

# **PRACTICE TEST 1**

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## Listening Part 1, items 1 - 6, p. 22

**1.1 pigeon (n)**  
**περιστέρι**  
 a small bird with grey and white feathers, often found in cities  
*An old woman was throwing pieces of bread for the **pigeons** that had flown down into the square.*

**1.2 tolerate (v)**  
**ανέχομαι**  
 to be able to experience or be in contact with something (e.g. a toxin) and not be damaged  
*The workers' ears are unable to **tolerate** the dangerously loud noises, and they therefore have to wear protective equipment.*  
 • tolerance (n), tolerable (adj), intolerable (adj)

**1.3 counterconditioning (n)**  
**αντισυσσωμάτωση, έκθεση ασθενούς στο αντικείμενο της φοβίας του με σκοπό τη θεραπεία του**  
 (in animal training and the treatment of some conditions, e.g. phobias) the technique of teaching the subject to react positively to something that used to cause a negative reaction  
*In order to help the patient overcome his fear of crowds, the doctor used a **counterconditioning** technique, taking the patient to several busy locations and rewarding him each time he managed to remain calm.*  
 • countercondition (v)

**1.4 arachnophobia (n)**  
**αραχνοφοβία**  
 a pathological fear of spiders  
***Arachnophobia** sufferers experience a pathological fear at the sight of spiders.*  
 • arachnophobe (n), arachnophobic (adj)

**1.5 cynophobia (n)**  
**κυνοφοβία**  
 a pathological fear of dogs  
*Her pathological **cynophobia** meant that she could not even come close to a dog without going into a panic.*  
 • cynophobe (n), cynophobic (adj)

**1.6 evolutionary (adj)**  
**εξελικτικός**  
 relating to the process by which different species now living have developed from earlier biological forms over billions of years  
*'Survival of the fittest' is an **evolutionary** mechanism in which the reproductive success of those creatures that are best suited to their environment leads to the development of the species overall.*  
 • evolution (n), evolve (v), (highly) evolved (adj)

**1.7 acquire (v)**  
**αποκτώ**  
 to develop a physical or mental characteristic  
*By going to the gym regularly, she had **acquired** strong muscles in her legs.*  
 • acquisition (n), acquired (adj)

## Listening Part 1, transcript

**1.8 intrigue (v)**  
**προκαλώ το ενδιαφέρον**  
 to fascinate someone and make him/her curious  
*The strange title of the book **intrigued** me and made me curious enough to pick it off the shelf.*  
 • intriguing (adj)

**1.9 engage someone (in something) (v)**  
**εμπλέκω κάποιον σε μια δραστηριότητα ή σε μια συζήτηση**  
 to actively involve someone in an activity (e.g. a conversation)  
*We tried to **engage** Paul in our discussion, but it seemed he didn't want to join in a conversation about sports.*  
 • engaged (adj), engagement (n)

**1.10 associate something with something (v)**

**συσχετίζω/συνδέω δυο πράγματα μεταξύ τους**  
to connect something with something else in your mind

*That song always brings back memories of my trip to Spain, and I always **associate** the words **with** the people I met back then.*

- association (between something and something) (n), associative (adj)

**1.11 stimulus (n) (pl. stimuli)**

**ερέθισμα/κίνητρο**

something (e.g. a sound) that makes a living organism react in a certain way

*In order to relax, the dogs need a quiet environment, away from the many **stimuli** (e.g. street noises) that make them excited.*

- stimulate (v), stimulated (adj)

**1.12 crippling (adj)**

**παραλυτικός (φόβος)**

(e.g. of fear) causing someone to be unable to do something

*Although she seems confident and relaxed when talking to an audience, she often experiences **crippling** anxiety before going on stage, and the fear is so terrible that she thinks she might not be able to do it.*

- cripple (v)

