

Practice Test

1

Practice Tests for the ECPE Book 3 Companion

WRITING, Page 20

- 1.1 impact** (n)
αντίκτυπος, επίδραση
the effect or influence on something
*People feel the **impact** of global warming as weather temperatures rise all over the world.*
• impact (v), impactful (adj)
- 1.2 policy** (n)
πολιτική (π.χ. ενός οργανισμού, μιας εταιρίας)
rules followed by an organization or business
*It's company **policy** to answer all customer emails within three days.*
- 1.3 serve (to do something)** (v)
χρησιμεύει, εξυπηρετεί συγκεκριμένο σκοπό
to be useful for a specific purpose
*The new alarm system **serves** to warn us in the event of a fire.*
- 1.4 paper-based** (adj)
σε έντυπη μορφή
printed on paper rather than viewed digitally
*You need a pencil to mark your answers on **paper-based** exams.*

LISTENING PART 1, Problems 1 – 9, Page 21

- 1.5 concern** (n)
ανησυχία, προβληματισμός, άγχος
a cause of worry or anxiety
*Michelle's bad grades are a real **concern** for her teachers.*
• concern (v), concerned (adj)
- 1.6 incident** (n)
συμβάν, επεισόδιο, περιστατικό
an unpleasant event, such as a fight or an angry disagreement
*The disagreement led to an unfortunate **incident** in which Brian actually tried to hit Steven in the face!*

- 1.7 career counselor** (n)
σύμβουλος επαγγελματικού προσανατολισμού και σταδιοδρομίας
a professional who provides career advice, especially to students
*James visited a **career counselor** for advice before choosing his college major.*
- 1.8 pursue** (v) [2]
ασχολούμαι με, ακολουθώ (για δραστηριότητα ή μια καριέρα)
become involved in something (e.g. a professional activity or career)
*Because she loved animals, Jane decided to **pursue** a career as a veterinary doctor.*
• pursuit (n)
- 1.9 justify** (v) [1]
επιχειρηματολογώ, τεκμηριώνω έναν ισχυρισμό
to show that something is correct or accurate
*To **justify** his claim that he is the best player in the league, Carlson pointed out that he had scored more points than any other player this year.*
• justification (n), justifiable (adj)
- 1.10 check out** (v)
κοιτάζω, ρίχνω μια ματιά, ελέγχω
to take a look at something that seems interesting
*Mark decided to **check out** the new movie after reading all the positive reviews online.*

LISTENING PART 1, Problems 1 – 9, Transcript

- 1.11 restriction (on something)** (n)
περιορισμός, περιοριστικά μέτρα
a regulation that limits or forbids an activity
*Due to water shortages, the city government placed a **restriction** on watering lawns between 10am and 4pm.*
• restrict (v), restrictive (adj)

- 1.12 public domain** (n)
 δημόσιο κτήμα, ελευθέρως χρήσεως
 a category of intellectual or artistic work that is no longer legally protected by copyright and is therefore available for free use
*The author's works became **public domain** this year and are now available to readers for free.*
- 1.13 supplement** (n) [2]
 συμπλήρωμα διατροφής
 a pill ingested to improve a dietary vitamin or mineral deficiency
*The doctor advised her patient to take vitamin **supplements** to increase his energy level.*
 • supplement (v), supplementary (adj)
- 1.14 flare up** (phr v)
 επανεμφανίζομαι με ακόμα περισσότερη ένταση
 to return suddenly and with increased intensity
*Matthew's unhealthy eating habits caused his skin condition to **flare up** again.*
 • flare-up (n)
- 1.15 cabinet** (n)
 ερμάριο, ντουλάπι
 a cupboard with storage space for various articles
*My grandmother kept cooking spices in a wooden kitchen **cabinet**.*
- 1.16 fire hazard** (n)
 οτιδήποτε προκαλεί κίνδυνο πυρκαγιάς
 something capable of starting a dangerous fire
*Fireworks ignited in a dry forest are a serious **fire hazard**.*
- 1.17 humidity** (n)
 υγρασία
 moisture in the atmosphere
*It wasn't the hot sun that ruined his beach vacation, it was the unbearable **humidity**.*
 • humid (adj), humidify (v)

- 1.18 seal** (v)
 επικαλύπτω, στεγανοποιώ
 to cover something in order to protect or preserve it
*The workers **sealed** the bronze statues with a chemical to protect them from damage caused by environmental pollution.*
 • sealed (adj)
- 1.19 hassle** (n)
 ταλαιπωρία
 inconvenience
*The printer instructions are so complicated that it's always a **hassle** to replace the ink cartridge.*
 • hassle (v)
- 1.20 beef** (n)
 προηγούμενα, διαφορές με κάποιον
 a disagreement or annoyance with someone or something
*The boxing champion had a **beef** with his opponent, and accused him of being disrespectful.*

LISTENING PART 1, Problems 10 – 20, Transcript

- 1.21 fare** (n)
 ναύλα, τιμή εισιτηρίου σε μέσα μεταφοράς
 money paid to use public transportation
*The bus **fare** to the city center was so high that we decided to walk instead.*
- 1.22 pretty much** (adv)
 λίγο πολύ, περίπου
 almost, nearly
*After the installation of the new windows, our home renovation was **pretty much** complete; we only had the painting to finish.*
- 1.23 spin class** (n)
 άσκηση γυμναστικής πάνω σε σταθερά ποδήλατα
 a gym class in which participants ride exercise bicycles that are fixed to the floor
*The **spin class** was so difficult that Diane's thighs ached for days.*

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- 1.24 hit (v)**
πηγαίνω ή φτάνω σε ένα μέρος που θέλω πολύ να επισκεφθώ
to go to or arrive at (e.g. a place), usually a place that you are eager to get to
*Because the amusement park was closed, we decided to **hit** the museum instead.*
• hit (n)
- 1.25 comes down to (phr v)**
είναι τελικά ζήτημα
to be essentially a matter of
*The solution to the argument **comes down to** our ability to talk about it.*
- 1.26 bounce back (from something) (phr v) [1]**
ανακάμπω από μια απογοήτευση ή ατυχία
to overcome a disappointment or misfortune
*The famous athlete managed to **bounce back** from his serious injury and win the gold medal.*
- 1.27 drop the ball (phr v)**
τα κάνω θάλασσα, κάνω λάθος που επηρεάζει την πορεία ενός εγχειρήματος
to make a mistake or miss an opportunity
*When the marketing team **dropped the ball**, the company lost thousands of customers as a result.*
- 1.28 the big thing (phr n)**
κάτι που είναι της μόδας, σημαντικό θέμα, μεγάλο ζήτημα
something which is fashionable and popular at the moment
*Scooters are **the big thing** on college campuses these days, as so many students use them to get to class.*
- 1.29 cheekbone (n)**
ζυγωματικό οστό του προσώπου
the facial bone below the eye
*The fashion model had high **cheekbones** that made the sunglasses look stylish.*
- 1.30 contour (v)**
διαμορφώνω το περίγραμμα (π.χ. ενός προσώπου)
to shape something into an attractive form
*The designers **contoured** the sports car to look like a futuristic racing machine.*
• contour (n)
- 1.31 buck (n)**
δολάριο
dollar
*We paid 150 **bucks** for three seats at the basketball game.*
- 1.32 kidding: Are you kidding? (phr)**
Αστειεύεσαι; Κάνεις πλάκα;
Are you serious?
*You paid \$1000 for a pair of jeans! **Are you kidding?***
• kid (v)
- 1.33 deliver (v) [1]**
καταφέρνω, κάνω πράξη, τηρώ μια συμφωνία
to provide something promised or expected (e.g. a piece of work)
*Marta always **delivers** her work on time, even under a tight deadline.*
- 1.34 pilot (v)**
δοκιμάζω (π.χ. την ανταπόκριση του κοινού σε ένα τηλεοπτικό πρόγραμμα)
to test something (e.g. an idea for a TV program) before it is released to the general public
*The TV network will **pilot** a new comedy series this Saturday night, to see if viewers like it.*
• pilot (n)
- 1.35 specialize (v)**
ειδικεύομαι σε κάποιο τομέα
to concentrate on a specific area of knowledge or skill and become an expert
*Even though she knows about architecture from other periods as well, Professor Simmons **specializes** in medieval architecture and has written several books on the subject.*
• specialization (n), specialist (n)
- 1.36 schedule: on schedule (phr)**
σύμφωνα με το χρονοδιάγραμμα, εντός προγράμματος
on time, as planned or expected
*If we finish the project by the 12th, we will be **on schedule**, as the deadline isn't until the 14th.*

1.37 ahead of schedule (phr)
 πριν από το προβλεπόμενο χρονοδιάγραμμα
 earlier than expected
*The construction work was completed two months **ahead of schedule**, so the park opened in May instead of in July.*

LISTENING PART 2, Problems 21 – 26, Page 23

1.38 set aside (phr v)
 βάζω στην άκρη για μελλοντική χρήση
 to save or keep something (e.g. time or money) for a particular purpose
*I have some money **set aside** for a vacation to France next year.*

