together to do something, for example to watch something or protest about something	There was a huge crowd backstage, waiting for an autograph.	πλήθος	30
deafening	adj	very loud	The noise from the machines was deafening . I could hardly hear myself think!	εκκωφαντικός	30
deceptive	adj	something that is deceptive seems to be one thing but is in fact very different	Our new teacher may seem unfriendly, but looks can be deceptive .	παραπλανητικός	25
declaration	n	an official or serious statement of what someone believes	The guy in the movie just kept making declarations of undying love. It was so yuk!	δήλωση	28
denial	n	a statement saying that something is not true	So, the actress gave an official denial of having problems, but I don't believe it.	διάψευση	28
departure	n	a flight, train, etc. that leaves at a particular time	There was a delay in the departure of our train to London.	αναχώρηση	28
different perspective	coll	a unique way of thinking about something, especially one which is influenced by the type of person you are or by your experiences	The talk by the police gave me a different perspective on the local problems.	διαφορετική αντίληψη	25

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disclosure	n	a secret that someone tells people, or the act of telling this secret	The disclosure of your email password can cause huge problems.	αποκάλυψη	28
disgusting	adj	extremely unpleasant and making you feel sick	There was rubbish from the fast food restaurant everywhere. It was disgusting .	αηδιαστικός	33
distraction	n	something that stops you paying attention to what you are doing	I went to study in the library. There were too many distractions at home.	περισπασμός , αταξία	28
either ... or	phr	used to begin a list of two or more possibilities	Well, either she's just not checking her texts or she's ignoring you on purpose.	είτε... είτε, ή...ή	audioscript 2.12
evident	adj	easy to see, notice, or understand	From her face, it was evident that my mum was really pleased with the gift.	προφανής	25
facepalm	v	to put the palm of your hand on your face, or put your face down on your hand, when you are embarrassed, disappointed, shocked at someone's stupidity, etc.	As I failed to answer my ten-year-old cousin's homework, I felt a need to facepalm !	κρύβω το πρόσωπο από ντροπή	22
facilities	n	rooms, equipment or services that are provided for a particular purpose	The hotel had excellent leisure facilities .	εγκαταστάσεις	30
false impression	coll	a mistaken opinion or feeling you have about someone or something because of the way they seem	The final score in our match gives a false impression of how our team played.	λάθος εντύπωση	25
finance sth	v	to provide money, especially a lot of money, to pay for something	Our school play is going to be financed by a local business.	χρηματοδοτώ	30
go ahead	phr v	to start to do something, especially after planning it or asking permission to do it	I believe we should go ahead with the proposal.	προχωρώ, συνεχίζω	31
headline act	n	the most popular of all the performers at a concert or show	The headline act of the festival was The Little River Band. They were absolutely amazing!	το πρώτο όνομα (μεταφορικά)	30
I guess	phr	used to say that you think something is true or likely, although you are not sure	I guess there's not a lot of difference between the two books.	μάλλον, ίσως, μπορεί	29
I suppose	phr	used to say you think something is true, although you are uncertain about it	I suppose the man could be checking his posts.	υποθέτω	29
illustration	n	a picture in a book, article, etc., especially one that helps you to understand it	I prefer this book because it has illustrations as well as words.	εικονογράφηση	25
impression	n	the opinion or feeling you have about someone or something because of the way they seem	Arriving late to class on the first day doesn't give a new teacher a good impression .	εντύπωση	25
in close consultation with	phr	by a discussion in which people who are affected by or involved in something can give their opinions	We worked in close consultation with the people who use the sports centre.	σε στενή διαβούλευση με	31
insight	n	a sudden clear understanding of something or part of something, especially a complicated situation or idea	This study on wild dogs gives real insight into the behaviour of pet dogs.	γνώση, διορατικότητα	34

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
intrusion	n	when someone does something, or something happens, that affects your private life or activities in an unwanted way	I think that collecting data on students is an intrusion of privacy.	εισβολή	34
local community	adj + n	the people who live in the same area, town, etc.	The new swimming pool will benefit everyone in the local community .	τοπική κοινότητα	30
main attraction	coll	most popular place	The gorgeous beach is the main attraction in our town.	κύριο αξιοθέατο	25
majority	n	most of the people or things in a group	The majority of the students agree with the proposal.	πλειοψηφία	30
media coverage	coll	when a subject or event is reported on television or radio	The local music festival got good media coverage , especially on the local news.	κάλυψη από τα ΜΜΕ	25
mouthwatering	adj	food that is mouth-watering looks or smells extremely good	There are some mouth-watering smells coming from the school canteen!	γευστικός, νόστιμος	25
perception	n	the way you think about something and your idea of what it is like	Teenagers' perceptions of the world are very different from an adult view.	αντίληψη	25
possible impact	adj + n	the effect or influence that an event, situation, etc. might have on someone or something	We need to consider the possible impact of our decisions.	πιθανή / ενδεχόμενη επίπτωση	31
practical consideration	adj + n	careful thought and attention, especially before making an official or important decision	There are several practical considerations to think about before holding any event.	πρακτική παράμετρος, πρακτικό ζήτημα	31
pressure	n	an attempt to persuade someone by using influence, arguments or threats	My dad is putting pressure on me to study law.	πίεση	28
probably	adv	used to say that something is likely to happen, likely to be true, etc.	You're probably just being over-cautious.	πιθανόν	audioscript 2.12
publicise an event	v + n	to give information about an event to the public, so that they know about it	The local radio station has agreed to publicise our event .	διαφημίζω μια εκδήλωση	31
recommendation	n	official advice given to someone, especially about what to do	The main recommendation of this report is that we go ahead with the proposal.	σύσταση, πρόταση	31
refusal	n	when you say firmly that you will not do, give or accept something	My brother's really down. He got another refusal from a university he applied for.	άρνηση, απόρριψη	28
sensation	n	a feeling that is difficult to describe, caused by a particular event, experience or memory	I was in the library alone, but I had the sensation that someone was watching me.	αίσθηση, εντύπωση	25
serendipity	n	when interesting or valuable discoveries are made by accident	It was serendipity that my mum was driving past at that moment.	ευτυχής συγκυρία / σύμπτωση	22

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sing along	phr	to sing with someone else who is already singing	When she played her first song, she invited me to sing along with her, but I didn't know the words – which was really embarrassing!	συνοδεύω τραγουδώντας	30
temptation	n	a strong desire to have or do something even though you know you should not	You have to resist the temptation to cheat and look the answers up on the internet.	πειρασμός	28
transparent	adj	if something is transparent, you can see through it	For this experiment, you need a transparent container so you can see the colour.	διαφανής	25
utter disbelief	coll	a complete feeling that something is not true or does not exist	I stared in utter disbelief when that last goal went in the net.	με απόλυτη δυσπιστία	25
valuable insight	coll	a sudden clear understanding of something important, especially a complicated situation or idea	I think the internet gives you valuable insight into how a lot of people think.	πολύτιμη γνώση	25
without whose support	phr	not having somebody's help, sympathy, approval	We'd like to thank Mr Brown, without whose support this evening wouldn't possible.	χωρίς τη βοήθεια του οποίου / των οποίων...	31
Wow!	interj.	used when you think something is very impressive or surprising	Wow! You look amazing!	Ουάου!	22
Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
academic	n	a teacher in a college or university	The majority of academics now agree that the differences between languages are relatively minor.	ακαδημαϊκός	22
alter	v	to change, or to make someone or something change	His face has altered a lot over the last few years.	αλλάζω, τροποποιώ	audioscript 2.1
boggy	adj	boggy ground is wet and muddy	The scent of slightly boggy woodland in springtime is my favourite.	ελώδης, βαλτώδη	audioscript 2.7
fall out of favour	phr	to stop being liked by people in authority	The idea that the language you speak limits the way you think has fallen out of favour in the academic community over the years.	πέφτω σε δυσμένεια	23
flick through sth	phr v	to look at a book, magazine, set of photographs, etc. quickly	Her book is interesting to flick through , and some may find the ideas convincing.	ξεφυλλίζω	23
nuggets of information	phr	pieces of valuable information	His new book is full of fascinating nuggets of information .	ψήγματα πληροφοριών	23
pressing matters	n	subjects or situations that need to be discussed or dealt with very soon	I sometimes think I should ignore the pressing matters of my life and take time to just let my mind wander.	επείγοντα ζητήματα	audioscript 2.7

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Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
pride yourself on	phr	to be especially proud of something that you do well, or of a good quality that you have	For years, scientists prided themselves on observing the world without any emotion.	υπερηφανεύομαι για	audioscript 2.1
put forward	phr v	to suggest a plan, proposal, idea, etc. for other people to consider or discuss	The author puts forward a convincing case that language has some influence on thought.	προτείνω, διατυπώνω	23
second to none	phr	the best	My music teacher's technique is second to none .	απαράμιλλος, μοναδικός	audioscript 2.1
slobber	n	the liquid that is produced naturally in your mouth	The dog ate one of my shoes while I was out one day. It had holes in it by the time the finished, and it was covered in slobber .	σάλιο	audioscript 2.14
stress	v	to emphasize a statement, fact or idea	What the author stresses throughout his book is that language does impact our thoughts.	τονίζω	23

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
activity	n	something that you do because you enjoy it	We're going camping and have lots of fun activities planned.	δραστηριότητα	37
allow	v	to let someone do or have something, or let something happen	My parents allow me to go out at the weekends but not on a school night.	επιτρέπω, δίνω την άδεια	42
appeal	v	if someone or something appeals to you, they seem attractive and interesting	I'm not interested in video games. They just don't appeal to me.	μου αρέσει	42
approve	v	to think that someone or something is good, right, or suitable	My mum doesn't approve of my desire to be a tattoo artist.	εγκρίνω	42
aspect	n	one part of a situation, idea, plan, etc. that has many parts	I love every aspect of my dance classes, even when the teacher shouts.	πλευρά, άποψη	42
aspiration	n	a strong desire to have or achieve something	What are your hopes and aspirations for the future?	προσδοκία, στόχος	47
attraction	n	a feature or quality that makes something seem interesting or enjoyable	Why do so many people love that awful singer? I just don't see the attraction .	έλξη, αυτό που αρέσει	42
audience	n	a group of people who come to watch and listen to someone speaking or performing in public	The band played in front of an audience of around 100,000 people.	κοινό	42
biased	adj	unfairly preferring one person or group over another	The writer of this article is definitely biased .	προκατειλημμένος	39
broaden your mind	phr	to increase your knowledge, experience, or range of activities	I think it's good to study different things and broaden your mind .	διευρύνω τους ορίζοντές μου	43
chance	n	the possibility that something will happen, especially something you want	I'd love to be a professional footballer one day but I know there's no chance it'll happen.	ευκαιρία, δυνατότητα	42
client	n	someone who gets services or advice from a professional person, company, or organization	My sister's just qualified as an accountant and has her own clients now.	πελάτης	42
consider	v	to think of someone or something in a particular way or to have a particular opinion	Record players are considered to be fashionable again these days.	θεωρώ, σκέφτομαι	42
contribute money	v + n	to give money to something that a lot of other people are also involved in	People have contributed more money to our charity than we predicted this year.	συνεισφέρω χρήματα	39
critically analyse	adv + v	thinking about something and giving a careful judgment about how good or bad it is	It's the job of academics to critically analyse each other's research.	κάνω κριτική ανάλυση	39
crowd	n	a large group of people who have gathered together to do something, for example to watch something or protest about something	When he walked out onto the festival stage, the crowd went mad!	πλήθος	42
customer	n	someone who buys goods or services from a shop, company, etc.	Supermarkets arrange goods carefully to persuade customers to buy more.	πελάτης (καταστήματος, εταιρίας, κτλ.)	41