**1.13 accustom someone (to something / to doing something) (v)**

**αποκτώ τη συνήθεια να κάνω κάτι**

to make someone become used to something and consider it normal

*Although his usual habit was to get up at 8 am, he gradually **accustomed** himself **to rising** at 6 am, by setting his alarm for that time every day for two months.*

- custom (n), customary (adj)

**1.14 subconsciously (adv)**

**υποσυνείδητα**

in a way that is affected or caused by the hidden part of the mind that the person concerned is unaware of

*Psychologists are researching how people may **subconsciously** react to certain words in a negative way, without their even being actively aware of it.*

- subconscious (the) (n), subconscious (adj)

**1.15 sequence (n) [2]**

**αλληλουχία (γεγονότων ή αντικειμένων)**

a group of related things that follow each other in a specific order

*To make the computer program work, you need to follow this exact **sequence** of steps and enter each command in the specific order.*

- sequence (v), sequential (adj)

**1.16 stem from something (phr v)**

**προέρχεται από κάτι**

to be the result of something

*Our feelings can often **stem from** meteorological conditions, as the weather can cause us to feel different emotions.*

**1.17 bark (v)**

**γαβγίζω**

(e.g. of a dog) to make a loud vocal sound

*The dog kept **barking** for hours and was only quiet again when the owners returned home.*

- bark (n)

**1.18 growl (v)**

**γρυλίζω**

(e.g. of a dog) to make a low vocal sound in the throat, e.g. as a sign of aggression

*The way the dog **was growling**, it sounded like she was about to bite me.*

- growl (n)

- 1.19 responsive (to something) (adj)**  
**ανταποκρινόμενος σε κάτι (π.χ. σε μια θεραπεία)**  
 (of a patient, symptom or medical condition) affected by a form of medical treatment  
*The pain was not **responsive to** the usual synthetic medications and only seemed to be lessened by natural plant-based drugs.*  
 • responsiveness (n), respond (to something) (v)

**Listening Part 2, items 7 - 13, p. 23**

- 1.20 indicate (v)**  
**καταδεικνύω**  
 to show something  
*The results of this experiment **indicate** that the drugs are safe, a fact that is also shown by other experiments conducted elsewhere.*  
 • indication (n), indicative (of something) (adj)

- 1.21 procrastinate (v)**  
**χρονοτριβώ**  
 to delay doing something (e.g. a piece of work), usually by doing other, less important things instead  
*Instead of starting work on the assignment, I spent all morning **procrastinating** by needlessly cleaning the apartment.*  
 • procrastination (n)

- 1.22 highlight (v)**  
**τονίζω κάτι/δίνω έμφαση σε κάτι**  
 to draw attention to something  
*The recent robbery **has highlighted** the need for better security and shown, in the most emphatic way, how costly it can be to cut back protections.*

- 1.23 chore (n)**  
**δουλειές του σπιτιού, αγγαρείες**  
 a regular task, usually one that is done in the home (e.g. cleaning)  
*I took out the trash, washed up the dishes, cleaned the bathroom, and took care of numerous other **chores** as well.*

- 1.24 priority: give priority to something (phr)**  
**προτεραιότητα/δίνω προτεραιότητα σε κάτι**  
 to consider something more important than others  
*The history program **gives priority to** the country's national development, largely ignoring its role in international events.*  
 • prioritize (v), priority (n)

- 1.25 pressing (adj)**  
**πιεστικό/επείγον**  
 requiring immediate action  
*Since this matter is **pressing** and cannot wait until tomorrow, we must deal with it now.*

- 1.26 disadvantage: put someone at a disadvantage (phr)**  
**μειονέκτημα/βάζω κάποιον σε μειονεκτική θέση**  
 to make it more difficult for someone or something to succeed  
*Most of the other candidates for this job speak several languages each, so speaking only one **puts you at a disadvantage.***