LISTENING PART 2, Problems 21 – 26, Transcript

1.39 set (v)
 ιδρύω, δημιουργώ
 to establish
*We need to **set** the agenda for tomorrow's meeting.*
 • set (n)

1.40 ground rule (n)
 βασικός κανόνας, βασική αρχή, φιλοσοφία
 a basic rule or principle
*The famous actor said that one of his **ground rules** is to never discuss his personal life in interviews.*

1.41 interfere (v)
 επηρεάζω, παρεμβαίνω
 to stop something (e.g. an activity) from continuing properly
*Louis doesn't want his work to **interfere** with his family life, so he turns off his phone at home.*
 • interference (n)

1.42 nod (v)
 γνέφω, κουνώ το κεφάλι καταφατικά, κάνω ένα νεύμα
 to move the head slightly up and down to show agreement
*When the dentist asked me if I was okay, I **noded** my head to let him know that I was.*
 • nod (n)

1.43 break off (from doing something) (phr v)
 κάνω μια παύση, σταματώ για ένα διάστημα
 to stop, pause something (e.g. a discussion)
*When we get hungry, we'll **break off from** the meeting and grab some lunch.*

1.44 pick up where I left off (phr v)
 συνεχίζω από εκεί που βρισκόμουν πριν σταματήσω
 to begin again at the point where a discussion or event stopped or paused
*I'd like to **pick up where I left off** before the lunch break.*

1.45 hand over (something to someone) (phr v)
 παραδίδω, μεταβιβάζω, παραδίδω τη σκυτάλη (μεταφορικά)
 to pass responsibility for handling something (e.g. a discussion) to someone else
*Now, I will **hand the presentation over to** Vicky, who will tell you about the history of our company.*

LISTENING PART 2, Problems 27 – 32, Page 24

1.46 highlight (v)
 επισημαίνω, τονίζω
 to emphasize, draw attention to something
*The doctor **highlighted** the effectiveness of the new drug by presenting the results of a research study.*

1.47 demonstrate (v) [1]
 επιδεικνύω, δείχνω πως λειτουργεί κάτι
 to show how to do something practical (e.g. how to work a machine)
*The chef will **demonstrate** the proper technique for peeling onions.*
 • demonstration (n)

1.48 break down (phr v) [1]
 αποσυνθέτω, διαλύω
 to change a substance into its smaller chemical elements
*This machine **breaks down** water into hydrogen and oxygen.*

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LISTENING PART 2, Problems 27 – 32, Transcript

1.49 raise somebody's spirits (phr v)
αναπερώνω το ηθικό, χαροποιώ
to make someone feel happier or more cheerful
*The flowers that her husband had delivered to her office really **raised her spirits**.*

1.50 rid somebody/something of something (v)
απαλλάσσω κάποιον από κάτι
to completely free someone from something unwanted or unpleasant (e.g. an illness)
*The doctor told her that the procedure would **rid** her of the constant ringing in her ears.*

1.51 date back to (phr v)
χρονολογείται από
to have existed since a specified point in time
*The Statue of Liberty in New York City **dates back to** 1886, when it was erected on Liberty Island.*

1.52 ravage (v)
καταστρέφω, ρημάζω
to damage something (e.g. an area of land) severely
*The hurricane **ravaged** the island, destroying houses and leaving large areas in ruins.*

1.53 fertilizer (n)
λίπασμα
substance added to enrich soil so that plants can grow in it
*Farmers spray chemical **fertilizers** onto the soil so that the fruit trees grow larger and produce more fruit.*
• fertilize (v), fertile (adj), fertility (n)

1.54 thriving (adj)
αναπτύσσομαι με ταχείς ρυθμούς, ευδοκιμώ
showing a good and healthy rate of growth
*This desert area was once home to a **thriving** ecosystem, with thousands of plant and animal species.*
• thrive (v)

1.55 stem (n)
μίσχος, κοτσάνι
the long and thin part of a plant that supports a leaf, flower, or fruit
*The florist recommended cutting off the end of the **stem** before putting the rose in a vase.*

1.56 aid (in doing something) (v)
βοηθώ, συνδράμω
to help in achieving something
*Local residents **aided** the volunteers' efforts to clean the beach by providing the plastic trash bags.*
• aid (n)

1.57 chiefly (adv)
κυρίως, πρωτίστως
mainly
*This movie is popular with all age groups, but **chiefly** with young adults.*

LISTENING PART 2, Problems 33 – 38, Page 25

1.58 controversial (adj)
αμφιλεγόμενος, που δημιουργεί αντιπαραθέσεις και διχογνωμίες
causing public debate, dispute, or argument
*People have very different opinions about the **controversial** plan to knock down the old stadium.*
• controversy (n)

1.59 adopt (v) [1]
υιοθετώ, ακολουθώ, ενστερνίζομαι (π.χ. μέτρα, ιδέες)
to choose to use something new (e.g. a new method)
*Our current methods are not working, so we need to **adopt** a new approach.*
• adoption (n)

1.60 round (n)
γύρος (π.χ. επίσημων συνομιλιών)
one part in a series of events
*World leaders will commence the second **round** of talks on climate change at the next summit.*

LISTENING PART 2, Problems 33 – 38, Transcript

- 1.61 address** (v)
 ασχολούμαι, καταπιάνομαι με ένα θέμα
 to consider how to deal with a problem
*It is high time you **addressed** these problems instead of ignoring them.*
- 1.62 scholastic** (adj)
 εκπαιδευτικός, ακαδημαϊκός
 related to schools or education
*The college awarded Helen a prize in recognition of her significant **scholastic** achievements.*
- 1.63 endorsement** (n)
 υποστήριξη, επιδοκιμασία
 a public show of support, agreement or approval
*In her campaign to be elected president, she received **endorsements** from some of the leading political figures of the past, who stated publicly that they believed she was the best person for the job.*
 • endorse (v)
- 1.64 implement** (v)
 εφαρμόζω (π.χ. μια πολιτική)
 to put something (e.g. a proposal or plan) into effect
*When the new policy is **implemented** next year, employees will be allowed choose which days they want to work, instead of having to work specific days as they do under the current system.*
 • implementation (n)
- 1.65 track** (v) [1]
 παρακολουθώ
 to follow how something develops or changes over time
*Teachers use regular tests to **track** students' progress.*
 • track (n), tracking (adj)
- 1.66 body mass index** (n)
 δείκτης μάζας σώματος
 a measurement of body weight in relation to height, used to see if someone is over- or underweight
*Your **body mass index** can indicate issues with your overall physical health.*
- 1.67 scrap** (v)
 εγκαταλείπω, αποσύρω, ακυρώνω (π.χ. ένα σχέδιο, πλάνο)
 to cancel an idea or plan
*The coach **scrapped** the old game plan, which had failed several times, and introduced a new one.*
- 1.68 discrepancy** (n)
 ασυμφωνία, απόκλιση, διαφορά
 a difference between two or more things that should be the same
*He noticed a **discrepancy** between the menu price of the salad and the price he had been charged.*
- 1.69 drop off** (phr v)
 μειώνω, πέφτω, μένω πίσω
 to stop increasing
*Ticket sales generally increase steadily for the first two months after a movie's release then **drop off** in the third month, as most people have already seen the movie.*
 • drop-off (n)
- 1.70 habituate** (v)
 καθιερώνω μια συνήθεια (π.χ. καθημερινή άσκηση)
 to make something (e.g. an exercise routine) into a regular habit
*Peter **habituated** his morning jog by running every day.*
 • habit (n), habitual (adj)
- 1.71 stigmatize** (v)
 στιγματίζω
 to see someone or something (e.g. a type of behavior) as morally wrong and deserving criticism
*In the past, couples who lived together but were not married were **stigmatized** by society.*
 • stigma (n)
- 1.72 harbor** (v)
 υποθάλπω, διακατέχομαι (π.χ. από αρνητικά συναισθήματα)
 to hold something, especially negative feelings, secretly in your mind
*The shipwreck survivors **harbored** anger toward the captain who was responsible for the tragedy.*

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1.73 ultimately (adv) [2]
στο κάτω-κάτω, τελικά (αφού έχουν ληφθεί υπόψη όλα τα υπόλοιπα)
at the most basic level, when everything else is taken into account
Ultimately, what really matters in life is not the things you own but the people you connect with.
• ultimate (adj)

1.74 acknowledge (v) [1]
αναγνωρίζω
to accept that something (e.g. a fact) is true or real
*Mrs. Wilson **acknowledged** that she had made a mistake.*
• acknowledgement (n)

1.75 determinant (n)
καθοριστικός, προσδιοριστικός παράγων
a factor that influences the outcome of something
*Her ability to recognize talent was the **determinant** of her success as a music agent.*
• determine (v)

1.76 tackle (v)
αντιμετωπίζω, επιλύω ένα πρόβλημα
to attempt to solve a problem
*The mayor **tackled** the air pollution problem by introducing electric buses throughout the city.*