UNIT 3

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
dig	v	to search for something	I can't find the information on Wikipedia so I'm going to have to dig a little deeper for it.	σκαλίζω, ψάχνω	47
disclose	v	to make something publicly known, especially after it has been kept secret	The prime minister has disclosed details of his new education plan.	αποκαλύπτω	39
editorial	n	a piece of writing in a newspaper that gives the editor's opinion about something, rather than reporting facts	Today's editorial is all about the influence of social media on our teens.	άρθρο γνώμης	39
element	n	one part or feature of a whole system, plan, piece of work, etc., especially one that is basic or important	Money's an important element in a career but it's not the most important.	στοιχείο	42
event	n	something that happens, especially something important, interesting or unusual	Don't forget my barbecue next Saturday. It'll be the best event of the year!	γεγονός, εκδήλωση	42
exclusive	adj	available or belonging only to particular people, and not shared	There's an exclusive interview with the best-selling author of the year on our website	αποκλειστικός	39
expose a lie	v+n	to show the truth about someone or something, especially when it is bad	A renowned journalist has exposed a lie within the government.	αποκαλύπτω / 'ξεσκεπάζω' ένα ψέμα	39
fall for a trick	phr v + n	to be tricked into believing something that is not true	I know you're trying to trick me but I'm not going to fall for it again.	'την πατάω'	39
feature	n	a part of something that you notice because it seems important, interesting, or typical	I need a more up-to-date phone with better features on it.	χαρακτηριστικό	42
form	n	the way something is or appears to be	Most of my birthday gifts were in the form of money.	μορφή	42
go viral	v + adj	if a picture, video, joke, etc. goes viral, it spreads widely, especially on the internet or mobile phones	Be careful what you put online. It might go viral and then everyone will see it.	γίνομαι διάσημος / περιζήτητος	39
have admiration for	phr	to have a feeling of great respect and liking for something or someone	We've got a lot of admiration for Matt and the way he deals with his disability.	θαυμάζω, τρέφω θαυμασμό	43
high profile	adj + n	attracting a lot of public attention, usually deliberately	My dad's a high profile lawyer in the area.	επώνυμος, δημοφιλής	39
human interest	n	a quality that makes a story interesting because it is about people's feelings, lives, relationships, etc.	I hate reading about politics. I prefer human interest stories.	ανθρώπινη (ιστορία)	39
in the public eye	phr	someone who is in the public eye is seen a lot on television, written about in newspapers, etc.	People in the public eye must get fed up of being asked for a selfie.	στο φως της δημοσιότητας	39
influential	adj	having a lot of influence and therefore changing the way people think and behave	As a leading business woman, my mum's pretty influential in our town.	που ασκεί επιρροή	36
inspire	v	to encourage someone by making them feel confident and eager to do something	I read this biography about a writer and it inspired me to start writing myself.	εμπνέω	43

UNIT 3

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
ironic	adj	an ironic situation is one that is unusual or amusing because something strange happens, or the opposite of what is expected happens or is true	It's ironic that my dad tells me to help my mum with the housework when he's sitting doing nothing!	ειρωνικός	47
legitimate	adj	fair or reasonable	The increase of fake news online is a legitimate concern.	νόμιμος, έγκυρος	39
meaning	n	the quality that makes life, work, etc. seem to have a purpose or value	Having a passion gives more meaning to life.	νόημα	40
method	n	a planned way of doing something, especially one that a lot of people know about and use	The methods I use to cook are a little unusual but the results are good.	μέθοδος	42
objective	adj	based on facts, or making a decision that is based on facts rather than on your feelings or beliefs	Try to be objective in your essay and present both sides of the argument.	αντικειμενικός	39
outweigh	v	to be more important or valuable than something else	The potential benefits of our plan definitely outweigh the risks.	υπερέχω	47
propaganda	n	information which is false or which emphasises just one part of a situation, used by a government or political group to make people agree with them	I don't always believe everything the papers say. I sometimes think it's political propaganda .	προπαγάνδα	39
publicise a website	v + n	to give information about something to the public, so that they know about it	If you have a website, it's a good idea to publicise it on social media.	δημοσιοποιώ ένα ιστότοπο	39
rate	n	a charge or payment that is set according to a standard scale	I get paid to deliver newspapers at the pretty low rate of £5.50 an hour.	τιμή	42
reassure	v	to make someone feel calmer and less worried or frightened about a problem or situation	I was convinced I'd got a D on my maths paper but my teacher reassured me I hadn't.	καθησυχάζω	43
regard	v	to think about someone or something in a particular way	My brother's regarded as a genius by his music teacher.	θεωρώ (κάποιον, κάτι)	42
regard (for)	n	respect and admiration for someone or something	One of my classmates has got such little regard for authority, he never does as he's told.	εκτίμηση, υπόληψη	47
revelation	n	the act of suddenly making known a surprising fact that had previously been secret	I was surprised by Anita's recent revelation that she's quitting school.	αποκάλυψη	39
role model	n	someone whose behaviour, attitudes, etc. people try to copy because they admire them	My big brother was probably my role model growing up.	πρότυπο, παράδειγμα προς μίμηση	43
self-centred	adj	paying so much attention to yourself that you do not notice what is happening to other people	Stop being so self-centred and think of others.	εγωκεντρικός	36
sensational (headline)	adj	intended to interest, excite, or shock people – used to show disapproval	I ignore sensational news headlines that are designed to suck you in.	τίτλος για σκοπούς εντυπωσιασμού	39

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
set the record straight	phr	to tell people the truth about something, because you want to be sure that they understand what the truth really is	Mr Jones thinks I hate his class but it's just that I find it hard. Maybe it's time to set the record straight .	για να βάλω τα πράγματα στη θέση τους, για να ξεκαθαρίσω τα πράγματα	40
show sth in a better light	phr	to present something in such a way that it appears more favourably than if presented differently	I thought the decision was terrible but knowing the reason showed it in a better light .	βλέπω κτ. πιο ευνοϊκά	38
significance	n	the meaning of a word, sign, action, etc., especially when this is not immediately clear	Sara said something strange but I didn't attach much significance to it.	σημασία	42
stick in your mind	phr	if something sticks in your mind, you remember it well because it is unusual or interesting	I always listen to music when I'm revising. Things seem to stick in my mind better .	'κολλάω στο μυαλό', θυμάμαι	40
subjective	adj	a statement, report, attitude, etc. that is subjective is influenced by personal opinion and can therefore be unfair	Marking is subjective . One teacher gave me an A, another gave me a C for the same essay!	υποκειμενικός	39
take sth on board	phr	to listen to and accept a suggestion, idea, etc.	My teachers always tell me that I need to take their advice on board and study more before my final exams.	λαμβάνω υπόψιν	40
transformation	n	a complete change in someone or something	The transformation of the city has been huge over the last decade.	μεταμόρφωση	36
turn a blind eye	phr	to deliberately ignore something that you know should not be happening	I always do my homework so my French teacher turned a blind eye when I forgot to do it last week.	'κάνω τα στραβά μάτια'	40
way	n	a method that you use to do or achieve something	What's the best way to make chips?	τρόπος	42
with one voice	phr	if a group of people speak with one voice, they all express the same opinion	I know we don't all agree but if we don't speak with one voice , no-one will listen to us.	ομόφωνα	40
Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
current affairs	n	important political events or other events in society that are happening now	Susan has always had a pretty simple-minded approach to current affairs .	νέα της επικαιρότητας	37
drain	v	to make the water or liquid in something flow away	Water is said to drain in different directions on each side of the equator, but this is just a myth.	αδειάζω, στραγγίζω	41
indicate	v	to show that a particular situation exists, or that something is likely to be true	Research indicates that young people do support others.	υποδεικνύω	37
man-made	adj	made by people, rather than by natural processes	The Great Wall of China is one of the man-made objects visible from space.	τεχνητός	41

UNIT 3

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
portrayal	n	the way someone or something is described or shown in a book, film, play, etc.	The media's unfair portrayal of teenagers is having a negative effect on their lives, according to research.	περιγραφή, απεικόνιση	36
push for	phr	to try to persuade people to accept your ideas, opinions, etc. in order to achieve something	Many teenagers believe that social media is an effective way to support social issues and push for change.	προωθώ, ασκώ πίεση	37
voice your view	phr	to tell people your opinions or feelings about a particular subject	More and more teenagers are voicing their views on social networking websites nowadays.	εκφράζω την άποψή μου	37

UNIT 4

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
backpacker	n	someone who is travelling for pleasure, usually with not very much money, and who walks or uses public transport and carries a backpack	Backpackers usually travel with a very low budget.	κάποιος ο οποίος κάνει ταξίδια έχοντας μαζί του μόνο ένα σακίδιο, χωρίς ιδιαίτερη οργάνωση	audioscript 4.3
backroad	n	a little-used secondary road, usually found in rural or sparsely populated areas	It's great to get away from the crowds and onto the backroads .	παράδρομος	53
blur	v	to become difficult to see, or to make something difficult to see, because the edges are not clear	Everything on the screen blurred and I couldn't see anything.	θολώνω	51
burden	n	something difficult or worrying that you are responsible for	Homework at the weekend can be a real burden when you just want to chill.	φορτίο, βάρος	51
bush	n	a plant with many thin branches growing up from the ground	The cat was hiding in a small bush under the trees.	θάμνος	54
bustling	adj	a bustling place is very busy	There was a bustling market in the city centre.	πολυσύχναστος	53
coastline	n	the land on the edge of the coast, especially the shape of this land as seen from the air	The coastline stretches for miles and is a great place to go for a walk.	ακτογραμμή	53
come into contact with sb	coll	to begin communicating with someone	I don't come into contact with people from English speaking countries much.	έρχομαι σε επαφή με κτ, επικοινωνώ	53
consider the implications	coll	think about possible future effects or results of an action, event, decision, etc.	Before you choose a university course, you should consider all the implications .	εξετάζω / λαμβάνω υπόψη τις επιπτώσεις	53
convey an impression	coll	to communicate or express an opinion or feeling, with or without using words	For me, it's easier to convey a good impression in writing.	δίνω την εντύπωση	53
convincing	adj	making you believe that something is true or right	The photo was a fake but it was really convincing .	πειστικός	62
create an impression	coll	to make an idea or feeling that did not exist before come into being	I think smiling creates a positive impression .	δημιουργώ την εντύπωση	53
deserted	adj	empty and quiet because no people are there	I arrived really early and the school was completely deserted .	έρημος, εγκαταλελειμμένος	53
disbelief	n	a feeling that something is not true or does not exist	My friend just looked at me in disbelief .	δυσπιστία, αμφιβολία	audioscript 4.10
discomfort	n	a feeling of slight pain or of being physically uncomfortable	If you feel any discomfort , stop the exercise immediately.	δυσφορία	61
discourage	v	to make someone less confident or less willing to do something	You can feel really discouraged by poor exam results.	αποθαρρύνω	61
dismiss	v	to refuse to consider someone's idea, opinion, etc., because you think it is not serious, true, or important	Whenever I try and suggest something, you just dismiss it.	απορρίπτω	61