- 1.27 hand: at hand (phr)**  
**αυτό με το οποίο ασχολούμαστε τώρα π.χ. μια δραστηριότητα**  
 requiring attention at the present time  
*Instead of discussing the matter **at hand**, he spoke about subjects that were completely unrelated to what we had to do now.*

- 1.28 excessive (adj)**  
**υπερβολικός**  
 more than necessary or normal  
*It is enough to lift weights at the gym three or four times a week; every day is **excessive.***  
 • excess (n), exceed (v)

- 1.29 last-minute (adj)**  
**τελευταίας στιγμής**  
 done at the latest possible time before something happens  
*The article will go online in twenty minutes, but we can still do a **last-minute** check for grammar mistakes.*

- 1.30 mental (adj)**  
νοητικός  
relating to the mind  
*In my mind, I tried to form a **mental** image of what the temple must have looked like 4,000 years ago.*
- 1.31 stimulation (n)**  
διέγερση  
the action of making someone interested, enthusiastic or excited  
*While some TV programs do provide **stimulation** for children's minds, others do not push the audience to use their intelligence at all.*  
• stimulate (v), stimulating (adj)
- 1.32 adrenalin (n)**  
αδρεναλίνη  
a hormone that is released in the body in response to fear, causing an increase in heart rate, breathing, mental alertness and muscle power  
*Some people love dangerous sports that get the **adrenalin** pumping through their blood, but others prefer safer and more relaxing pastimes.*
- 1.33 rush (n) [2]**  
ξαφνικό έντονο συναίσθημα  
a sudden and strong feeling  
*When Elvis, the King of Rock n' Roll, came out on to the stage, the **rush** of excitement that shot through the audience caused an explosion of shouting, cheering, whistling, clapping.*
- 1.34 straightforward (adj)**  
ξεκάθαρος/σαφής  
uncomplicated  
*Anyone can understand and follow these **straightforward** instructions.*
- 1.35 neurological (adj)**  
νευρολογικό  
related to the nervous system  
*These chemicals can cause **neurological** changes in the human brain.*  
• neurologist (n)

- 1.36 root (n)**  
η ρίζα (π.χ. ενός προβλήματος)  
the main cause or origin of something  
*Educators once thought that this learning difficulty may have a genetic cause, but it now seems that the **root** of the problem may be early childhood experiences.*

### Listening Part 2, transcript

- 1.37 bring myself to do something (v)**  
πείθω τον εαυτό μου να κάνει κάτι (συνήθως δύσάρεστο ή δύσκολο)  
to force myself to do something that I do not want to do, e.g. because it is unpleasant  
*I know these toys are old and useless, but they're so special to me that I can't **bring myself to** throw them out.*
- 1.38 urgent (adj)**  
επείγον  
requiring immediate action or response  
*Michael received an **urgent** phone call during our meeting and had to leave the office immediately.*  
• urgency (n)
- 1.39 put something off (phr v)**  
αναβάλλω κάτι  
to delay doing something  
*Seeing as we've already done a lot of work today, let's **put** this task **off** until tomorrow.*
- 1.40 get (a)round to something / doing something (phr v)**  
καταφέρνω τελικά να κάνω κάτι  
to find enough time to do something  
*I know you already have a busy schedule, but please try and **get around to replying** to that email, as it's been sitting in your inbox for two weeks.*