LISTENING PART 3, Problems 39 – 44, Page 26

1.77 deprive somebody (of something) (v)
στερώ κάτι από κάποιον
to prevent somebody from having or using something that he/she wants or needs
*People who are **deprived** of their freedom of speech cannot express their views in public.*
• deprivation (n), deprived (adj)

1.78 utilize (v)
χρησιμοποιώ, αξιοποιώ
to make use of something (e.g. a tool)
*The fire department **utilized** volunteers to help fight the forest fire.*
• utility (n)

1.79 innovative (adj)
καινοτόμος, νεωτεριστικός, προηγμένος
(of a product, idea, etc.) featuring new and creative methods or ideas
*The new smartphone's **innovative** design looks like nothing else on the market.*
• innovate (v), innovation (n), innovator (n)

1.80 longstanding (adj)
μακροχρόνιος, επίμονος (π.χ. για φήμη)
having existed or continued for a long period of time
*Their **longstanding** friendship began decades ago.*

1.81 validate (v)
επαληθεύω, επικυρώνω (π.χ. τα αποτελέσματα ενός πειράματος)
to prove the accuracy or truth of something
*At first, people doubted Einstein's theories, but his ideas have now been scientifically **validated**.*
• validation (n), valid (adj), invalid (adj)

LISTENING PART 3, Problems 39 – 44, Transcript

1.82 wash up (on something) (phr v)
ξεβράζω, βγαίνω στη στεριά
to be left by the waves (e.g. of the sea) on dry land
*The bottle, which had **washed up** on the beach, contained a written message.*

1.83 exhibit (v) [1]
εμφανίζω συμπτώματα
to show a symptom
*Some people who catch the disease remain asymptomatic and do not **exhibit** increased temperature and coughing.*

1.84 dementia (n)
άνοια
a disease of the brain that causes the gradual loss of intellectual functioning
*Elderly patients with **dementia** often struggle to remember names of people and places.*

- 1.85 culprit** (n)
η αιτία για ένα πρόβλημα
the cause of a problem
*High school students' academic performance is dropping. The **culprit**? Lack of sleep.*
- 1.86 ashore** (adv)
στην ακτή, στη στεριά, στην ξηρά
from the direction of the sea and onto the land
*Once in shallow water, the fishermen jumped from the boat and pulled it **ashore**.*
• shore (n)
- 1.87 match** (v)
είναι ίσο με κάτι άλλο σε αριθμό, μέγεθος, δύναμη, ποιότητα κλπ.
to be equal to something (e.g. in number, size, strength, quality, etc.)
*The car dealer promised to **match** the lowest price of any other dealership in town.*
• match (n)
- 1.88 dehydrated** (adj)
αφυδατωμένος
having suffered serious loss of water from the body
*If you don't drink enough water during the heatwave, you may become dangerously **dehydrated**.*
• dehydration (n), dehydrate (v)
- 1.89 disoriented** (adj)
αποπροσανατολισμένος
in a confused state in which any sense of direction is lost
*Birds can become **disoriented** when they see city lights, which they mistake for stars on the horizon, and they consequently fly in the wrong direction.*
• disorientation (n), disorient (v)
- 1.90 baffled** (adj)
μπερδεμένος, σασιτισμένος
totally confused
*We were completely **baffled** by Max's inexplicable behavior.*
• baffle (v), bafflement (n)
- 1.91 marine** (adj)
θαλάσσιος, υδρόβιος
located in or related to the sea
*Whales and other **marine** mammals are in danger from rising ocean temperatures.*
- 1.92 algae** (n)
φύκια
a simple plant that lives in water, often consisting of just a single cell
*I have to clean the slimy **algae** from my fish tank about once a month.*
- 1.93 feed on** (phr v)
τρέφομαι από
to gain what the body needs by regularly eating something (e.g. another organism)
*Hyenas **feed on** animal remains left behind by lions and other predators.*
- 1.94 build up** (phr v)
συγκεντρώνομαι με την πάροδο του χρόνου
to increase in amount over time
*Fat **builds up** in the bodies of people who eat an unhealthy diet and rarely exercise.*
• build-up (n)
- 1.95 contaminate** (v)
μολύνω
to poison or pollute something (e.g. a river)
*Chemicals from the factory **contaminated** a nearby lake.*
• contamination (n), contaminant (n)
- 1.96 associated with** (adj)
σχετίζομαι, συνδέομαι με κάτι
connected to/with something
*These substances affect the parts of the brain **associated with** short-term memory.*
• association (n), associate (v)
- 1.97 spatial** (adj)
χωρικός, χωροταξικός
relating to space (e.g. the position of objects relative to each other)
*These tests are designed to quantify your **spatial** awareness, e.g. your ability to recognize how far away objects are.*
• space (n), spatially (adv)

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1.98 essentially (adv)
ουσιαστικά, εν πολλοίς
[used, often at the beginning of a statement, to indicate that something is true on the most basic level, regardless of other information]
*Although romantic relationships may seem complex, they are **essentially** a matter of respect.*
• essential (adj)

1.99 flexibility (n)
διαλλακτικότητα, ευελιξία (π.χ. στη συμπεριφορά)
the ability or willingness to change easily
*In order to fit in with others, each team member may have to change the way he or she ordinarily works, and **flexibility** is therefore a key part of teamwork.*
• flexible (adj), inflexible (adj)

1.100 abundance: in abundance (phr)
αφθονία, πληθώρα
in large quantities or amounts
*There used to be few places to build but available land now exists **in abundance**.*
• abundant (adj), abound (v)

1.101 proliferate (v)
πολλαπλασιάζομαι, πληθαίνω (π.χ. για οργανισμούς)
(of organisms) to reproduce and therefore increase in number
*It once seemed possible that this species might disappear, but thanks to conservation efforts they are **proliferating** once again.*
• proliferation (n), prolific (adj)

1.102 school (n)
κοπάδι ψαριών
a group of fish or other marine organisms
*A large **school** of clown fish, numbering in the hundreds, swam past us toward the coral reef.*

1.103 pursue (v) [1]
καταδιώκω (π.χ. λεία)
to chase and try to catch something
*We watched a lion **pursue** the antelope as it crossed the savannah.*
• pursuit (n)

1.104 solitary (adj)
μονήρης, μοναχικός
(of an organism) moving or living alone, not in a family or group
*Wolves are mostly **solitary** animals, but they occasionally form groups, e.g. in order to hunt together.*

LISTENING PART 3, Problems 45 – 50, Page 27

1.105 job seeker (n)
αυτός/ή που αναζητά εργασία
a person looking for employment
***Job seekers** should send their résumés to our employment office, and we will contact them when a position becomes available.*

1.106 anticipate (v)
προσδοκώ, προβλέπω (π.χ. ένα συμβάν)
to expect or predict something
*The author's previous book was hugely popular, so we **anticipate** high sales when her new book is released next month.*
• anticipation (n)

1.107 directions (n)
οδηγίες, καθοδήγηση
instructions about how to get somewhere or do something
*Employees are more productive when they receive adequate **directions** from management.*
• director (n), direct (v)

1.108 advance (v)
προοδεύω (π.χ. σταδιοδρομία, καριέρα)
to progress to a higher level
*Employees who wish to **advance** their careers should get certified in search engine optimization.*
• advancement (n), advanced (adj)

LISTENING PART 3, Problems 45 – 50, Transcript

1.109 hire (v)
προσλαμβάνω, απασχολώ
to employ someone
*The catering company **hired** ten new employees.*
• hire (n)

1.110 recruiter (n)

υπεύθυνος προσλήψεων

a person whose job is to find new employees, army personnel, team members, etc.

*Please send all CVs for the new management position to the company **recruiter**.*

• recruit (v)

1.111 potential (adj)

δυναμικός, πιθανός (π.χ. πελάτης ή υποψήφιος για μια θέση)

likely to develop into or become something in the future

*Thousands of **potential** customers have not yet even heard of our company.*

• potential (n)

1.112 stick out (from something) (phr v)

ξεχωρίζω από το σύνολο

to be highly noticeable from the rest, e.g. due to being much better

*There is one member of the team who really **sticks out from** the rest, and that is Juan, whose skills are better than any I have ever seen.*

1.113 collaboration (n)

συνεργασία

working together to produce something (e.g. a project)

*Effective **collaboration** and team work are highly important, as employees must be able to work together well.*

• collaborate (v), collaborative (adj)

1.114 objective (n)

στόχος

a goal

*The mountain climber's primary **objective** is to reach the summit in less than 12 hours.*

1.115 cross-functional teams (n)

διεπιστημονικός, αποτελούμενος από ανθρώπους με εξειδίκευση σε διάφορους τομείς

work groups consisting of employees from various departments

*The software company relies on **cross-functional teams** to troubleshoot new platforms.*

1.116 assemble (v)

συγκεντρώνω μια ομάδα για ένα σκοπό

to put together things or people (e.g. a team) for a common purpose

*The director **assembled** a cast of young actors to attract a teenage audience for the new series.*

• assembly (n)

1.117 subordinate (n)

υφιστάμενος

an employee at a lower level in the company hierarchy

*A manager who treats **subordinates** with respect usually achieves higher levels of productivity.*