UNIT 4

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
distant	adj	far away in space or time	I like to study distant planets and stars.	μακρινός	53
dune	n	a hill made of sand near the sea or in the desert	We walked over the dunes on the way to the beach.	αμμόλοφος	61
effort	n	an attempt to do something, especially when this involves a lot of hard work or determination	It took a lot of effort , but I managed to stay on my skis eventually.	προσπάθεια	51
establish contact with sb	coll	to begin a relationship with someone	Lots of scientists have tried to establish contact with life in space.	δημιουργώ επαφή με κπ	53
examine the implications	coll	to look at possible future results of an action or decision carefully and thoroughly because you want to find out more about them	Governments need to examine the implications of making changes to schools.	εξετάζω τις επιπτώσεις	53
extend a trip	phr	to make a journey last longer	We loved our holiday so much, we decided to extend our trip by a week!	παρατείνω ένα ταξίδι	audioscript 4.3
gain insight	coll	to learn or find out about something	Scientists have gained a lot of insight into how genes work.	αποκτώ βαθιά γνώση, κατανοώ καλύτερα	53
get in on the act	phr	to take part in an activity that someone else has started, especially in order to get a share of the advantages for yourself	I entered the battle of the bands, and another kid in my class decided to get in on the act and signed up too.	παίρνω μέρος	61
herd	n	a group of animals of one kind that live and feed together	I saw a herd of deer in the forest.	κοπάδι	54
hilarious	adj	extremely funny	I'll send you a hilarious video of a cat. It'll make you laugh.	ξεκαρδιστικός	51
integrity	n	the quality of being honest and strong about what you believe to be right	Integrity is so important because nobody can trust you if you're dishonest.	ακεραιότητα, εντιμότητα	61
issue a threat	coll	to officially make a statement in which you tell someone that you will cause them harm or trouble if they do not do what you want	Bus drivers issued a threat to go on strike.	απειλώ	53
landmark	n	something that is easy to recognise, such as a tall tree or building, and that helps you know where you are	The statue in the town square is the most important landmark .	αξιοθέατο, ορόσημο	53
make sth out	phr v	to be just able to see or hear something	It was dark and I couldn't make out what was there.	διακρίνω	54
mislead	v	to make someone believe something that is not true by giving them information that is false or not complete	I'm sorry. I didn't mean to mislead you; I thought I was being clear.	παραπλανώ	50
mistaken	adj	if you are mistaken, you are wrong about something that you thought you knew or saw	I thought I saw my friend, but I was mistaken , it was someone else.	λανθασμένος, εσφαλμένος	56
misunderstanding	n	an argument or disagreement that is not very serious – often used humorously	The disagreement was just a huge misunderstanding .	παραξήγηση	audioscript 4.10

UNIT 4

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
overestimate	v	to think something is better, more important, etc. than it really is	I think I overestimated my baking skills. This cake tastes awful!	υπερεκτιμώ	56
overlook	v	to not notice something, or not see how important it is	I overlooked a few serious mistakes in my homework and got a bad grade.	παραβλέπω	61
overstate	v	to talk about something in a way that makes it seem more important, serious, etc. than it really is	I can't overstate how important it is to look after your health.	μεγαλοποιώ, υπερβάλλω	56
overview	n	a short description of a subject or situation that gives the main ideas without explaining all the details	If you don't want to read the whole article, you can read the overview at the start.	επισκόπηση	56
package holiday	n + n	a holiday organized by a company at a fixed price that includes the cost of travel, hotel, etc.	I love going on package holidays because everything is taken care of.	πακέτο διακοπών	audioscript 4.3
picturesque	adj	a picturesque place is pretty and interesting in an old-fashioned way	The valley was full of flowers and looked really picturesque .	γραφικός	54
pose a threat	coll	to exist in a way that may cause a problem, danger, difficulty, etc.	I think social media poses a threat to traditional forms of friendships.	θέτω σε κίνδυνο	53
prearrange	v	plan or decide about something beforehand	We went to the place we had prearranged to meet but no-one was there.	προκαθορίζω	56
prehistoric	adj	relating to the time in history before anything was written down	The museum contains lots of examples of prehistoric life.	προϊστορικός	56
preview	n	an occasion when you can see a film, play, painting, etc. before it is shown to the public	There's a preview of the new film at the cinema ahead of the main release date.	αβάν πρεμιέρα, πρώτη προβολή (πριν από την πρεμιέρα)	56
provide insight	coll	to develop a sudden clear understanding of something, especially a complicated situation or idea	Talking to teenagers provides insight into their lives.	παρέχω πληροφόρηση	53
rearrange	v	to change the position or order of things	I decided to rearrange the things on my desk to make it tidier.	τακτοποιώ, αναδιατάσσω	56
reintroduce	v	to start using something again or bring something back to an area after it has not been used or has not existed there for some time	The school are thinking of reintroducing a mid-afternoon break.	επαναφέρω	61
remote	adj	far from towns or other places where people live	There was a remote mountain in the far south of the country.	απομακρυσμένος	53
restate	v	to say something again in a different way, so that it is clearer or more strongly expressed	You're not giving reasons; you're just restating your opinion over and over again.	επαναδιατυπώνω	56
review	v	to look again at something you have studied, such as notes, reports, etc.	I need to review my notes before tomorrow's test.	επανεξετάζω, ξανακοιτάω	56

UNIT 4

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
soak up the atmosphere	phr v + n	to enjoy a place by watching it or becoming involved in it	I loved soaking up the atmosphere of the busy central market.	απολαμβάνω την ατμόσφαιρα	61
sparkling	adj	shining brightly with points of flashing light	The lake was sparkling in the sunshine and looked stunning.	λαμπερός	54
squint	v	to look at something with your eyes partly closed in order to see better	I couldn't see in the sunshine and had to squint .	κλείνω ελαφρώς τα μάτια, αλληθωρίζω	54
touristy	adj	a place that is touristy is full of tourists and the things that attract tourists – used to show disapproval	The beaches near the town can be a bit touristy , but they get better further away.	τουριστικός	audioscript 4.3
trek	v	to walk a long way, especially in the mountains, as an adventure	We had to trek for five kilometres through the forest with the school last week.	περπατάω	53
underage	adj	too young to legally buy alcohol, drive a car, vote, etc.	You can't go a nightclub. You're underage .	ανήλικος	56
underdeveloped	adj	a country, area, etc. that is poor and where there is not much modern industry	This area is a little underdeveloped with few facilities.	υπανάπτυκτος	56
underestimate	v	to think or guess that something is smaller, cheaper, easier, etc. than it really is	I really underestimated how much time I needed to do the homework.	υποτιμώ	56
understate	v	to describe something in a way that makes it seem less important or serious than it really is	My dad always understates the seriousness of a problem.	υποβιβάζω, υποβαθμίζω	56
unspoiled	adj	an unspoiled place is beautiful because it has not changed for a long time and does not have a lot of new buildings	I loved the unspoiled mountains and the rivers.	άθικτος, παρθένος	53
wander around/ along	v	to walk slowly across or around an area, usually without a clear direction or purpose	It's great to just wander around the shops in the old part of town.	περιφέρομαι, περιπλανώμαι	audioscript 4.3
Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
appalled	adj	very shocked and upset by something very bad or unpleasant	I was appalled at your suggestion.	σοκαρισμένος, συγκλονισμένος	audioscript 4.3
clock off	phr v	to leave work at the end of the day or to record on a special card the time you stop or leave work	I was just about to clock off from work when I realised I had forgotten to send a report.	σχολάω από τη δουλειά, χτυπώ κάρτα στο σχόλασμα	audioscript 4.3
distort reality	phr	to report something in a way that is not completely true or correct	He is familiar with the fact that photos of models and lifestyle bloggers are carefully constructed to distort reality .	στρεβλώνω την πραγματικότητα	51
go viral	phr	if a picture, video, joke, etc. goes viral, it spreads widely, especially on the internet or mobile phones	Her pretty poor efforts to deceive her friends led to a new hashtag going viral .	γίνομαι ανάρπαστος / viral	51

UNIT 4

Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
pass down	phr v	to give or teach something to people who are younger than you or live after you	The pottery and textile workers continue a tradition passed down over more than a century.	περνάω από γενιά σε γενιά, κληροδοτώ	52
pop-up beach	n	an area of sand or small stones at the edge of the sea or a lake that is opened for a short, limited period of time	People visiting pop-up beaches in busy European capitals reported genuinely enjoying the experience.	μικρός παραλιακός χώρος ανοιχτός στο κοινό για μικρό χρονικό διάστημα	51
show sb in the best light	coll	if someone or something is shown in a particular light, people can see that particular part of their character	We often post photos online to show ourselves in the best light .	παρουσιάζω κπ με τον καλύτερο δυνατό τρόπο	51
stir interest	phr	to make someone want to know or learn more about something	She isn't the only one whose fake holidays have stirred interest on the internet.	ανακινώ το ενδιαφέρον	51

UNIT 5

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
alarm bells ring	phr	if alarm bells ring, you feel worried that something bad may be happening	The decision not to replace the old computers will ring alarm bells with a lot of the students.	κρούω τον κώδωνα του κινδύνου	67
appalled at	adj + prep	very shocked and upset by something very bad or unpleasant	I was appalled at the mess my sister had left in my bedroom.	σοκαρισμένος, συγκλονισμένος	70
ashamed of	adj + prep	feeling very sorry and embarrassed because of something you have done	People who write mean comments online should be ashamed of themselves.	που νιώθει ντροπή	70
be on sb's conscience	phr	if you have something on your conscience, it makes you feel guilty	I once tried to cheat in an exam and it's been on my conscience ever since.	το φέρω βάρος στη συνείδησή μου	70
be unable to bring yourself to do sth	phr	to feel unable to do something because it would upset you or someone else too much	I should have told my friend that his project had failed, but I was unable to bring myself to do it .	δεν είμαι σε θέση να πείσω τον εαυτό μου να κάνει κάτι	67
capable of	adj + prep	having the qualities or ability needed to do something	I think you're more than capable of going on to study at university.	ικανός να	70
cheer sb up	phr v	to make someone feel less sad	Why don't you come to the cinema with me? A comedy will really cheer you up .	χαροποιώ	70
come to sb's aid	phr	help someone	While I was stuck in the lift, I was sure that someone would come to my aid eventually.	βοηθώ	67
come to terms with	phr	to accept an unpleasant or sad situation and no longer feel upset or angry about it	I still haven't been able to come to terms with my pet's death.	συμφιλιώνομαι	67
compose yourself	v	to try hard to become calm after feeling very angry, upset or excited	It's really hard to compose yourself before an exam, but going for a walk helps.	ηρεμώ, ανασυντάσσομαι	67
contrary to	adj + prep	used to say that something is true even though people believe the opposite	Contrary to what some people think, our school gets the highest grades in the region.	σε αντίθεση με	70
do chores	phr	to perform small jobs that you have to do regularly, especially work that you do to keep a house clean	I can't go out this evening. I've got to do a tonne of chores for my dad.	κάνω δουλειές	70
eager to	adj + prep	very keen and excited about something that is going to happen or about something you want to do	My cousin's really eager to meet you now I've told her you like baseball too.	πρόθυμος να	70
fight back	phr v	to use violence or arguments against someone who has attacked you or argued with you	I love it when the hero in films fighters back against the bad guy.	αντεπιτίθεμαι	67
fool around	phr v	to waste time behaving in a silly way or doing things that are not important	I thought my brother had broken his leg, but he was just fooling around and was OK, really.	χασομερώ, χαζολογάω	67
get out of hand	phr	if a situation or person gets out of hand, they become impossible to control any longer	I think it's time to stop the party. The noise and mess are getting out of hand .	βγαίνω εκτός ελέγχου	67
get to sb	phr v	to make someone feel annoyed or upset	The noise of the water dripping out of the tap really started to get to me , so I moved rooms.	τη δίνω στα νεύρα κτ, τσαντίζω	67