- 1.41 submit (v)**  
**υποβάλλω (π.χ. μια εργασία)**  
 to give something (e.g. a school assignment) to someone in authority (e.g. a teacher) so that it can be assessed  
*Students receive lower marks for work that is handed in late, so make sure you **submit** your assignments to your tutor on or before the final date.*  
 • submission (n)
- 1.42 distinct (adj)**  
**ξεχωριστό/εμφανές**  
 easy to notice  
*Anyone can see the **distinct** similarity between these two album covers.*  
 • distinctness (n), distinguish (v)
- 1.43 pattern (n)**  
**μοτίβο/επαναλαμβανόμενο σχέδιο**  
 a regular and repeating form in the way that something occurs or is done  
*The statistics showed that customer numbers were at their lowest at the beginning of each month and reached their highest at each month's end, and this pattern **repeated** throughout the year.*
- 1.44 ample (adj)**  
**άφθονος (π.χ. χρόνος για μια ενέργεια), ικανοποιητικός**  
 more than enough  
*My **ample** bank savings were enough to last me through college and allow me to travel as well.*
- 1.45 spare: to spare (phr)**  
**κάτι που περισσεύει και μπορώ να διαθέσω (π.χ. χρόνο ή χρήματα)**  
 extra  
*We got to the station early, with over an hour **to spare** before the train was due to leave.*
- 1.46 bring something home to someone (phr v)**  
**κάνω κάποιον να συνειδητοποιήσει την σημασία ενός θέματος**  
 to make someone suddenly realize something (e.g. the extent of a problem)  
*I already had an idea of how bad the problem was, but what really **brought it home to me** was seeing that shocking documentary.*
- 1.47 divided: be divided (over something) (v)**  
**διαφοροποιούμαι, διαφωνώ**  
 in disagreement  
*Soccer fans **are still divided over** who has had the greatest playing career: some say Lionel Messi, others Cristiano Ronaldo.*  
 • division (n), divisive (adj)
- 1.48 prioritize (v)**  
**βάζω σε προτεραιότητα**  
 to decide the order in which a number of things (e.g. work tasks) should be completed, according to the importance of each  
*A good way to **prioritize** is to make a list of things you need to do, with the most important at the top and the least important lower down.*  
 • priority (n)
- 1.49 take on (phr v) [1]**  
**αναλαμβάνω να κάνω κάτι**  
 to agree to do something (e.g. a work task) or be responsible for something, especially something difficult  
*I'm happy to **take on** more work, as long as I get paid extra for doing it.*
- 1.50 tackle (v)**  
**χειρίζομαι ένα θέμα**  
 to make efforts to deal with a problem  
*More and more students are cheating in exams, and there seems to be no easy way to **tackle** the problem and make sure the rules are followed.*



- 1.51 arise (v)**  
**συμβαίνει, προκύπτει**  
 (of a situation, a problem, etc.) to happen  
*We can always predict what might happen ten years from now, but unexpected situations can still **arise** at any time.*
- 1.52 reflect (on something) (v)**  
**σκέφτομαι κάτι προσεκτικά**  
 to think carefully about something, usually for a long time  
*He spent a long time quietly **reflecting on** the question before giving his answer.*  
 • reflection (n), reflective (adj)
- 1.53 straight away (adv)**  
**άμεσα/αμέσως τώρα**  
 immediately, without delay  
*You shouldn't wait before replying to the message - send an answer **straight away**.*
- 1.54 favorable (adj)**  
**ευνοϊκός, θετικός**  
 showing that you agree with something or have a positive opinion of it  
*People have a **favorable** opinion of that school and have nothing but good things to say about it.*  
 • favor (v), favor (n)
- 1.55 undertake (v)**  
**αναλαμβάνω**  
 to take responsibility for doing and completing something (e.g. a work project)  
*In 1987, they **undertook** a research project that would require the following twenty years to complete.*  
 • undertaking (n)
- 1.56 outset: from the outset (phr)**  
**από το ξεκίνημα, από την πρώτη μέρα**  
 from the very beginning  
*In the beginning, many people doubted Jake's ability to do the job, but I had complete confidence in him **from the outset**.*
- 1.57 subside (v)**  
**καταλαγιάζω, εξασθενώ**  
 to lessen in intensity, violence or severity  
*On the third day, the storm reached its worst point, after which it slowly began to **subside**, gradually giving way to calmer weather.*
- 1.58 go about something / doing something (phr v)**  
**καταπιάνομαι με κάτι, διεκπεραιώνω**  
 to begin an activity so that it can be completed  
*Young people usually know how to use the internet, but few elderly people have any idea how to **go about** tasks such as filling in an online form.*
- 1.59 frame: frame of mind**  
**μια συγκεκριμένη διάθεση**  
 a certain kind of feeling (e.g. happiness) that affects your thoughts and behavior  
*I was feeling angry, so I put on some music to put me in a more positive **frame of mind**.*
- 1.60 end up doing something (phr v)**  
**καταλήγω να κάνω κάτι**  
 to eventually come to a situation in which you have to do something  
*Bill and I were supposed to work together on the project but he fell ill, so I **ended up doing** most of the work myself.*
- 1.61 set about something / doing something (phr v)**  
**ξεκινώ να κάνω κάτι, αρχίζω να**  
 to start doing something in an energetic and determined way  
*As soon as I answered the phone, she immediately **set about shouting** at me, without even saying hello first.*
- 1.62 embark (on something) (v)**  
**ξεκινώ κάτι**  
 to begin doing something, usually something important (e.g. a project)  
*My journey through Italy was to begin the following day, and I felt excited to be **embarking on** a new adventure.*