1.118 attitude (n)

στάση, συμπεριφορά

someone's usual way of feeling or thinking about something, especially as shown in their behavior
*Carl's optimistic **attitude** allowed him to cope even in the most difficult of situations.*

• attitudinal (adj)

1.119 compromise (v) [1]

συμβιβάζομαι, βρίσκω μια συμβιβαστική λύση
to solve an argument or dispute by accepting less than you originally wanted

*Since we really needed to buy the building, we decided to **compromise** and pay the owners what they asked, even though the amount was higher than what we had originally intended to pay.*

• compromise (n)

1.120 shorthand (n)

συντομογραφία, αναγνωστικός κωδικός

a shorter way of expressing or referring to something

*Although America is actually made up of two continents, North and South America, the word 'America' is usually used as **shorthand** for the 'United States of America'.*

READING: GRAMMAR, Problems 51 – 66, Pages 28 – 29

1.121 **campus** (n)

πανεπιστημιούπολη

the buildings of a college or university

*Only students with valid IDs are allowed on the college **campus** to use the library and the academic facilities.*

1.122 **dormitory** (n)

κοιτώνας, φοιτητική εστία

a college or university building where students live

*Loud music is not permitted in the **dormitory** during sleep or study hours.*

1.123 **sustainable development** (n)

βιώσιμη ανάπτυξη, αειφόρος ανάπτυξη

economic growth that does not use up natural resources (e.g. oil)

*By using solar power, the city hopes to achieve **sustainable development** before the end of the decade.*

1.124 **facet** (n)

πλευρά, όψη

a feature or aspect of something

*Noise has become an inescapable **facet** of city living.*

1.125 **job satisfaction** (n)

ικανοποίηση στη θέση εργασίας

the degree of contentment that people get from doing their jobs

***Job satisfaction** is high among employees who receive fair pay and enjoy pleasant working conditions.*

1.126 **element** (n)

στοιχείο, ουσία, παράγοντας

an essential part of something

*Scary music is an essential **element** of practically every horror movie.*

• elemental (adj)

1.127 **bonsai** (n)

δέντρο μπονσάι

a small ornamental tree popular in Japanese culture

*Karen won first prize for the **bonsai** tree she submitted to the art show.*

1.128 **disruption** (n)

αναστάτωση, παρακώλυση

problems that prevent the proper continuation of something (e.g. an event)

*The heavy rains caused a **disruption** to train service, as many tracks were flooded with water.*

• disrupt (v), disruptive (adj)

1.129 **former** (adj)

προηγούμενος, πρώην

having been something in the past but not anymore

*Navplio, the **former** capital of Greece, is today much smaller than the current capital, Athens.*

1.130 **formerly** (adv)

προηγουμένως, στο παρελθόν

in the past but not anymore

*The boxer **formerly** known as Cassius Clay later changed his name to Muhammad Ali.*

1.131 **the former** (n)

το πρώτο (που αναφέρθηκε)

the first of two things mentioned

*Whenever I'm given a choice of chocolate or vanilla ice cream, I always choose the **former**.*

1.132 **on behalf of** (phr)

εκ μέρους, εξ ονόματος, για λογαριασμού κάποιου

as a representative of someone or something

*Professor Jones attended the conference **on behalf of** Professor Stevens, who was ill.*

1.133 **inasmuch as** (conj)

εφόσον, στο βαθμό που

in view of the fact that

***Inasmuch as** Fran knew of the plan and did not report it, she is also guilty of a crime.*

1.134 **submit** (v)

υποβάλλω (π.χ. μια αίτηση, ένα έγγραφο)

to give something (e.g. an application) to someone (e.g. a university) for approval, evaluation or consideration

*Students have to **submit** ten homework assignments each year.*

• submission (n)

1.135 **tension** (n) [1]

ένταση (π.χ. μεταξύ ατόμων)

a difficult relationship between people or groups

*We tried to keep things friendly but you could feel the **tension** around the table.*

• tense (adj)

READING: CLOZE, Problems 67 – 76, Page 30

1.136 **order** (n)

σειρά, τάξη

a classification of plants or animals

*A wolf is classified as a carnivore, an **order** of mammals that eat meat.*

1.137 **crustacean** (n)

καρκινοειδή, μαλακόστρακα

an aquatic arthropod such as a crab or lobster

*Crabs, lobsters and other **crustaceans** are protected species in certain marine habitats.*

1.138 **freshwater** (adj)

που ζει σε γλυκό νερό

existing in water that is not salty, not from the sea

***Freshwater** fish live in rivers and lakes and would never survive in the saltwater of seas and oceans.*

1.139 **humped** (adj)

με καμπούρα

having a rounded bump on the back

*A camel has a **humped** back that allows it to store water to survive periods of drought.*

• hump (n)

1.140 **frigid** (adj)

ψυχρός, παγερός

extremely cold in temperature

*The **frigid** temperatures around the lake create a layer of thick ice on its surface.*

• frigidity (n)

1.141 **glacial** (adj)

παγετωνικός, παγερός

extremely cold

*Animals living in **glacial** Arctic environments have adapted to survive extreme cold.*

• glacier (n)

1.142 **vivid** (adj)

έντονος, ζωντανός, ζωηρός (για χρώματα)

possessing very strong or bright color

*Her **vivid** green eyes seemed to shine with an inner light.*

• vividly (adv), vividness (n)

1.143 **evoke** (v)

φέρνω στη μνήμη, επαναφέρω αναμνήσεις

to bring something (e.g. a memory, an image, an emotion) to the mind

*This melody **evokes** pleasant memories from my childhood.*

• evocation (n), evocative (adj)

1.144 **genus** (n)

γένος, είδος

a classification of plants or animals

*The lion species and cheetah species both belong to the **genus** Panthera.*

1.145 **comprehensive** (adj)

πλήρης, εκτενής, αναλυτικός

including or covering all or nearly all the parts of something (e.g. a subject)

*This **comprehensive** history of Imperial Japan leaves nothing out.*

• comprehensiveness (n)

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1.146 demonstrate (v) [2]

επιδεικνύω, αποδεικνύω

to show that something is true or accurate by giving evidence or proof

*The teacher **demonstrated** the phenomenon of static electricity by rubbing a balloon on her hair.*

• demonstration (n)

1.147 spectacular (adj)

θεαματικός, φαντασμαγορικός

beautiful in a way that is dramatic and catches attention

*The **spectacular** New Year's firework display cost over 300,000 dollars.*

• spectacle (n)

1.148 invertebrate (n)

ασπόνδυλος

an animal without a backbone (e.g. an insect)

***Invertebrates** are usually smaller animal species that don't require the anatomical benefit of a backbone.*

1.149 spark (v)

πυροδοτώ, προκαλώ (π.χ. το ενδιαφέρον, μια συζήτηση κτλ.)

to start something (e.g. public interest, a debate) with great energy

*The new movie has **sparked** a heated debate among fans about which is better, the movie or the book.*

• spark (n)

1.150 newfound (adj)

καινούργιος, νέος (π.χ. νέο ενδιαφέρον για κάτι)

recently discovered or begun

*Having never taken any interest in such games before, in his fiftieth year he developed a **newfound** passion for chess.*

1.151 sum (n)

χρηματικό ποσό

an amount of money

*\$500 is a huge **sum** to pay for a meal in an restaurant.*

1.152 plush (adj)

πλούσιος, πολυτελής

luxurious and expensive

*Entering Diane's **plush** apartment is like walking into a palace.*

• plushness (n)

1.153 fertile (adj)

(για τη γη) γόνιμος

(of land) capable of supporting the growth of many plants (e.g. farm crops)

*The land closest to the river is so **fertile** that it produces crops all year round.*

• fertility (n), fertilize (v)

1.154 abundant (adj)

άφθονος

existing or available in large quantities

*The Mediterranean region produces an **abundant** supply of fruits and vegetables in the summer months.*

• abound (v), abundance (n)

1.155 portray (v) [2]

υποδύομαι, απεικονίζω

to play the role of someone in a movie or theater play

*The talented actress **portrays** the legendary Mexican painter Frida Kahlo.*

• portrayal (n)

1.156 observation (n) [2]

παρατήρηση, διαπίστωση

a comment about something you have noticed

*My **observation** that Michelle and Susan looked alike turned out to have been accurate, as I later found out that they are related.*

• observe (v), observer (n), observant (adj)

1.157 expedition (n)

αποστολή (π.χ. εξερευνητική)

a journey made for a particular purpose (e.g. for scientific investigation or research)

*The scientists are planning an **expedition** to the South Pole to measure the effects of global heating.*

• expeditionary (adj)

READING: CLOZE, Problems 77 – 86, Page 31

1.158 root (n)

ρίζα, αφητηρία

the basic origin of something

*Blues music from the American South is the **root** of the genre that came to be known as rock 'n' roll.*

• rooted: be rooted in something (v)

1.159 document (v)

καταγράφω, τεκμηριώνω

to keep a record of something (e.g. an event), on film or in writing

*Photographers **document** everyday life through pictures that create a historical record.*