UNIT 5

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
hang back	phr v	not to say or do something because you are shy or afraid	I wanted to complain to the teacher, but I decided to hang back and keep quiet.	διστάζω	67
have sb on	phr v	to persuade somebody to believe that something is true when it is not	The man said that he was famous but I think he was having me on . I'd never heard of him before.	πειράζω κτ, κοροϊδεύω	67
impressed by/with	adj + prep	to make someone feel admiration and respect	I was really impressed by the shop-keeper's kindness towards my granny.	εντυπωσιασμένος με	70
intent on	adj + prep	determined to do something or achieve something	I guess if someone's really intent on being a jerk, they're going to do that.	αποφασισμένος	70
jump at sth	phr v	to eagerly accept the chance to do something	If someone offered me a holiday to Disney Land, I'd jump at the chance. I'd love to go.	εκμεταλλεύομαι, αρπάζω (την ευκαιρία)	67
kick yourself	phr	used to say that you are annoyed with yourself because you have done something silly, made a mistake, etc.	You'll kick yourself when you hear what you missed when you were away!	μετανιώνω	67
pin sb down	phr v	if you are pinned down, you cannot move from your position	My dog pinned me down on the sofa and I couldn't get up.	καθηλώνω	67
settle for sth	phr v	to accept something even though it is not the best, or not what you really want	I'm really hoping to get an A in my next test, but I'll settle for a B. That's what I need to pass.	συμβιβάζομαι με	67
shake sb up	phr v	to give someone a very unpleasant shock, so that they feel very upset and frightened	The news about John really shook me up . I hope he's OK.	ταράζω, ταρακουνώ	67
stand by and do nothing	phr	to not do anything to help someone or prevent something from happening	I hate it when people drop litter. I can never stand by and do nothing ; I have to say something.	παρακολουθώ άπραγος, μένω με σταυρωμένα τα χέρια	67
stand up to sb	phr v	to refuse to accept unfair treatment from a person or organisation	You should always stand up to bullies. It's wrong to ignore that kind of thing.	εναντιώνομαι, ορθώνω το ανάστημά μου	67
stick to your guns	phr	to refuse to change your mind about something, even though other people are trying to persuade you that you are wrong	You should definitely stick to your guns and refuse to do something you think is wrong.	μένω σταθερός στις απόψεις μου	67
subject to	adj + prep	if someone or something is subject to something, especially something bad, it is possible or likely that they will be affected by it	I've got an offer to go to university, subject to me keeping my grades up!	εξαρτώμενος από	70
volunteer	v	to offer to do something without expecting any reward, often something that other people do not want to do	I've decided to volunteer at the weekends at the youth club.	προσφέρω εθελοντική εργασία	70
wind sb up	phr v	to deliberately say or do something that will annoy or worry someone, as a joke	I thought the school secretary was calling my home, but it was just a friend winding me up .	κουρδίζω κτ	67
wrapped up in the moment	phr	to give so much of your attention to something now that you do not have time for anything else	The film was great! I was so wrapped up in the moment , I completely forgot the time.	απορροφημένος	67

UNIT 5

Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
back up	phr v	to say or show that what someone is saying is true	She is on the campaign against self-help books which, she argues, make harmful claims not backed up by research.	υποστηρίζω, επιβεβαιώνω	65
bail out on	phr v	to abandon something or someone, leave them behind	You should never bail out on your friends when they're down or in trouble.	εγκαταλείπω, παρατάω	audioscript 5.10
compile	v	to make a book, list, record, etc. using different pieces of information, music, etc.	You can trust this information – the document was compiled by several highly respected researchers.	φτιάχνω, δημιουργώ	65
dodgy	adj	seeming to be false, dishonest, or not to be trusted	I wouldn't do business with John if I were you; he seems a bit dodgy .	αναξιόπιστος	71
flick through	phr v	to look at a book, magazine, set of photographs, etc. quickly	His new book may be worth flicking through to remind yourself that minor changes in behaviour can produce huge results.	ξεφυλλίζω	65
gems of	n	something that is very special or beautiful	My grandma often gives me little gems of advice.	διαμάντια, θησαυρός (μτφ)	65
homespun	adj	homespun ideas are simple and ordinary	This book will be perfect for those who are tired of long-known, homespun ideas being presented as revolutionary.	απλοϊκός	65
impractical	adj	not sensible or possible for practical reasons	Your idea, however very innovative, would simply be completely impractical to implement.	ανεφάρμοστος, μη πρακτικός	65
tried and tested	phr	a tried and tested method has been used successfully many times	I think you should follow the tried and tested procedures instead of trying to do things your own way.	δοκιμασμένος	65
turn to	phr v	to start to do or use something new, especially as a way of solving a problem	A higher number of people who grow up in a bad neighbourhood turn to criminal activity.	στρέφομαι προς	audioscript 5.1
upbeat	adj	positive and making you feel that good things will happen	Jeannie's upbeat attitude despite all the trouble she's been through is truly inspirational.	χαρούμενος, ευχάριστος	65
weigh in	phr v	to give your opinion on something during a discussion or an argument	The so-called experts take every opportunity to weigh in on topics from passing exams to achieving a dream body.	παίρνω θέση	65

UNIT 6

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
abandoned	adj	an abandoned building, car, boat, etc. has been left by the people who owned or used it	There's an abandoned car in the middle of the road.	εγκαταλελειμμένος	79
accessible	adj	a place, building, or object that is accessible is easy to reach or get into	The building isn't accessible for people in wheelchairs.	προσβάσιμος	84
acknowledge	v	to admit or accept that something is true or that a situation exists	The teacher acknowledged that the students had worked really hard.	αναγνωρίζω, παραδέχομαι	78
back street	n	a small quiet street that is away from the main part of a town	The shop is in a little back street just off the main high street.	πάροδος	81
bankruptcy	n	the state of being unable to pay your debts	The bankruptcy affected every employee in the company.	χρεοκοπία	79
blend in	phr v	if someone or something blends in with people or objects, they match them or are similar, and you do not notice them	I try to blend in but my hair makes me stand out.	ανακατεύομαι με, εναρμονίζομαι	83
built-up	adj	a built-up area has a lot of buildings and not many open spaces	I don't like walking in built-up areas of the city on my own after dark.	οικοδομημένος	81
bustling	adj	a bustling place is very busy	I live in a bustling market town.	πολύβουος, πολυσύχναστος	81
chilly	adj	chilly weather or places are cold enough to make you feel uncomfortable	It's a bit chilly this morning, don't forget to bring a scarf!	ψυχρός	84
civic	adj	relating to the people who live in a town or city	It's everyone's civic duty to look after their neighbourhood.	αστικός, δημοτικός	81
collapse	v	if a building, wall, etc. collapses, it falls down suddenly, usually because it is weak or damaged	The building collapsed dramatically after the earthquake tore through the city.	καταρρέω	79
come through	phr v	to continue to live, be strong, or succeed after a difficult or dangerous time	It was a difficult time but we all came through it successfully.	τα βγάζω πέρα, τα καταφέρνω	83
communal	adj	shared by a group of people or animals, especially a group who live together	There's a communal swimming pool at the end of our road.	κοινόχρηστος	81
congested	adj	full of traffic	The roads are really congested today. Cars are hardly moving.	μποτιλιαρισμένος	81
construction site	n	an area where houses, bridges, roads, etc. are being built	The noise from the construction site down the road's really annoying.	εργοτάξιο	81
controversial	adj	causing a lot of disagreement, because many people have strong opinions about the subject being discussed	The decision that football referee made last night was really controversial .	αμφιλεγόμενος	84
convenience store	n	a shop where you can buy food, alcohol, magazines, etc., that is often open 24 hours each day	There's a convenience store on every street in the city, I'm sure.	παντοπωλείο	81

UNIT 6

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
co-operative	adj	willing to cooperate	The teacher asked us to give a presentation in groups but not everyone in my group was co-operative .	συνεργάσιμος	84
costly	adj	very expensive, especially wasting a lot of money	The decision to make pupils wear a school uniform is going to be very costly for parents.	δαπανηρός, ακριβός	84
deserted	adj	empty and quiet because no people are there	Thirty minutes after the shops closed, the street was deserted .	εγκαταλελειμμένος, παρατημένος	81
doubtful	adj	probably not true or not likely to happen	I'd like to meet you later but it's doubtful that I'll manage it.	αβέβαιος, αμφίβηλος	84
dreadful	adj	extremely unpleasant	This film plot is awful and the acting is dreadful . I can't watch any more!	φριχτός, τρομερός	84
dream up	phr v	to think of a plan or idea, especially an unusual one	You do dream up some strange ideas sometimes.	σκαρφίζομαι	89
dress up	phr v	to wear special clothes for fun, or to put special clothes on someone	Let's dress up for the party and be superheroes.	μεταμφιέζομαι	83
enthusiastic	adj	feeling or showing a lot of interest and excitement about something	I've never seen Katy so enthusiastic about anything.	ενθουσιώδης	84
exceptional	adj	unusually good	Thomas is an exceptional child who could solve simple maths problems aged three.	εξαιρετικός	84
face up to	phr v	to accept and deal with a difficult fact or problem	I have to face up to the fact that I'm just not as good at singing as I want to be.	αντιμετωπίζω, αποδέχομαι	83
fit in	phr v	if someone fits in, they are accepted by the other people in a group	I tried hard to fit in at my new primary school but I was so different.	ταιριάζω	83
go on	phr v	to talk too much	I had a great holiday and will go on about it for weeks!	μιλάω ακατάπαυστα	83
high-rise (building)	adj	high-rise buildings are tall buildings with many levels	We live in a high-rise apartment block on South Street.	πολυώροφος	81
housing estate	n	a large number of houses that have been built together in a planned way	Five new houses are being built on the housing estate .	οικισμός	81
inactive	adj	not doing anything, not working, or not moving	No-one in my family does much exercise. We're all fairly inactive .	αδρανής, τεμπέλης	89
industrial	adj	relating to industry or the people working in it	The industrial parts of the city are full of abandoned factories.	βιομηχανικός	81
industrial estate	n	a piece of land, often on the edge of a town, where there are factories and businesses	If you need some building equipment, there's a shop on the industrial estate that can help.	βιομηχανικό πάρκο	81

UNIT 6

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
industrialised	adj	an industrialised country or place has a lot of factories, mines, etc.	As an industrialised city, it's attracted a lot of investment in recent years.	εκβιομηχανισμένος	81
inner city	n	the part near the middle of a city, especially where the buildings are in a bad condition and the people are poor	Inner city areas need urgent investment from the council.	κέντρο πόλης	81
invaluable	adj	extremely useful	I wouldn't have been able to pass the year without the invaluable support from my history teacher.	πολύτιμος	audioscript 6.7
irresponsible	adj	doing careless things without thinking or worrying about the possible bad results	Going out on your own at night was irresponsible .	ανεύθυνος, επιπόλαιος	84
kick off	phr v	if a meeting, event or a football game kicks off, it starts	The concert kicks off at around 9 p.m.	ξεκινώ, αρχίζω	83
live up to	phr v	if something or someone lives up to a particular standard or promise, they do as well as they were expected to, do what they promised, etc.	That film just didn't live up to my expectations, I'm afraid.	ανταποκρίνομαι, ικανοποιώ	83
look up to	phr v	to admire or respect someone	We really look up to our dad. He's such a good role model.	θαυμάζω	83
marketplace	n	an open area in a town where a market is held	There's a special market this weekend in the marketplace to celebrate May Day.	αγορά, παζάρι	81
mess up	phr v	to make a mistake and do something badly	I managed to pass my driving test without messing it up .	τα κάνω θάλασσα	83
metropolitan	adj	relating or belonging to a very large city	We live in a metropolitan area of Sydney.	μητροπολιτικός	81
neglect	v	to not do something	You neglected to tell me that the exam was next week!	αμελώ, παραμελώ	79
neighbouring	adj	near the place where you are or the place you are talking about	My street's residential but the neighbouring one is full of shops and businesses.	γειτονικός	81
never-ending	adj	seeming to continue for a very long time	This road goes on forever. It's never-ending !	ατελείωτος, ασταμάτητος	81
noise pollution	n	very loud or continuous noise which is considered unpleasant and harmful to people	What I can't stand about living in the city is the noise pollution .	ηχορύπανση	81
noticeable	adj	easy to notice	It's noticeable how some people are just naturally cool.	ιδιαίτερος, αξιοσημείωτος	84
optional	adj	if something is optional, you do not have to do it or use it, but you can choose to if you want to	You don't need to take this course – it's optional .	προαιρετικός	84
pedestrian	adj/n	relating to pedestrians or used by pedestrians	This is a pedestrian area, which means you have to get off your bike and walk.	για πεζούς, πεζός	81