• document (n), documentary (n), documenter (n)

1.160 conquer (v)

κατακτώ

to defeat and take control of a place or a population by using military force

*By the end of the first century AD, the Roman Empire had **conquered** large areas of Europe.*

• conquest (n), conqueror (n)

1.161 emerge (v) [2]

προκύπτω (π.χ. ως αποτέλεσμα μιας μακράς διαδικασίας)

to appear and become important

*A new type of art has **emerged** from the use of modern computers.*

• emergence (n), emerging (adj)

1.162 vernacular (adj)

καθομιλουμένη, γλώσσα της καθημερινότητας

in common, everyday language as it is used by native speakers in an area or country

*Many novelists use alternative spellings to capture the sounds of **vernacular** Jamaican English.*

1.163 trace (v) [1]

προσδιορίζω την αφητηρία, χρονολογώ

to find or describe the origins or development of something (e.g. a cultural tradition)

*Through DNA testing, the origins of the chicken can be **traced** all the way back to the dinosaurs.*

• trace (n)

1.164 as opposed to (phr)

σε αντίθεση με

in contrast to

*Most newspapers are moving towards digital online publications, **as opposed to** traditional printed copies.*

1.165 phrase (v)

εκφράζω, διατυπώνω, αρθρώνω

to express something by choosing certain words

*The politician **phrased** her opinions clearly and convincingly while her opponents struggled to find the right words.*

• phrase (n)

1.166 reach its height (phr v)

φτάνω στο απόγειο

to have achieved maximum relevance or importance

*The pop band's success **reached its height** in 1991, when it released four best-selling albums in a single year.*

READING: VOCABULARY, Problems 87 – 102, Pages 32 – 33

1.167 chronic (adj)

χρόνιος

(of a problem) continuing over a long period of time

*Due to chronic **mismanagement**, the company now faced absolute and final failure.*

1.168 establish (v) [1]

καθιερώνω, εδραιώνω

to make something (e.g. a reputation)

permanent and accepted

*After winning his fifth Oscar, the actor was****established** as the greatest talent of his generation.*

• establishment (n)

1.169 conventional (adj)

συμβατικός, συνηθισμένος

based on what most people generally think, believe or do

*The artist created works that went beyond **conventional** forms, often introducing revolutionary ideas and concepts.*

• convention (n), unconventional (adj), conventionality (n)

1.170 automation (n)

αυτοματισμός

the act of operating a device or system with technology rather than human labor

*Due to **automation** of the car industry, many factory workers lost their jobs to machines.*

• automate (v)

1.171 distinct (from something) (adj)

διαφορετικός από

recognizably different from something similar
*His novels were **distinct from** most other science-fiction writing, because they dealt with current society rather than the world of the future.*

• distinction (n), distinctive (adj)

1.172 obscure (adj)

άγνωστος

not discovered or known about

*The origins of this tradition remain **obscure**, despite decades of anthropological research.*

• obscurity (n), obscure (v)

1.173 fake (v)

αντιγράφω, πλαστογραφώ

to make it appear that an event took place, even though it did not

*Some still claim that the US **faked** the moon landings in 1969 by filming the astronauts inside a studio.*

• fake (n), fake (adj)

1.174 faction (n)

φατρία, παράταξη

a small group that disagrees with the rest of an organization, especially in politics

*The Presidents' position in favor of animal rights is unpopular with the pro-hunting **faction** in her own government.*

1.175 irregularity (n)

παρατυπία (π.χ. σε επίσημα έγγραφα)

something (e.g. a feature or an action) that goes against what is normal or expected

*The accountants spotted a number of **irregularities** and missing data in the company's financial records.*

• irregular (adj)

1.176 alike (adj)

ομοίως

(of two or more people or things) similar to each other

*People from the same region tend to have the same accent and sound **alike** when they speak.*

1.177 allied (with something) (adj)

συμμαχικός

in combination with something

*His strength, **allied with** his tremendous speed, makes him one of the best footballing attackers in the game.*

1.178 draw (v)

συμπεραίνω, εξάγω συμπεράσματα

to reach a conclusion by looking at the evidence and the circumstances

*The detective studied all the evidence before **drawing** a conclusion about what happened the night of the incident.*

1.179 inference (n)

συμπέρασμα που εξάγεται μετά από λογική ανάλυση των στοιχείων

a conclusion based on logical analysis of the evidence

*Given that the employees worked better in quiet environments, we made the **inference** that noise was distracting for them.*

• infer (v)

1.180 innuendo (n)

υπονοούμενο, υπαινιγμός

an indirect negative suggestion

*If you have something insulting to say to me, why don't you just say it, instead of using all these clever little **innuendos**?*

1.181 proceed from something (v)

προέρχομαι από

to originate from something

*Success **proceeds from** self-confidence.*

1.182 in force (phr)

σε ισχύ

in effect

*The new speed limit comes **in force** this Monday and anyone caught driving over 30mph will pay a fine.*

- 1.183 on hand** (phr)
 διαθέσιμος
 available
*We don't have enough cash **on hand** to cover the cost of a new office printer.*
- 1.184 underway: be/get underway** (phr)
 είμαι καθ'οδόν, σε εξέλιξη
 to have started and be happening now
*Please ask any questions before the exam begins, as once the examination **is underway** you must not speak.*
- 1.185 diverse: culturally diverse** (adj)
 ποικίλος (π.χ. πολιτισμικά)
 including or involving people with a range of different identities (e.g. social and ethnic origins)
*College campuses should be **culturally diverse** communities that are open to students from many different countries and social backgrounds.*
 • diversity (n)
- 1.186 assorted** (adj)
 διαφόρων ειδών
 consisting of various different types brought together
*The candy jar is filled with **assorted** chocolates and sweets.*
 • assortment (n)
- 1.187 miscellaneous** (adj)
 διάφορα (π.χ. ετερόκλητα αντικείμενα)
 various and random
*I keep a folder on my desktop labeled '**Miscellaneous**', for files that don't belong in any of the other categories.*
- 1.188 appraisal** (n)
 αξιολόγηση (π.χ. επίδοσης)
 an assessment of something (e.g. the quality of a product)
*After a full **appraisal** of the new policy, the city council voted to discard it.*
 • appraise (v)
- 1.189 perspective** (n)
 οπτική, σκοπιά, άποψη
 a point of view
*Examining the issue from different **perspectives** helps you understand how various people might view the problem.*
- 1.190 prolific** (adj)
 παραγωγικός (π.χ. ως συγγραφέας)
 (of an artist, writer, musician, etc.) producing a lot of work
*The author was a **prolific** writer, with more than 100 books published in her lifetime.*
- 1.191 ample** (adj)
 ευρύς, επαρκής (π.χ. χώρος, χρόνος)
 more than enough
*We don't need to hurry as there is already **ample** time to reach a decision.*
- 1.192 plentiful** (adj)
 άφθονος, πλούσιος
 in great number or quantity
*In the tropics, bananas and mangos are so **plentiful** that you can find them everywhere.*
- 1.193 opulent** (adj)
 πλούσιος, πολυτελής
 expensive and luxurious in a proud and showy way
*The mansion held expensive paintings and other **opulent** works like gold statues and gilded tapestries.*
 • opulence (n)
- 1.194 cite** (v)
 παραθέτω, επικαλούμαι
 to refer to something as a reason or an example
*The city council cancelled the festival, **citing** security concerns.*
 • citation (n)
- 1.195 urge** (v)
 παροτρύνω, προτρέπω
 to recommend something (e.g. a course of action) strongly
*We must **urge** absolute caution, as weather conditions are extremely dangerous.*
 • urgent (adj)

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1.196 **summon** (v)

καλώ

to ask for something (e.g. help) urgently and immediately

*The mountaineers were able to **summon** medical assistance for their injured friend.*

1.197 **refrain** (v)

απέχω, αποφεύγω από το να κάνω κάτι

to stop yourself from doing something, e.g. something impolite or against the rules

*Although he was angry, he **refrained** from saying something he might later regret.*

1.198 **evolve** (v)

εξελισσομαι, αναπτύσσομαι (π.χ. στον τομέα της τεχνολογίας)

to develop and improve

*Because technology **evolves** at such a fast pace now, more advanced smartphones become available all the time.*

• evolution (n)

1.199 **principle** (n)

θεωρητική αρχή, αξίωμα

a scientific theory that can be used in a number of ways

*The basic psychological **principle** behind most advertising is simple: If you make a product seem like a lifestyle choice, people will buy it.*

• in principle (phr)

1.200 **vibration** (n)

δόνηση, κραδασμός

the fast and regular shaking of an object or a substance

*The **vibration** of the audio speakers makes sound waves in the air.*

• vibrate (v), vibrational (adj)

1.201 **background** (n)

η γενική κατάσταση μέσα στην οποία εμφανίζεται ένα γεγονός και μπορεί να το επηρεάζει

the general situation or circumstances that cause or influence an event

*The rise in organized crime during this era occurred against a **background** of economic crisis and extreme poverty.*

• background (adj)

1.202 **sedated** (adj)

υπό καταστολή, ναρκωμένος

calm, often as a result of medication

***Sedated** animals are easier to give medical care to, as they are calm and do not panic.*

• sedate (v), sedative (n), sedation (n)

1.203 **wear off** (phr v)

ξεθυμαίνω (π.χ. η επήρεια ενός φαρμάκου)

(of a medication or a feeling) to stop having an effect

*Laura's headache returned as soon as the painkillers had **worn off**.*

1.204 **drop out (of something)** (phr v)

εγκαταλείπω, τα παρατάω (από μια διοργάνωση ή από το σχολείο κλπ.)

to stop participating in something (e.g. a competition)

*She was forced to **drop out of** the tennis tournament due to an ankle injury.*

• dropout (n)

1.205 **turn away** (phr v)

στρέφομαι προς άλλη κατεύθυνση

to start moving or facing in a different direction

*My mother hates having her picture taken and **turns away** whenever she sees a camera.*

1.206 **touch down** (phr v)

προσγειώνομαι

(of an airplane, etc.) to land

*The new pilot was congratulated when he **touched down** at the Chicago airport ahead of schedule.*

• touchdown (n)

1.207 belong (v)

(για ένα αντικείμενο) να είναι στη σωστή του θέση
(of a thing) to be correctly placed in the right position

*Please take your shoes from the bathroom and put them by the door, where they **belong**.*

1.208 consent (n)

συναίνεση, συγκατάθεση

permission or agreement to do something

*Barry's mother provided written **consent** so that he could join the school trip.*

• consent (v), consensual (adj)

1.209 consensus (n)

ομοφωνία, συναίνεση

a majority agreement

*The two sides finally reached a **consensus** after three days of debate.*

1.210 concurrence (n)

σύμπτωση, κάτι που συμβαίνει ταυτόχρονα με κάτι άλλο

the fact of two or more events or situations existing or occurring at the same time

*Hurricanes result from the **concurrence** of several meteorological events, such as a rise in temperature and high winds.*

• concurrent (adj)

READING, Problems 103 - 108, Page 34**1.211 perception** (n) [1]

αντίληψη, ικανότητα αντίληψης μέσω των αισθήσεων

awareness of something through sight, hearing, smell, etc.

*Dogs have excellent sound **perception** and can warn of intruders long before a homeowner becomes aware.*

• perceive (v), perceptive (adj)

1.212 consistently (adv)

με συνέπεια, με σταθερότητα

every time

*We need to be **consistently** accurate, with no mistakes at all.*

• consistence (n), consistent (adj)

1.213 invasive (adj)

επεμβατικός (π.χ. χειρουργική επέμβαση)

(of a medical procedure) involving artificially placing something (e.g. a device) into a part of the body

*This medical condition can be cured with drugs and no **invasive** procedures (e.g. surgery) are required.*

1.214 implant (v)

εμφυτεύω

to surgically place something (e.g. an artificial device) into a part of a patient's body

*Surgeons **implanted** a metal support in the patient's lower back.*

• implant (n), implantation (n)

1.215 stimulate (v) [1]

διεγείρω (π.χ. ένα μέρος του σώματος)

to increase biological or neurological activity in a part of the body or the brain

*Physical exercise **stimulates** the release of dopamine, the body's 'feelgood' hormone.*

• stimulant (n), stimulation (n)

1.216 process (v)

επεξεργάζομαι (π.χ. πληροφορίες)

to work on information or data, e.g. to find important details

*Computers can **process** large amounts of information at speeds of which the human brain is not capable.*

• process (n), processor (n), processing (n)

1.217 tone down (phr v)

μετριάζω, αμβλύνω (π.χ. έναν θόρυβο)

to reduce the strength of a color or the loudness of a sound

*Jim asked his neighbors to please **tone down** their loud music after 10pm.*

1.218 maintain (v)

διατηρώ (π.χ. προσοχή)

to keep something at the same level

*The storyteller **maintained** the attention of his audience by telling a riveting tale.*

• maintenance (n)

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1.219 suppress (v) [1]

καταστέλλω, καταπνίγω (π.χ. ένα συναίσθημα)

to prevent the full expression, action or development of something (e.g. a feeling)

*Jack managed to **suppress** his anger and remain calm.*

• suppression (n)

1.220 sensation (n)

αίσθηση

a feeling that results from something affecting the body

*The hot drink caused a pleasantly warm **sensation** in my stomach.*

• sense (v)

1.221 pair (v)

συνδυάζω, χρησιμοποιώ μαζί

to use two things in combination

*Theodore often **pairs** his gray trousers with his yellow shirt because he loves the color combination.*

• pairing (n)

1.222 trial (n)

δοκιμή (π.χ. κλινική δοκιμή)

a test of the suitability or effectiveness of something (e.g. a new drug)

*The clinical **trials** of the new medication proved it was safe for use.*

• trial (v), trial (adj)

1.223 far cry from (phr)

κάτι που διαφέρει, απέχει πολύ από κάτι άλλο

very different from something else

*The remake of the old comedy series was a **far cry from** the original, not being nearly as funny.*

1.224 affliction (n)

πάθηση, ασθένεια

a cause of pain or suffering

*Paul suffered from stomach pains, an **affliction** that remained with him throughout childhood.*

• afflict (v)

1.225 treatment (n)

η χρονική διάρκεια της θεραπείας που χρειάζεται κάποιος από ασθένεια ή τραυματισμό

medical care given, usually over a period of time, to someone who has a disease or an injury
*The **treatment** for this type of injury typically takes about two months before the patient can walk again.*

• treat (v), treatable (adj)

1.226 alternative (n)

εναλλακτικός, εναλλακτική λύση

one of two or more possibilities

*Vegetarian spaghetti recipes offer a tasty **alternative** to pasta recipes requiring pork or beef.*

• alternative (adj), alternate (n)

1.227 over-sensitivity (n)

υπερευαισθησία

a tendency to respond or react to something (e.g. light) more strongly than normal

*People with **over-sensitivity** to light may wear dark sunglasses.*

1.228 sensitivity (n)

ευαισθησία

the ability to respond or react to something, usually something in the environment

*These plants have a high **sensitivity** to air temperature, closing their leaves when it gets too hot or cold.*

• sensitive (adj)

1.229 stimulus (n)

ένα ερέθισμα που προκαλεί μια αντίδραση στο σώμα των ζώων ή των ανθρώπων

a cause of change or reaction in the body

*Even a very small sound is enough **stimulus** to affect the ears of these animals.*

• stimulate (v)

1.230 touch-sensitive (adj)

ευαίσθητος στην επαφή (π.χ. οθόνες συσκευών)

reactive to touch

*The **touch-sensitive** display of my phone is broken, it won't respond to the touch of my fingers.*

1.231 pulse (n)

ηλεκτρικός παλμός

a short burst of energy or electricity

The electric **pulse** passing through the computer chip will display as a blip on the screen.

• pulse (v)

1.232 monitor (v)

παρακολουθώ, εποπτεύω

to make regular checks of something (e.g. a student's progress)

The patient had electrodes placed on his head to **monitor** his brain activity while listening to music.

• monitor (n), monitoring (adj)

1.237 grainy (adj)

(για εικόνα) χαμηλής ανάλυσης, θολή

(of images) unfocused and unclear, as if very old
Low quality, **grainy** photographs make it really difficult to recognize individual faces.

1.238 verve (n)

ενθουσιασμός, μπρίο

energy and enthusiasm

The old rock star returned to the stage with the **verve** of a performer half his age.

1.239 still (n)

φωτογραφία από την σκηνή μιας ταινίας

a single photographic image from a movie

Photo collectors sometimes pay a lot of money for a **still** from a classic movie.

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1.233 capture (v) [2]

αποτυπώνω, καταγράφω

to express accurately, e.g. in writing or pictures

The film really **captured** the atmosphere of the 1960s, even the hairstyles and clothing of the period.

1.234 statement (n)

έκφραση μιας άποψης, ενός τρόπου ζωής, μιας τάσης

an expression of an attitude or belief

The director shot the entire film in black and white, to make a **statement** on the bleakness of the times.

• state (v)

1.235 burst onto (phr v)

εμφανίζομαι ξαφνικά, γίνομαι διάσημος

to suddenly become famous and successful in something (e.g. an arts scene)

At the age of only 18, Jean-Michel **burst onto** the art scene as the hottest new painter of the 1980s.

1.236 reflect (v) [2]

απεικονίζω, απηχώ, αποτυπώνω

to represent something (e.g. a situation) in the right way

The song **reflects** the woman's hopes and fears as she sets sail for a foreign shore.

• reflection (n)

1.240 ambiguously (adv)

διφορούμενα, δίχως σαφήνεια

in a way that leaves things uncertain and open to different interpretations

"Maybe yes, maybe no," he answered, **ambiguously**.

• ambiguity (n), ambiguous (adj)

1.241 alluring (adj)

δελεαστικός, ελκυστικός

attractive and fascinating in a mysterious way

The sweetly **alluring** smell of oriental spices attracted us to a tiny restaurant off the main street.