UNIT 6

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
pedestrian crossing	n	a specially marked place for people to walk across the road	There's a pedestrian crossing halfway down our road.	διάβαση πεζών	81
photographic	adj	relating to photographs, using photographs, or used in producing photographs	There's some old photographic equipment in the lab if anyone wants to borrow it.	φωτογραφικός	84
pitch black	adj	completely black or dark	I couldn't see anything – it was pitch black .	πίσσα σκοτάδι	78
pointless	adj	worthless or not likely to have any useful result	It's pointless waiting for Kerry. She won't turn up.	ανούσιος, που δεν έχει νόημα	84
preferable	adj	better or more suitable	Studying in the library is preferable to studying at home, where it's noisy.	προτιμότερος	84
preventative	adj	preventive	Preventative measures have been taken to ensure everyone's safety.	προληπτικός	84
put through	phr v	to make someone do or experience something difficult or unpleasant	We were put through a horrible exam by our French teacher but surprisingly, we all passed.	υποβάλλω σε	83
redeveloped	adj	to make an area more modern by putting in new buildings or changing or repairing the old ones	This area was redeveloped a few years ago and looks so much nicer now.	αναπτύσσω εκ νέου	81
residential	adj	a residential part of a town consists of private houses, with no offices or factories	Residential areas of the city tend to be further away from the city centre.	αστικός	audioscript 6.13
restless	adj	unwilling to keep still or stay where you are, especially because you are nervous or bored	I get restless if I have to wait somewhere and I don't have my phone.	νευρικός, ανήσυχος	84
reversible	adj	a piece of clothing or material that is reversible can be worn with either side showing on the outside	This jacket's reversible , so I can wear it either way.	διπλής όψης	84
rooftop	n	the upper surface of a roof	I have a wonderful view of the city rooftops from my apartment.	ταράτσα	81
run-down	adj	a building or area that is run-down is in very bad condition	Our house is a bit run-down and needs some updating.	ρημαγμένος	81
show off	phr v	to try to make people admire your abilities, achievements, or possessions – used to show disapproval	We knew that Lucas had got top marks but he didn't have to show off about it so much.	κάνω επίδειξη / φιγούρα	83
skyline	n	the shape made by hills or buildings against the sky	The Shanghai skyline impressed me much more than I expected it to.	ορίζοντας	81
strategic	adj	done as part of a plan, especially in a military, business or political situation	I've made a strategic decision not to use social media when I'm doing my homework.	στρατηγικής σημασίας	84
suburban	adj	related to a suburb, i.e. an area where people live which is away from the centre of a town or city	Not everyone wants to live in a suburban area; some like living in the centre.	στα προάστια	81

UNIT 6

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
thankful	adj	grateful and glad about something that has happened, especially because without it the situation would be much worse	I'm thankful I don't have to study geography anymore!	ευγνώμων	84
traffic jam	n	a long line of vehicles on a road that cannot move or can only move very slowly	Cars beeped their horns but it didn't do anything to clear the traffic jam .	κυκλοφοριακή κίνηση, κίνηση	81
turn around	phr v	if someone turns something around, it changes and starts to develop in the way you want	I was failing chemistry at the beginning of the year but turned it around and now I'm passing.	αλλάζω τελείως	83
upmarket	adj	designed for or used by people who have a lot of money	This street's full of upmarket shops and cafés.	πολυτελής, ακριβός	81
warm up	phr v	to become warm, or to make someone or something warm	If your fingers are cold, you should warm them up on the radiator.	ζεσταίνω	83
waterfront	n	the part of a town or an area of land next to the sea, a river, etc.	Let's go for a walk along the waterfront and get a coffee.	παραλία, προκουμαία	81
world-famous	adj	known about by people all over the world	There are loads of world-famous paintings at the museum.	παγκοσμίου φήμης	81
worthless	adj	something that is worthless has no value, importance or use	My dad inherited a painting which he thought was valuable but apparently, it's worthless .	ευτελής, ασήμαντος	84
Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
abduct	v	to take someone away by force	He almost drowned in the River Ganges and was almost abducted by a man who wanted to sell him as a slave.	απαγάγω	audioscript 6.3
armed with	adj	having the knowledge, skills or equipment you need to do something	So, here I am, armed with my camera, ready to make my way through the side entrance of the building.	εξοπλισμένος, εφοδιασμένος	79
convey	v	to communicate or express something, with or without using words	I couldn't speak Japanese, so I used lots of gestures to convey the fact I had tooth pain.	εκφράζω	90
crumble	v	if something, especially something made of stone or rock, is crumbling, small pieces are breaking off it	The ceiling and walls are crumbling and there is concrete all over the floor.	θρυμματίζω, καταρρέω	78
decay	n	the gradual destruction of buildings, structures, etc. because they have not been cared for	When the city was going through bankruptcy, its urban decay made headlines.	παρακμή, πτώση	79
deter	v	to stop someone from doing something, by making them realise it will be difficult or have bad results	The bad weather has not deterred the people on the tour today.	αποθαρρύνω	79
exquisite	adj	extremely beautiful and very delicately made	I'm standing in the beautiful old theatre looking at this exquisite architecture.	θεσπέσιος, εξαιρετικός	79

UNIT 6

Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
flared	adj	flared trousers or skirts become wider towards the bottom	My sister hates flared jeans, but I think they are a fun nod to the 70s fashion.	καμπάνα (είδος ρούχου)	audioscript 6.7
hit the shops	coll	if a product hits the shops, it becomes available to buy	Many people want to know what's going to hit the shops in advance.	βγαίνω στην αγορά, διατίθεται προς πώληση	audioscript 6.7
jumpsuit	n	a piece of clothing like a shirt and a pair of trousers joined together, worn especially by women	Jumpsuits have come back into fashion but I think they're terribly impractical!	ολόσωμη φόρμα	audioscript 6.7
mob	v	if people mob a famous person, they rush to get close to them and form a crowd around them	I walked behind the station and I was just mobbed by people. 'Come and stay in my backpacking place.' 'Come to my hotel.' 'Get in my rickshaw.' and things.	συρρέω μαζικά, κατακλύζω	90
opt for/to do	v	to choose one thing or do one thing instead of another	In an effort to save money, city officials opted to turn off street lights an hour earlier.	επιλέγω, διαλέγω	audioscript 6.8
stroke of luck	coll	something lucky that happens to you unexpectedly	When he finally did reach his old home in the town, it was empty. It was then that he had another stroke of luck .	ευτυχής συγκυρία	audioscript 6.3
workmanship	n	skill in making things, especially in a way that makes them look good	We take photos and admire the workmanship , materials and money that must have gone into the building all those decades ago.	τέχνη, μαστοριά	79

UNIT 7

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
(the) majority	n	most of the people or things in a group	The majority of the students in the survey said that they felt disappointed with the range of sports available.	η πλειοψηφία	93
a great deal	phr	a large quantity of something	There wasn't a great deal of choice at the canteen today. Just burgers and pizza.	πολύς	97
a number of	phr	several	I think a number of students were unhappy with the changes to the sports hall.	αρκετοί	94
achieve a personal best	phr	to get the fastest time, most points, etc. that a sportsman or sportswoman has ever achieved	I did great on sports day! I achieved a personal best in the running. I was a second faster than my last.	πετυχαίνω ατομικό ρεκόρ	96
alert	adj	able to think quickly and clearly	I feel most alert first thing in the morning.	σε εγρήγορση	95
alternately	adv	if something happens alternately, it happens on one day, etc. and not the next, and continues in this pattern	I usually go swimming and running alternately - swimming one day and then running the next.	εναλλάξ	98
alternatively	adv	used for suggesting something different	You could try to lose weight by eating a bit less. Alternatively , you could exercise more.	εναλλακτικά	98
an awful lot	phr	a large number	Wow! It's so busy. There are an awful lot of people.	πάρα πολλοί	97
bags of	phr	a lot of something	I can help you today. I've got bags of free time!	ένα σωρό	97
beside	prep	next to or very close to the side of someone or something	I left the book on my desk, beside the computer.	δίπλα σε	98
besides	adv	used when adding another reason; in addition to someone or something else that you are mentioning	Of course I'll play football with you in the park! I love football, and besides , you're my best friend!	εξάλλου	98
binge out on	phr v	to do too much of something, such as eating or drinking, in a short period of time	I completely binged out on chips and fast food at the weekend, and I don't even feel bad about it!	το παρακάνω με κτ, κάνω κτ σε υπερβολικό βαθμό	95
bond in a team	phr	to develop a special relationship with a group of people who have been chosen to work together to do a particular job	I prefer video games that let you bond in a team . It brings you closer, working towards the same goal.	δένω ως ομάδα	96
build self-esteem	phr	to gradually increase the feeling of being satisfied with your own abilities, and that you deserve to be liked or respected	It's really important to help young kids to build their self-esteem . You need to feel good about yourself, even when you mess up.	αναπτύσσω αυτοπεποίθηση	96
caffeine	n	a substance in tea, coffee, and some other drinks that makes you feel more active	There's a lot of caffeine in coffee, so I don't drink it in the evening when I need to go to sleep!	καφεΐνη	95
calorie	n	a unit for measuring the amount of energy that food will produce	There are lots of calories in cakes and biscuits, so you should avoid them.	θερμίδα	95

UNIT 7

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
cite	v	to give the exact words of something that has been written, especially in order to support an opinion or prove an idea	When you write an essay at university, you have to cite lots of numbers and figures that you've read in other books.	παραθέτω	98
convince	v	to make someone feel certain that something is true	They convinced me that there's alien life on other planets.	πείθω	98
countless	adj	too many to be counted	My sister says that there are just countless opportunities to get work experience once you start university.	αμέτρητος	97
cut out	phr v	to stop doing or eating something, especially because it might be bad for your health	I decided to cut out coffee from my diet and I actually feel better for it. I was drinking too much.	αφαιρώ, κόβω	95
develop fitness	phr	if you develop your fitness, you are getting healthier and stronger to do hard work or play sports	I think swimming is the best way to develop your fitness . You get fit really quick!	βελτιώνω τη φυσική κατάσταση	96
develop strength and stamina	phr	to gradually increase your physical or mental strength that lets you continue doing something for a long time without getting tired	I like to lift weights to develop strength , and I go long-distance running to develop stamina .	αναπτύσσω δύναμη και αντοχή	96
diet drinks	n	zero-calorie, artificially sweetened versions of sugary soft drinks	Diet drinks have less sugar than regular drinks but they're still not good for you.	διαιτητικά ποτά	95
eat out	phr v	to eat in a restaurant instead of at home	The Italian restaurant is a great place to eat out .	τρών έξω	95
elicit	v	to succeed in getting information or a reaction from someone, especially when this is difficult	The teacher tried to elicit the correct answer.	αποσπώ, εκμαιεύω, παίρνω	103
eligible	adj	someone who is eligible for something is able or allowed to do it, for example because they are the right age	You're eligible for financial aid to pay for trips that will help you with your studies.	που είναι κατάλληλος υποψήφιος	98
energy boost	n	something that gives you the physical and mental strength that makes you able to do things	For me, walking in the fresh air for ten minutes gives me an energy boost – I feel great.	ενίσχυση ενέργειας	95
energy crash	n	a sudden drop in the energy level, excessive tiredness and general fatigue	When I eat a lot of sugar, I usually get an energy crash a few hours later.	απότομη έλλειψη ενέργειας	95
go easy on	phr v	not to use too much of something	Go easy on the milk! There's not much left.	παίρνω κτ με το μαλακό	95
heaps of	phr	a lot of something	Young children have heaps of energy.	άπειρος, ατελείωτος	97
heartbeat	n	the action or sound of your heart as it pumps blood through your body	Nurses can always feel your heartbeat in your neck and in your wrists.	παλμός, σφυγμός	95
high energy drinks	n	a type of beverages containing different stimulants such as caffeine, usually high in added sugar and artificial sweeteners	I think high energy drinks are OK on special occasions when you have a lot of work to do, but not every day.	ποτά υψηλής ενεργειακής αξίας	95

UNIT 7

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
illicit	adj	not allowed by laws or rules, or strongly disapproved of by society; illegal	The police want to halt the illicit trade in wild animals.	παράνομος, αθέμιτος	103
imply	v	to suggest that something is true, without saying this directly	I didn't mean to imply that you were being rude. I just thought you'd asked a strange question.	υπονοώ	92
infer	v	to form an opinion that something is probably true because of information that you have	From what the teacher said, I inferred that most of us have failed the last test.	συμπεραίνω	98
knackered	adj	extremely tired	I'm completely knackered ! I just want to go to bed.	εξουθενωμένος	95
legible	adj	written or printed clearly enough for you to read	I just can't read what he wrote here! It's not legible !	ευανάγνωστος	98
low-fat yoghurt	n	a thick liquid food that tastes slightly sour, is made from milk and contains or uses only a small amount of fat	I like low-fat yoghurts , but there is a lot of sugar.	γιαούρτι με χαμηλά λιπαρά	95
no end of (trouble)	phr	a lot of (trouble)	I'd stop texting in class, if I were you. You'll be in no end of trouble if they catch you.	αμέτρητος / ατελείωτος (μπελάς / πρόβλημα)	97
peel off	phr v	to remove the skin from fruit or vegetables	It's probably a good idea to peel off the skin from fruit and vegetables unless they're organic.	ξεφλουδίζω	95
persuade	v	to make someone decide to do something, especially by giving them reasons why they should do it, or asking them many times to do it	Did you manage to persuade Jennifer to join our team?	πειθω	98
posture	n	the way you position your body when sitting or standing	Having good posture can make you look healthier.	στάση	95
precede	v	to happen or exist before something or someone, or to come before something else in a series	Monday precedes Tuesday every single week.	προηγούμαι	98
proceed	v	to continue	Sorry I stopped you. You can proceed again now.	συνεχίζω	98
provide relaxation	phr	if something provides relaxation, it is a good way of resting and enjoying yourself	For me, sports provide relaxation and help me to forget my problems.	παρέχω χαλάρωση	96
site	n	an area of ground where something is being built or will be built	I walked past our old school yesterday, and it's just a building site now! They're turning it into a gym.	τοποθεσία	98
take a nap	phr	to have a short sleep, especially during the day	I was so tired when I got home from school yesterday, that I took a nap on the sofa.	παίρνω έναν υπνάκο	95
the number of	phr	an amount of something that can be counted	The number of people who complained about the music was really high.	ο αριθμός	104

UNIT 7

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
tons of	phr	a lot of something	There are going to be tons of people at the party tonight.	πάρα πολύς	97
upwards of	phr	over	I'm not sure how many people there were on the beach, but it was packed. I'd say upwards of a hundred thousand.	πάνω από	97
weight gain	n	an increase in the amount or level of fat somebody has	Most people experience weight gain at different times of the year. It's normal to put on a few extra kilos.	αύξηση σωματικού βάρους	95
wind down	phr v	to rest and relax after a lot of hard work or excitement	I usually like to wind down in the evening, listening to music or watching some of my friends' social media feeds.	χαλαρώνω	95
work out	phr v	to make your body fit and strong by exercising	I prefer to work out with my friends at the gym, rather than exercise alone at home.	ασκούμαι, γυμνάζομαι	95
Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
condemn	v	to say very strongly that you do not approve of something or someone, especially because you think it is morally wrong	My parents strongly condemn my messiness.	καταδικάζω	93
a fraction of	phr	a very small amount of something	My video projects involve creating things with my own equipment at a fraction of the price that my viewers would spend buying commercially produced videos.	ένα μικρό μέρος, ένα κλάσμα	audioscript 7.7
catch on	phr v	to become popular and fashionable	There are new risks with some of these gadgets and they can catch on incredibly quickly.	γίνομαι της μόδας	audioscript 7.7
cluttered	adj	covered or filled with too many things, so that it looks very untidy	'If a cluttered desk is a sign of a cluttered mind, then what are we to think of an empty desk?'	ακατάστατος, πηγμένος	93
disadvantage	v	to make someone less likely to be successful or to put them in a worse situation than others	I also have to think about who might be disadvantaged by the products too.	μειονέκτημα	97
do sb good	coll	to have a useful effect	Having an energy drink won't actually do you much good .	ωφελώ	audioscript 7.3
enhance	v	to improve something	This new device can enhance all sorts of skills.	βελτιώνω	96
float around	phr v	to be present in a place	There has always been a sort of 'urban legend' that has floated around modern society that messy people have high levels of creativity.	κυκλοφορώ, περιφέρομαι	93

UNIT 7

Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
get sth across	phr v	to succeed in communicating an idea or piece of information to someone, or to be communicated successfully	I try to get this information across in my videos.	γίνομαι κατανοητός	audioscript 7.1
inevitably	adv	used for saying that something is certain to happen and cannot be avoided	Erm, well, inevitably , like most people, I just exercise when I can.	αναπόφευκτα	99
packed with	adj	containing a lot of a particular type of thing	An energy drink is packed with six times as much caffeine as a cup of coffee.	γεμάτος με	audioscript 7.3
put an end to sth	coll	to stop an activity that is harmful or unacceptable	A famous psychologist set out to put an end to this urban legend.	βάζω τέλος	93
sloppy	adj	untidy, or dirty	By limiting your sloppy desk, room or habits, you should keep in mind that you might also be limiting your overall creativeness.	τσαπατσούλικος, κακοφτιαγμένος	93
stick to sth	v	to keep using or doing one particular thing and not change to anything else	It may just be that teen brains haven't quite got there yet cognitively – when it comes to sticking to clean-up routine.	κολλάω	93
the bits and pieces	n	any small things of various kinds	It may be a fundamental indication that the person who owns the bits and pieces in a mess lacks self-control.	ψιλοπράγματα	93
wannabe	adj	would-be	The invention was initially tested with the military, then got picked up by a team of wannabe engineers.	επίδοξος	audioscript 7.7

UNIT 8

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
adapt	v	if a book or play is adapted for film, television, etc., it is changed so that it can be made into a film, television programme, etc.	The film was adapted from a book by the same name.	προσαρμόζω	113
anticipation	n	when you are expecting something to happen	Everyone waited in anticipation for Helena.	προσδοκία	107
applaud	v	to hit your open hands together to show that you have enjoyed a play, concert, speaker, etc.	When he finished his speech, everyone applauded .	χειροκροτώ	117
at our fingertips	phr	ready and available to use very easily	It's not true that everyone with money at their fingertips can be successful.	άμεσα διαθέσιμος	109
at random	phr	without any definite plan, aim or pattern	The teacher asked students questions at random .	τυχαία, στην τύχη	109
beat	n	the main rhythm that a piece of music or a poem has	You can't dance to this song – the beat's too fast.	ρυθμός	109
blockbuster	n	a book or film that is very good or successful	This year's blockbuster is another superhero film.	μεγάλη εισπρακτική επιτυχία	109
broadcast	v	to send out radio or television programmes	The next episode will be broadcast at the same time next week.	εκπέμπω	109
catchy	adj	a catchy tune or phrase is easy to remember	This song's so catchy it keeps going around in my head.	πιασάρικος	109
clinical	adj	considering only the facts and not influenced by personal feelings	The head teacher greeted me with a clinical smile.	ψυχρός, απρόσωπος	117
convincing	adj	making you believe that something is true or right	Your argument isn't very convincing .	πειστικός	117
crowdfund	v	get money for something, for example a new film or album, by asking many people to give part of the money needed, often on the internet	These days a games creator can crowdfund a game to get the funding they need.	βρίσκω χρηματοδότηση από το πλήθος	109
dehumanisation	n	treating people so badly that they lose their good human qualities	Some people think technology is resulting in the dehumanisation of society.	στέρηση ανθρωπίνων ιδιοτήτων	107
depict	v	to describe something or someone in writing or speech, or to show them in a painting, picture, etc.	I like films that depict heroic stories I've never heard of.	απεικονίζω, αναπαριστώ	117
disadvantage	n	something that causes problems, or that makes someone or something less likely to be successful or effective	The disadvantage of getting the bus is the traffic.	μειονέκτημα	112
disconnected	adj	disconnected thoughts or ideas do not seem to be related to each other	The story is so disconnected it's hard to follow.	ασύνδετος, ασυνάρτητος	112
discontinue	v	to stop doing, producing or providing something	The brand will discontinue their slowest-selling product from next week.	διακόπτω, καταργώ	117

UNIT 8

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
dominance	n	the fact of being more powerful, more important or more noticeable than other people or things	Certain technology companies have a clear dominance in the industry.	κυριαρχία	117
dub	v	to change the original spoken language of a film or television programme into another language	I prefer to watch foreign films that have been dubbed and not subtitled.	μεταγλωττίζω	117
ensuing	adj	happening after a particular action or event, especially as a result of it	The course got more difficult in the ensuing lessons.	επόμενος, ακόλουθος	117
evolution	n	the gradual change and development of an idea, situation, or object	The evolution of mobile phone technology has been fairly quick.	εξέλιξη	117
fend off	phr v	to defend yourself against someone who is attacking you	The man had to fend off the aggressive dog.	αποκρούω, υπερασπίζομαι τον εαυτό μου απέναντι σε κτ	107
flop	n/v	if something such as a product, play, or idea flops, it is not successful because people do not like it	My favourite film flopped at the cinema but I still love it.	αποτυχία / πιάνω πάτο	109
from strength to strength	phr	become more and more successful	Since their first album, the band has gone from strength to strength .	όλο και καλύτερα	109
from your perspective	phr	from your point of view	For your homework, write about life at school from your perspective .	από την πλευρά σου	109
genre	n	a particular type of art, writing, music, etc., which has certain features that all examples of this type share	I watch all kinds of film genres with my parents.	είδος	109
gig	n	a performance by a musician or a group of musicians playing modern popular music or jazz, or a performance by a comedian	I've got two tickets to a gig tonight if you want to come.	παράσταση, εμφάνιση	109
grab	v	to take hold of someone or something with a sudden or violent movement	I grabbed the door to stop myself from falling.	αρπάζω	109
immoral	adj	morally wrong	Some people think it's immoral to spend £200,000 on a car when there are people with nothing.	ανήθικος	112
imperfect	adj	not completely correct or perfect	My English might be imperfect but it's improved a lot.	ατελής, ημιτελής, ελλιπής	112
in a mood	phr	to feel unhappy, impatient or angry and to refuse to speak normally to other people	I'm not sure what's wrong with Mark but he's definitely in a mood .	σε (κακή / καλή) διάθεση	109
in focus	phr	if a photograph or an instrument such as a camera is in focus, you can see the picture clearly	The photo's not in focus , so I can't see who's in it.	εστιασμένος	109

UNIT 8

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
in reality	phr	used to say that something is different from what people think	I imagined the film would be good but in reality it was rubbish.	στην πραγματικότητα	109
in tune	phr	playing or singing the correct musical note	Sam can't sing in tune at all.	τονικά σωστός, όχι φάλτσα	109
incorrectly	adv	not correctly, wrongly	If you chose option C, you chose incorrectly .	λανθασμένα	112
insignificant	adj	too small or unimportant to consider or worry about	My successes are insignificant compared to some people's.	ασήμαντος, αμελητέος	112
irregular	adj	not happening at times that are an equal distance from each other	The buses leave at irregular times, so I normally walk.	ανώμαλος, ακανόνιστος	112
irrelevant	adj	not useful or not relating to a particular situation, and therefore not important	Your point is irrelevant to the argument.	άσχετος	112
irreplaceable	adj	too special, valuable, or unusual to be replaced by anything else	My bike's irreplaceable . I don't know what I'd do without it.	αναντικατάστατος	117
mistaken	adj	if you are mistaken, you are wrong about something that you thought you knew or saw	I thought I heard a car horn but I must have been mistaken .	κάνω λάθος	112
misunderstand	v	to fail to understand someone or something correctly	Don't misunderstand me – I liked it but I didn't love it.	παρεξηγώ	117
off the top of your head	phr	if you say something off the top of your head, you say it immediately, without thinking carefully about it or checking the facts	Off the top of my head , I'd say there are about fifty people there.	χωρίς πολλή σκέψη, χωρίς να το πολυσκεφτώ	109
on demand	phr	whenever someone asks	I watch TV on demand these days.	κατά παραγγελία	109
on the face of it	phr	used to say that something seems true but that you think there may be other facts about it which are not yet clear	On the face of it , it's a good idea but let's see.	επιφανειακά, κατ' αρχάς	109
on the whole	phr	used to say that something is generally true	The album's not perfect but on the whole I enjoyed it.	συνολικά	109
out loud	phr	in such a way that people can hear you	Don't shout the answer out loud .	δυνατά	109
out of tune	phr	playing or singing higher or lower than the correct musical note	The piano's out of tune , so it sounds awful.	παράφωνα, φάλτσα	109
portray	v	to describe or show someone or something in a particular way, according to your opinion of them	In the film, Smith portrays the lead character as a weak and lonely man.	αναπαριστώ	117
primetime	n	the time in the evening when the largest number of people are watching television	Primetime TV is on at around 8 p.m.	ζώνη υψηλής ακροαματικότητας	109