• allure (v), allure (n)

1.242 surreptitiously (adv)

στα κρυφά

in a way that avoids attention and keeps things secret

The student snuck into class **surreptitiously**, hoping the teacher wouldn't catch him for being late.

• surreptitious (adj)

1.243 critique (v)

αξιολογώ, γράφω κριτική (π.χ. για ένα έργο τέχνης)

to evaluate something (e.g. a theory) in an analytical way

The professor **critiqued** his essay, with the aim of improving his writing on the next assignment.

• critique (n)

1.244 standard (n)

πρότυπο, μέτρο (π.χ. γυναικείας ομορφιάς)

a commonly agreed on level that everyone is expected to reach

*By constantly showing us fit, thin and extremely attractive models, advertising creates an unrealistic **standard** of beauty.*

1.245 the world over (phr)

σε όλο τον κόσμο

everywhere on the planet

*US superstars are adored by fans **the world over**.*

1.246 feminist (n)

φεμινιστής, φεμινίστρια

a person who supports the rights of women and equality between the sexes

*As a **feminist**, Doris demanded the same salary that a man would receive for the position she was offered.*

• feminism (n)

1.247 postmodernist (n)

μεταμοντερνιστής, μετανεωτεριστής, αυτός που απορρίπτει την επιρροή θεωριών και ιδεολογιών στην τέχνη

someone (e.g. a writer, an artist, a philosopher) who rejects ideas of universal truth from previous eras

*Despite being a **postmodernist**, Peter recognizes the beauty of more traditional forms.*

• postmodernism (n)

1.248 structuralist (n)

δομιστής

someone (e.g. a philosopher) who understands things through repeating patterns and logical symbolism

***Structuralists** believe that cultural systems can be examined from an external, more objective point of view.*

• structuralism (n)

1.249 establish (v) [2]

παρουσιάζω με σαφήνεια ένα θέμα ή έναν

χαρακτήρα σε ένα βιβλίο ή μια ταινία

to introduce something (e.g. a new character)

into a movie, novel, etc., so that viewers, readers, etc., are fully aware of it

By this point in the novel, the writer has

established the theme of personal transformation.

• established (adj), establishment (n)

1.250 motif (n)

μοτίβο, διακοσμητικό σχέδιο

a reoccurring element or feature in a work of art, a movie, a novel, etc.

*The frescoes within the Roman villa repeated the **motif** of birds in flight.*

1.251 elaborately (adv)

επιμελώς, περίτεχνα, σχολαστικά

in a detailed and decorative way

*The dress was **elaborately** detailed with gold thread and pearls.*

• elaborate (adj)

1.252 mores (n)

ήθη, αξίες

values and customs of a community

*The social **mores** of our town are based on equality and freedom of expression for all.*

1.253 tableau (n)

απεικόνιση, αναπαράσταση

an artistic representation of a scene

*This **tableau** reflects the artist's obsession with swimming pools and California culture.*

1.254 proffer (v)

προσφέρω, προτείνω (π.χ. κάτι προς αποδοχή)

to offer something for acceptance

*Ronald **proffered** his resignation to his manager, after not getting the pay raise he had requested.*

• proffer (n)

1.255 facial (adj)

σχετικό με το πρόσωπο

related to the face

*Bob's large nose is the most noticeable of his **facial** features.*

1.256 **stark** (adj)

εντυπωσιακός, χτυπητός

clear and impossible to mistake

*There's a **stark** difference between my old car and the new, more comfortable model.*

1.257 **strident** (adj)

έντονος, σθεναρός, αυστηρός (π.χ. τρόπος)

insistent, commanding

*The **strident** tone of minister's arguments turned the talk show audience against him.*

1.258 **going strong: (still) be going strong** (phr)

συνεχίζω ακάθεκτος, συνεχίζω να ακμάζω

to continue to be successful

*Ten years after the album's release, sales **are still going strong**.*

1.259 **embrace** (v)

ασπάζομαι, αποδέχομαι, υιοθετώ

to accept and welcome something (e.g. a change, a new technology, etc.)

*The 100-year-old company finally **embraced** the use of computers and entered the digital era.*

• embrace (n)

1.260 **thumb my nose at** (phr)

δείχνω ασέβεια προς κάποιον ή κάτι

to show disrespect for someone (e.g. a leader) or something (e.g. the rules)

*The chef **thumbed his nose at** the idea of using a microwave to warm the sauce.*

1.261 **widespread** (adj)

διαδεδομένος, διάχυτος

found in many places or among many people

*There is **widespread** concern that climate change will have drastic effects in the years to come.*

1.262 **uncritically** (adv)

άκριτα, χωρίς κριτικό πνεύμα

without considering the facts

*The manager **uncritically** accepted that the rumors floating around the office were true.*

1.263 **depict** (v)

απεικονίζω, αναπαριστώ

to represent or portray something (e.g. an historic event) artistically

*His latest painting **depicts** a scene from a classic 1950s movie.*

• depiction (n)

1.264 **norm** (n)

πρότυπο, κανόνας

something typical everywhere and among everybody

*It has become the **norm** to text our friends instead of calling them.*

1.265 **manipulate** (v) [2]

χειρίζομαι

to control or influence a person or a situation in a way that is clever but dishonest and unfair

*Jack used lies and false promises to **manipulate** people into doing exactly what he wanted.*

• manipulation (n)

1.266 **establish** (v) [3]

εξακριβώνω, αποδεικνύω, στοιχειοθετώ (π.χ. ένα γεγονός)

to show that something (e.g. a fact) is definitely true

*Journalists utilize various sources to **establish** the facts before publishing an article.*

• established (adj)

1.267 **commercial** (adj)

εμπορικός

related to business and to buying and selling

*Although the album achieved cult status it was a **commercial** failure, selling only one thousand copies in the first year of its release.*

• commerce (n)

1.268 **provoke** (v)

προκαλώ

to cause a reaction or an emotion, usually a strong or unwelcome one

*The movie **provoked** an angry reaction with its suggestion that the history books were filled with lies.*

• provocation (n), provocative (adj)

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1.269 self-portrayal (n)

αυτοπροσωπογραφία

an artist's representation of himself/herself

*The Mexican artist Frida Kahlo specialized in **self-portrayals**.*

1.270 direct (adj)

άμεσος, ευθύς

expressing or expressed in a clear way that leaves no doubt

*Maria was very **direct** in declining the invitation to the party, saying, "No, thank you."*

• directness (adj)

1.271 glorify (v)

εξιδανικεύω, δοξάζω, εξυμνώ

to praise something in a way that causes admiration

*The way that Denise **glorified** the film made us all want to see it.*

• glory (n)

1.272 ridicule (v)

περιγελώ, γελοιοποιώ, χλευάζω

to make fun of someone or something

*The cartoonist **ridiculed** the politician by portraying him as lazy.*

• ridicule (n), ridiculous (adj)

1.273 acknowledge (v) [2]

αναγνωρίζω (π.χ. την ποιότητα, σημασία)

to recognize the importance or quality of someone or something

*We **acknowledged** Carol's hard work on the project and rewarded her with a gift.*

• acknowledgement (n)

1.275 worker bees (n)

εργάτριες μέλισσες, εθελοντές - εργάτες (μετ.)

individual bees in a colony tasked with maintaining the hive

*The **worker bees** collect flower pollen to feed the entire bee colony.*

1.276 beehive (n)

κυψέλη

a honeybee nest

*When approaching a **beehive**, it is important to be wary of bees that might see you as a threat to their nest.*

1.277 abandoned (adj)

εγκαταλελειμμένος

deserted

*The **abandoned** car had broken windows and was left to rust on the side of the road.*

• abandon (v), abandonment (n)

1.278 hive (n)

κυψέλη

a honeybee nest

*The bees remain in the **hive** at night, protected in their nest from the elements and predators.*

1.279 disastrous (adj)

καταστροφικός, καταστρεπτικός

causing damage on a great scale

*A **disastrous** fire swept through the national park, destroying the forest and displacing many animals.*

• disaster (n)

1.280 colony (n)

αποικία

a large, self-contained group of honeybees in a nest

*A bee **colony** is dependent upon a queen bee, responsible for laying eggs and thus reproduction.*

• colonize (v)

1.281 ruinous (adj)

καταστροφικός, ολέθριος

disastrous

*The loss of their star player had a **ruinous** effect on the team.*

• ruin (v), ruin (n), ruined (adj)

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1.274 in decline (phr)

σε ύφεση, σε πτώση

diminishing in strength, deteriorating

*The mayor's popularity is **in decline** as many citizens feel he should do more to keep the streets clean.*

1.282 simultaneous (adj)

ταυτόχρονος

happening at the same time

The **simultaneous** gestures of the dancers reflected the perfectly synchronized choreography.

- simultaneously (adv)

1.283 unhatched (adj)

(αβγά) που δεν έχουν ακόμα εκκολαφθεί

unopened, yet to reveal babies (from eggs)

Although the eggs in the nest remained **unhatched**, the children expected the chicks to appear at any moment.