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
primitive	adj	something that is primitive is very simple and does not have the extra modern parts that would make it faster, better, more comfortable, etc.	The school sports centre is pretty primitive these days.	πρωτόγονος, ξεπερασμένος	117
ratings	n	a list that shows which films, television programmes, etc. are the most popular	The ratings were so bad for series 4 of the show that it's been cancelled.	ποσοστά τηλεθέασης	109
record label	n	a company that records and produces music on discs or tapes	I hope our band get signed to a record label soon.	δισκογραφική εταιρεία	109
rehearse	v	to practise something such as a play or concert in order to prepare for a public performance	Let's rehearse that song again until we get it right.	κάνω πρόβα	117
remake	v	to film a story or record a piece of music again	Apparently, there's a director who wants to remake the film Casablanca.	κάνω το ριμέικ	109
rivalry	n	a situation in which two or more people, teams or companies are competing for something, especially over a long period of time, and the feeling of competition between them	The rivalry between our school and the school in the next town has gone on for decades.	αντιπαλότητα	117
screenplay	n	the words that are written down for actors to say in a film, and the instructions that tell them what they should do	She's a well-known fiction writer who's recently written a screenplay .	σενάριο	109
stream	v	if you stream sound or video, you play it on your computer while it is being downloaded from the internet, rather than saving it as a file and then playing it	Who watches DVDs these days when you can just stream everything online?	μεταδίδομαι σε πραγματικό χρόνο, στριμάρω	113
televisе	v	to broadcast something on television	The music festival will be televised live on the BBC.	μεταδίδω τηλεοπτικώς	109
uncertainty	n	when you feel doubt about what will happen	There's a lot of uncertainty about whether the play will be cancelled or not.	αβεβαιότητα	112
undeniably	adv	definitely and certainly	Richard's undeniably a clever man.	αναμφισβήτητα	112
unimportant	adj	not important	Whether the story is true or not is unimportant ; it's still great.	ασήμαντος	117
Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
a bid to do sth	n	an attempt to achieve or obtain something	I have turned to other forms of entertainment in a bid to satisfy my craving for something more creative.	σε μια προσπάθεια να	107
acceleration	n	a process in which something happens more and more quickly	I think there'll be a rapid acceleration in the virtual reality market.	επιτάχυνση	audioscript 8.2

UNIT 8

Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
augmented reality	adj + n	a situation in which computer-generated information, images, etc. are combined with things in the real world or images of real things	And a lot more people will be using VR and augmented reality , so like holographics and things like that.	επαυξημένη πραγματικότητα	audioscript 8.2
be at the point of	phr	to be going to do something very soon	The country's economy is at the point of collapse.	είμαι στο όριο	108
be on the verge of	phr	to be at the point where something is about to happen	I'd say video games are on the verge of taking over from film as the more effective narrative form.	είμαι στα πρόθυρα	108
be set to do sth	phr	likely to do something	Today's video games are far from simplistic, and the quality of the narratives is set to improve further.	είμαι πιθανός να	108
clichéd	adj	used so much that it is not effective or does not have any meaning any longer	Film companies are continuing to invest millions into clichéd superhero films because they continue to attract an audience.	που είναι κλισέ / κοινότυπος	107
climax	n	the most exciting or important part of a story or experience, which usually comes near the end	In this scene, the film reaches its dramatic climax when the adversaries come together for a final show-down.	κορύφωση	audioscript 8.4
close-up	n	a photograph or part of a film in which the camera seems to have been very close to the picture it took	Film-viewers passively rely on characters' lines or close-ups to highlight what is important for them to know or see.	κοντινό πλάνο	107
crave for	v	to have an extremely strong desire for something	People are craving for something more engaging than books.	λαχταράω	107
dazed	adj	unable to think clearly, especially because of a shock, accident, etc.	Viewers left the cinema feeling dazed and confused.	σαστισμένος	107
gripped	adj	holding someone's attention and interest	I don't think that the stories that we enjoy or, you know, the types of things that keep us gripped are going to change.	προσηλωμένος	107
immerse yourself in	v	to become completely involved in an activity	What makes video games so much more exciting as a storytelling form is the fact that a player can immerse themselves in a story for hours and hours.	απορροφώμαι από κτ	107
merit	v	to be good, important or serious enough for praise or attention	Although cinema is still considered by most to be the most popular means of storytelling, it is crucial to ask whether it merits this reputation.	αξιζω	107
in the vicinity of	n	in the area around a particular place	I think we're just at the point of cutting out everyone in our vicinity .	γύρω σε, κοντά σε	108

UNIT 8

Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
pan	v	if a film or television camera pans in a particular direction, it moves in that direction and follows the thing that is being filmed	If the camera pans across to a particular object, you can be sure that the object is due to appear again later.	κάνω παν, εστιάζω την κάμερα σε ένα συγκεκριμένο σημείο / αντικείμενο	108
prequel	n	a book, film, etc. that tells you what happened before the story told in a previous popular book or film	'The Phantom Menace' is a prequel to 'Star Wars'.	πρίκουελ	107
publicity	n	the business of making sure that people know about a new product, film, etc. or what a particular famous person is doing	As a bonus the publicity is improved by the use of well-known actors.	δημοσιότητα	107
put sb off	phr v	to make you dislike something or not want to do something	If newspapers are written like academic essays, it puts readers off .	αποτρέπω, αποθαρρύνω	audioscript 8.5
redundant	adj	not necessary because something else means or does the same thing	By the middle of the century we may have created intelligent machines that make us redundant .	περιττός	audioscript 8.10
sequel	n	a book, film, play, etc. that continues the story of an earlier one, usually written or made by the same person	She's writing a sequel to her first novel.	σίκουελ, συνέχεια	106
stuck in	adj	unable to escape from a bad or boring situation	Cinema, it seems, is currently stuck in a whirlwind of big action films with scene after scene of incredible special effects that wow the audience.	κολλημένος (στη ρουτίνα)	107
take over the mantle of	coll	to accept or have an important duty or job	It is up to Europe to take over the mantle of leadership in environmental issues.	αναλαμβάνω	107
turn to	phr v	to start to do or use something new, especially as a way of solving a problem	Recently many people have turned to video games.	καταφεύγω σε	107
unappealing	adj	not pleasant or attractive	In storytelling, a monotonous voice is pretty unappealing .	μη ελκυστικός	audioscript 8.4

UNIT 9

Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
a mere (six hours/ four days/etc.)	coll	used to emphasize how small or unimportant something or someone is	I've completed the whole game in a mere two days!	μόνο, μόλις	126
acid rain	n	rain that contains harmful acid which can damage the environment and is caused by chemicals in the air, for example from cars or factories	Acid rain is a mixture of chemicals in the air and rain water and it damages buildings.	όξινη βροχή	123
admit to (doing sth)	v	to agree unwillingly that something is true or that someone else is right	My brother admitted to scratching my game eventually.	παραδέχομαι ότι	125
advise (doing sth)	v	to recommend doing something, especially after careful study of that subject	Educational websites advise studying all three sciences if you want to become a doctor.	συστήνω, προτείνω	125
advise (sb to do sth)	v	to tell someone what you think they should do, especially when you know more than they do about something	My teacher advised me to study history because I was really good at it.	συμβουλεύω	125
aggressive behaviour	coll	behaving in an angry threatening way, as if you want to fight or attack someone	A boy from our school was sent home for aggressive behaviour .	επιθετική συμπεριφορά	126
agree (to do sth)	v	to say yes to an idea, plan, suggestion, etc.	My friend agreed to help me with my maths homework.	συμφωνώ	125
blame (sb for doing sth)	v	to say or think that someone or something is responsible for something bad	I completely blame myself for making you miss the bus. I'm so sorry.	κατηγορώ	125
boast (about doing sth)	v	to talk too proudly about your abilities, achievements or possessions	My sister was boasting about reaching a higher level than me on the game. I really need to catch her up.	καυχιέμαι, περηφανεύομαι	125
buoyancy aid	n	a form of personal flotation device designed to keep you afloat in the water for short periods of time	If you want to go out in a boat in my country, you have to wear a buoyancy aid , just in case you fall in the water.	βοήθημα επίπλευσης, σωσίβιο	131
carbon monoxide	n	a poisonous gas produced when carbon, especially in petrol, burns in a small amount of air	You can't see, smell or taste carbon monoxide , but it's extremely dangerous if you breathe it in.	μονοξείδιο του άνθρακα	123
carbon trading	n	an exchange of rights to produce carbon between countries aimed at reducing emissions of carbon dioxide	I think carbon trading is OK because at least people are thinking about how much carbon dioxide they produce and they're trying to control it.	εμπόριο (εκπομπών) άνθρακα	123
claim (to do sth)	v	to state that something is true, even though it has not been proved	I read that scientists claim to know the exact moment when the sun will burn out. I don't believe them.	ισχυρίζομαι	125
cliff	n	a large area of rock or a mountain with a very steep side, often at the edge of the sea or a river	I love to watch people diving off the cliffs into the sea.	γκρεμός	131

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
climate change	n	a permanent change in the Earth's weather conditions	Climate change is making it very difficult for animals that live in particularly hot or very cold countries.	κλιματική αλλαγή	123
confess (to doing sth)	v	to admit something that you feel embarrassed about	I'm going to have to confess to losing my library card.	ομολογώ	125
conservation area	n	an area where animals and plants are protected	The mountains near my house are a conservation area because the plants, trees and animals that live there are very important.	προστατευόμενη περιοχή	123
deny (doing sth)	v	to say that something is not true, or that you do not believe something	You cheated in that football match! Don't deny touching the ball with your hand just before it went into the goal!	αρνούμαι (κατηγορία)	125
donate money	phr	to give money to a person or an organization in order to help them	A local business man decided to donate some money to the school to buy better sports equipment.	προσφέρω / δωρίζω χρήματα	131
easily distracted	phr	anxious and unable to think clearly	My little sister is so easily distracted . It's a nightmare trying to get her to concentrate on anything.	που αποσπάται η προσοχή / αφαιρείται εύκολα	124
elaborate hoax	coll	a carefully planned and organised attempt to make people believe something that is not true	There was a photo of a monster in the local lake. It looked realistic, but it was just an elaborate hoax .	περίτεχνη φάρσα	126
emissions trading	n	the practice of buying or selling emission credits	Emissions trading just makes it easier for rich countries to keep producing pollution.	συναλλαγές εκπομπών	123
faceless	adj	a faceless person, organisation or building has nothing that makes them special, interesting or different – used to show disapproval	It's a faceless modern building, with no character.	απρόσωπος	131
fossil fuels	n	fuels such as coal or oil, produced by the very gradual decaying of animals or plants over millions of years	The fossil fuels , like oil and coal, won't be around for ever, so we need to think of alternatives.	ορυκτά καύσιμα	123
green audit	n	an examination of the activities of an organization in order to see how much it harms the environment and how much energy it uses	The head boy and girl carried out a green audit of the school and they've made some suggestions to improve our environmental practices.	περιβαλλοντικός έλεγχος	123
greenhouse effect	n	the gradual warming of the air surrounding the Earth as a result of heat being trapped by pollution	The greenhouse effect is trapping heat in the atmosphere, and it's causing a lot of problems with climate change.	φαινόμενο του θερμοκηπίου	123

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
greenhouse gases	n	gases, especially carbon dioxide or methane, that are thought to trap heat above the Earth and cause the greenhouse effect	We need to control and reduce greenhouse gases , like carbon dioxide, by finding cleaner alternatives.	αέρια που προκαλούν το φαινόμενο του θερμοκηπίου	123
groundbreaking project	coll	a groundbreaking project involves making new discoveries, using new methods, etc.	Scientists are working on a groundbreaking project to transport people to Mars in the next decade.	πρωτοποριακό έργο / πρότζεκτ	126
have a direct impact (on sth)	coll	to have an effect or influence without any other people, actions, processes, etc. coming between	My teacher says that the amount of homework we do has a direct impact on our grades in the end-of-year test.	έχω άμεσο αντίκτυπο	126
have a strong influence (on sth)	coll	to have a powerful impact on other people or things	I think that parents have a strong influence on their kids, more than school or the internet.	επηρεάζω καθοριστικά / σοβαρά, έχω ισχυρή επιρροή	126
have the opposite effect	coll	to produce a completely different result than thought or planned	I tried to tell my friend the truth, and I thought she'd forgive me, but it had the opposite effect and now she's really mad at me.	έχω το αντίθετο αποτέλεσμα	126
helmet	n	a strong hard hat that soldiers, motorcycle riders, the police, etc. wear to protect their heads	I had a green cycle helmet that looked like a dinosaur head when I was a little kid. I actually thought it looked cool!	κράνος	128
insist on (doing sth)	v	to say firmly and often that something is true, especially when other people think it may not be true	My mum's insisting on coming with me to my interview for the new college course.	επιμένω	125
landfill site	n	a place where waste is buried under the ground	A lot less rubbish goes into landfill sites since they introduced better recycling practices.	χώρος υγειονομικής ταφής απορριμμάτων	123
lazy ball of fur	phr	a furry animal that does not like physical activity	My dog sleeps all day. He's just a lazy ball of fur .	τεμπέλικο ζώακι	124
love (sb/sth) to bits	phr	to like somebody or something very much	I've had my cat for three years now, and I love him to bits .	λατρεύω	124
natural development	coll	a tendency or type of behaviour that is normal and as you would expect	I think that learning to tell lies is a natural development , and all young children experiment with it.	φυσική ανάπτυξη / εξέλιξη	126
nature reserve	n	an area of land in which animals and plants are protected	As part of our biology class project, we're going to visit a local nature reserve and study the animals and plants that live there.	καταφύγιο άγριας ζωής	121
open water	n	an area of water which is not enclosed by any barriers such as land or ice	I've practised sailing in a small lake, but we're going to go out on open water for the first time next week.	ανοικτή θάλασσα	128

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
ozone layer	n	a layer of gases in the sky that prevents harmful radiation from the sun from reaching the Earth	It's great news that the hole in the ozone layer above Australia is now a bit smaller than it used to be.	σφαίρα του όζοντος	123
paddle	n	a short pole that is wide and flat at the end, used for moving a small boat in water	I let go of my paddle when I was canoeing and I lost it.	κουπί	128
perseverance	n	determination to keep trying to achieve something in spite of difficulties – used to show approval	You need to learn perseverance to succeed.	επιμονή	128
plenty of layers	phr	many pieces of clothing that cover a surface or that are between two other things	It's freezing! Ensure you wear plenty of layers .	πολλά ρούχα φορεμένα το ένα πάνω από το άλλο	128
rain forest	n	a tropical forest with tall trees that are very close together, growing in an area where it rains a lot	The trees in the Amazon rain forest produce more than 20 percent of the earth's oxygen.	τροπικό δάσος	audioscript 9.3
rapids	n	part of a river where the water looks white because it is moving very fast over rocks	The rapids were too dangerous to swim in.	ορμητικό ρεύμα	128
recommend (doing sth)	v	to advise someone to do something, especially because you have special knowledge of a situation or subject	I recommend practising every day if you want to get better at playing a musical instrument.	προτείνω	128
refuse (to do sth)	v	to say firmly that you will not do something that someone has asked you to do	I can't believe he refused to help me. He normally agrees!	αρνούμαι	125
regret (doing sth)	v	to feel sorry about something you have done and wish you had not done it	I completely regret lying to my mum now. I'm going to be in so much trouble.	μετανιώνω	125
ropes	n	very strong thick string, made by twisting together many thinner strings	When you go climbing, tying the ropes is crucial.	σχοινιά	128
sound sleep	coll	sound sleep is deep and peaceful	I was so tired when I got home, that I fell into a sound sleep .	βαθύς ύπνος	126
strong swimmer	phr	someone who swims very well, often as a competitor	My sister's a really strong swimmer . She regularly competes in open water competitions.	καλός κολυμβητής	128
sustainable development	n	economic growth that it is possible to sustain without causing environmental problems	Companies need to look at sustainable development if they're going to have a long-term future.	βιώσιμη ανάπτυξη	123
the right priorities	phr	the morally correct things that you think are most important and that need attention before anything else	My friend always writes something nice in the comments after reading something mean. I think he's got the right priorities ! Who wants to be a hater?	σωστές προτεραιότητες	124

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Core Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
training wall	n	an artificially constructed wall with places to put your hands and feet, used for practising the sport of climbing	There's a training wall in the local sports centre where you can practise climbing in the winter months.	τοίχος αναρρίχησης	131
upper-body strength	n	the physical power of the top part of your body that makes you strong	You need a lot of upper-body strength to be able to swim or row.	δύναμη στο άνω μέρος του σώματος	128
urge (sb to do sth)	v	to strongly suggest that someone does something	I would strongly urge you to read the instructions carefully. I didn't and I made a huge mistake!	παροτρύνω	125
warning sign	coll	an event, fact, etc. that tells you that something bad, dangerous or annoying might happen so that you can be ready or avoid it	I don't think being stressed is a huge problem. It's just a warning sign that you need to take better care of yourself.	προειδοποιητικό σημάδι	126
wetsuit	n	a tight piece of clothing, usually made of rubber, worn by people who are swimming, surfing, etc. in the sea	I had a wetsuit on in the water, but I still felt cold.	καταδυτική στολή	128
Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
abandoned	adj	an abandoned person or animal has been left completely alone by the person that was looking after them	I found this cat through a site that matches potential owners to abandoned pets.	εγκαταλελειμμένος	125
appeal	n	a quality that makes people like something or someone	Nowadays the appeal of wild animals is strong.	ενδιαφέρον, γοητεία	121
be a doddle	n	to be very easy	Being round the corner from my house, this dog adoption agency was always a doddle to pop round for a chat during the application process.	είναι παιχνιδάκι / πανεύκολο	audioscript 9.7
body of sth	phr	a large amount or mass of something, especially something that has been collected	The impact of wildlife tourism on animal health is a concern and there's already a wide body of evidence to support this view.	σύνολο	121
boom	v	if business, trade or a particular area is booming, it is increasing and being very successful	Demand for wildlife tourism is booming .	ευημερώ, πάω καλά	121
chill out	phr v	to relax	My cat often pretends that she's just chilling out like I do.	χαλαρώνω	audioscript 9.5
chop sth down	phr v	to make a tree fall down by cutting it with a sharp tool	In many parts of the countryside almost every tree had been chopped down for firewood.	κόβω δέντρο	audioscript 9.1
commonplace	adj	happening or existing in many places, and therefore not special or unusual	Emissions trading has become commonplace , particularly in Europe.	συνηθισμένος, τετριμμένος	audioscript 9.3
crack sb up	phr v	to laugh a lot at something, or to make someone laugh a lot	And I know that all dogs like to sniff each other, but mine tried to sniff a dog on a documentary. It cracked us up , until the dog nearly knocked the screen over.	κάνω κπ να ξεκαρδιστεί	audioscript 9.7

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Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
fit in	phr v	if something fits in with other things, it is similar to them or goes well with them	Those ratings say which dog would best fit in with your lifestyle, and they get it right most times!	ταιριάζω	audioscript 9.7
grow in popularity	phr	to become more and more popular	Wildlife tourism is growing in popularity .	αυξάνω σε δημοτικότητα, γίνομαι πιο δημοφιλής	121
grumpy	adj	bad-tempered and easily annoyed	I put my dog in a pink ballerina costume, even though he's male. He looked so grumpy .	γκρινιάρης	audioscript 9.8
hold down a normal life	phr	to succeed in keeping a normal life	Any kind of night work involves unsociable hours, and it can be hard to hold down a normal life .	διατηρώ μια φυσιολογική ζωή	audioscript 9.13
inevitably	adv	used for saying that something is certain to happen and cannot be avoided	We know that getting close to wild animals will inevitably be intrusive.	αναπόφευκτα	121
interfere with sth	phr v	to prevent something from succeeding or from happening in the way that was planned	Getting close to animals interferes negatively with the animals' natural behaviour, and in the worst case, may be catastrophic, no matter how much we want to do it.	επεμβαίνω, παρεμβαίνω, πειράζω	121
lunar	adj	relating to the Moon or to travel to the Moon	A lot of farmers and gardeners insist that the lunar cycle has a direct impact on the natural development of plants.	σεληνιακός	126
overhear	v	to accidentally hear what other people are saying, when they do not know that you have heard	I increasingly overhear audiences saying that the environmental message has become a bit repetitive these days.	παίρνει το αφτί μου, ακούω	122
pet	v	to touch and move your hand gently over someone, especially an animal or a child	My cat barely shows any interest in the toys I buy him, and rarely wants to be petted .	χαϊδεύω	audioscript 9.7
push	n	when someone, especially a business, tries to get or achieve something	The push for sustainable development started with individual companies.	ώθηση, πουςάρισμα	audioscript 9.3
reinforce	v	to give support to an opinion, idea or feeling, and make it stronger	Television shows often reinforce these false impressions.	ενισχύω	121
show sth in a positive light	phr	if someone or something is shown in a particular light, people can see that particular part of their character	It showed these killer animals in a positive light , as emotional beings, with the capacity to remember kindness.	παρουσιάζω κτ με θετικό τρόπο	121
stingray	n	a large flat fish that has a long tail with sharp poisonous points on it	Stingrays that lived around a tourist beach had weak immune systems due to contact with humans.	σαλάχι	121

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Extra Vocabulary	Part of Speech	Definition	Example	Greek Translation	Page
stoke	v	to cause something to increase	Our desire to travel to see wild animals in their natural habitat is also stoked by the increasing sophistication of TV wildlife documentaries.	τροφοδοτώ	121
swap	v	to exchange something you have for something that someone else has	We've swapped farm life for office cubicles and concrete jungles.	ανταλλάσσω	121
take a toll	phr	to have a very bad effect on something or someone over a long period of time	It's taking a tragic toll on the creatures it's meant to protect.	έχω συνέπειες, έχω επιπτώσεις	121
the tip of the iceberg	phr	a small sign of a problem that is much larger	Their concerns over pollution quickly became just the tip of the iceberg .	είναι η κορυφή του παγόβουνου	audioscript 9.1
transitory	adj	continuing or existing for only a short time	We've been encouraged to expect that contact with animals will provide opportunities for photographs and a transitory feeling of well-being.	προσωρινός, παροδικός	121
viral	adj	passed on to other people on the internet or using mobile phones	One viral video recently showed a conservationist hugging lions.	που γίνεται ευρέως γνωστός	121