- hatch (v)

1.284 significant (adj)

σημαντικός, μεγάλος (π.χ. για ποσότητα)

important or large

This office uses a **significant** quantity of paper, as all the company documents are printed here.

- significance (n), significantly (adv)

1.285 store (v)

αποθηκεύω

to retain or keep for future use

We **store** our skis in the attic until winter vacation.

- store (n), storage (n)

1.286 raid (v)

κάνω έφοδο, επιτίθεμαι

to attack suddenly

The soldiers **raided** the enemy's fort and burned it to the ground.

- raid (n), raided (adj)

1.287 pest (n)

επιβλαβής οργανισμός, ζιζάνιο

an unwanted and troublesome animal

Some sort of **pest** in the garden is destroying all the plants.

- pester (v)

1.288 pesticide (n)

παράσιτοκτόνο

a chemical used to kill and stop the spread of harmful organisms

The farmer used a **pesticide** to save his peach crop from beetles.

1.289 parasite (n)

παράσιτο

an organism that obtains nourishment and shelter from a host organism

Ticks are **parasites** that feed on the blood of mammals.

- parasitic (adj), parasitism (n)

1.290 pathogen (n)

παθογόνος οργανισμός

a microorganism, like bacteria, that can cause disease

Pathogens that transmit through the air can spread disease in environments with little ventilation.

- pathogenic (adj)

1.291 mounting (adj)

αυξάνομαι με την πάροδο του χρόνου (π.χ. αποδεικτικά στοιχεία)

increasing or developing over time

The **mounting** evidence against the accused robber was sure to put him in prison.

- mount (v)

1.292 heavily (adv)

υπερβολικά (π.χ. εξαρτώμαι υπερβολικά από κάτι)

considerably, to a great extent

Modern computers depend **heavily** on peripherals, like keyboards and mice, to allow users to input information.

1.293 bloom (v)

ανθίζω

to produce flowers

When the flowers **bloom** in spring, the garden is awash with color.

- bloom (n), blooming (adj)

1.294 pollinate (v)

επικονιάζω

to fertilize a plant by transferring pollen from one flower to a flower of another plant

Bees **pollinate** plants by carrying pollen from flower to flower.

- pollen (n)

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1.295 **imminent** (adj)

επικείμενος, διαφαινόμενος (π.χ. απειλή)

about to occur, usually ominous

*Dale's cellphone buzzed, signaling **imminent** threat of tornadoes.*

• imminence (n)

1.296 **in part** (phr)

εν μέρει

not entirely but to some extent

*Paul went to the market, **in part**, because he loves the sausages they grill on Sundays.*

1.297 **susceptible** (adj)

επιρρεπής, ευάλωτος σε κάτι

easily influenced or affected

*Children are **susceptible** to advertising, and that's why fast food commercials are forbidden during children's tv programming.*

• susceptibility (n)

Vocabulary exercises

1 CHOOSE THE CORRECT WORD

Complete the pairs of sentences with the correct forms of the words given.

1 **contaminate / stimulate**

- Caffeine _____ parts of the brain, so drinking coffee makes us feel more awake.
- Chemicals leaked from the factory and _____ a nearby river.

2 **deprive / rid**

- It is totally unfair to _____ workers of their coffee breaks.
- Max has sold his console, in an attempt to _____ himself of his video games addiction.

3 **flexible / ambiguous**

- We can meet at any time you want. I'm happy to be _____.
- Sophie's answer was deliberately _____ and left doubt as to what she meant exactly.

4 **aid / serve**

- The new hybrid engine _____ to cut fuel consumption by two-thirds.
- It is hoped that these social events will _____ in building a sense of community.

5 **tackle / pursue**

- Let's try and _____ this problem now, before it grows into a crisis.
- Lucy decided to give up her job and _____ a career as an artist.

6 **reach / raise**

- When you're feeling down, there's nothing like music to _____ your spirits.
- Psychedelic rock music _____ its height in the late 1960s, when there were hundreds of bands making songs in this style.

7 **interfere / manipulate**

- My flat mates are constantly interrupting me and _____ with my work.
- This concept of 'free choice' ignores the way advertisers _____ the public's wants and desires.

8 **endorse / validate**

- The fact that several experiments have produced the same results fully _____ our theory.
- Our company cannot _____ any athletics event that excludes female competitors.

9 **exhibit / depict**

- In some versions of the story, he is _____ as a hero; in others, as a villain.
- Dogs that have not been properly trained may _____ multiple problematic behaviors.

10 **stark / obscure**

- The origins of this tradition remain _____ and researchers are still unsure where it may first have appeared.
- There is a _____ contrast between the monochrome paintings of the early period and the extremely colorful pieces of the artist's later life.

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2 GAP-FILLING – PHRASAL VERBS

Complete the sentences with the correct form of the verbs in the box.

• hand over to • wear off • drop out of • drop off • touch down • tone down • burst onto • check out • set up • set aside

- 1 Who would have thought that this tiny software company, which they _____ in their home in 1981, would grow into one of the biggest enterprises in modern computing?
- 2 My initial enthusiasm quickly _____ as I read through page after page of the same boring details.
- 3 Many first-year students are at risk of _____ their studies because the university does not provide enough help for those who are struggling.
- 4 You should _____ this web site, which has loads of useful info.
- 5 The plane _____ at John Kennedy Airport at precisely 1.30 am.
- 6 When Michelle retires from her job as director of the company, she will _____ Mary.
- 7 My work day is extremely busy, but I always _____ half-an-hour for meditation.
- 8 The city population continued increasing throughout the 1980s before _____ in the mid-1990s.
- 9 Few directors _____ the movie scene like Sergio Antoni, whose first feature-length movie became an instant classic.
- 10 The photograph will look better if you _____ the red colors in the background, which are too intense.

3 WORD TRANSFORMATIONS

Complete each sentence with the correct form of the word in parentheses.

- 1 I attempted to make people laugh with a joke, hoping to reduce the _____ . (tense)
- 2 These _____ writers moved away from the typical formulas of modernism. (modern)
- 3 Most of the retail businesses are located in this _____ district. (commerce)
- 4 This old and _____ movie footage has been transformed into high definition. (grain)
- 5 Countries that allow immigration and cultural _____ do better economically. (diverse)
- 6 Your career _____ is happy to give you information about study options. (counsel)
- 7 You should question what you read and not just _____ accept whatever is said in the media. (critic)
- 8 The focus has to be on _____ development and clean, renewable energy. (sustain)
- 9 Lost in the desert for two days, the team was suffering from severe _____. (hydrate)
- 10 This highly _____ piece of music reminds me of childhood. (evoke)

4 MULTIPLE-MATCHING – MEANINGS OF NOUNS

Match the nouns with their definitions.

- | | | | |
|----------------|-------|---|--|
| 1 school | _____ | a | a person who hires new employees |
| 2 disruption | _____ | b | an agreement that is reached by each side accepting less than they had originally demanded |
| 3 recruiter | _____ | c | a substance that provides additional nutrition in combination with a person's normal diet |
| 4 discrepancy | _____ | d | a difference between two or more things that should be the same |
| 5 supplement | _____ | e | a group of fish or sea creatures |
| 6 compromise | _____ | f | a plentiful amount of something |
| 7 determinant | _____ | g | disorder which prevents something from happening |
| 8 pesticide | _____ | h | angry disagreement between people with different views |
| 9 abundance | _____ | i | a decisive factor in influencing something |
| 10 controversy | _____ | j | a chemical used to kill off unwanted organisms (e.g. insects or rats) |

5 OPEN CLOZE / MULTIPLE-MATCHING CLOZE

Read the following text and see if you can come up with a word to fill each of the ten gaps. Then, look at the box underneath the text and match each word to one of the gaps in the text. Are the words you came up with, in order to fill the gaps, the same as, or similar to, the ones in the box?

It is often the case that, in matters of government, progress would (1) _____ prove impossible were it not for compromise. When a disagreement between members of different parties becomes insoluble, it is impossible to pass new laws and (2) _____ changes. The ability to compromise – to bring opposing (3) _____ together, with a deal that is agreeable to both – therefore serves a crucial purpose.

In 1787, the founding of the first United States government was already well (4) _____ when the negotiations hit a brick wall. The issue was representation, i.e. the number of officials each state should be allowed to elect to the government, a problem politicians had been arguing about for years and years. In this (5) _____ debate, some maintained that the number of politicians representing a certain state should depend on that state's population size, meaning that the more populous states would have more politicians to participate in the national government on their (6) _____. However, smaller states defended the (7) _____ of 'equal representation', according to which each member state should be entitled to the same number of government representatives, regardless of population size.

Fortunately, parties on either side of the divide eventually stopped arguing and reached a (8) _____, striking a deal that was so historic, and such a (9) _____ of the country's future success, that it is still referred to today as The Great Compromise. Thanks to this agreement, the US now has two branches of government: one based on equal representation, and the other based on representation according to population size.

Had it not been for The Great Compromise, the various states may not have been able to work together and (10) _____ in setting up the first United States government.

• principle • determinant • consensus • collaborate • ultimately • behalf • factions • implement • longstanding • underway