- 1.63 initial (adj)**  
 αρχικός  
 existing or happening at the beginning  
*The designers usually make several changes to the **initial** drawings, so that the final product eventually looks a lot different.*
- 1.64 contrast: by contrast (conj)**  
 σε αντίθεση  
 conversely  
*His early paintings are characterized by a strict realism. The later paintings, **by contrast**, consist of strange images from his imagination, which look like nothing in the real world.*
- 1.65 backburner: leave something on the backburner (phr)**  
 αναβάλλω κάτι προσωρινά  
 to delay thinking about or dealing with something until a later time  
*We cannot continue this project until we receive Professor Hitchens' email, so let's **leave it on the backburner** for now.*
- 1.66 attend to something (v)**  
 παρακολουθώ/προσέχω μια δραστηριότητα  
 to deal with something (e.g. a task)  
*Michelle had to leave the meeting early, as she had some urgent matters to **attend to**.*  
 • attention (n)
- 1.67 preliminary (adj)**  
 προκαταρκτικός, πρόχειρος  
 happening or existing at an earlier stage, in order to prepare for something  
*This is just a **preliminary** version of the script; the final version will be ready next week.*
- 1.68 aid something / in doing something (v)**  
 βοηθάω, ενισχύω  
 to encourage something  
*Some people find it difficult to concentrate when music is playing, while others find that music **aids** their concentration.*
- 1.69 thrive (on something) (phr v)**  
 αποδίδω τα μέγιστα όταν ασχολούμαι με κάτι, διαπρέπω  
 to achieve the best results when placed in a certain situation or in certain circumstances  
*Some students are able to work best individually, while others **thrive on** group work.*
- 1.70 looming (adj)**  
 που επίκειται να συμβεί (μάλλον απειλητικά), καρδοκεί  
 (of an event) about to happen in the near future and causing worry and anxiety  
*Although the economy was growing, experts warned of a **looming** economic crisis that was about to hit.*  
 • loom (v)
- 1.71 boost (v)**  
 τονώνω (π.χ. την παραγωγικότητα)  
 to help something to increase or improve  
*When I'm feeling tired, I find that all it takes to **boost** my energy is a cup of strong coffee.*  
 • boost (n)
- 1.72 productivity (n)**  
 παραγωγικότητα  
 the ability to achieve a large amount of something (e.g. work)  
*Better organization will allow you to raise your **productivity** and get more work done.*  
 • productive (adj)
- 1.73 get down to something (phr v)**  
 καταπιάνομαι με κάτι  
 to begin doing or thinking about something seriously  
*We should stop wasting time and **get down to** work.*
- 1.74 self-esteem (n)**  
 αυτοεκτίμηση  
 self-respect and confidence  
*By making encouraging comments, teachers can help less confident students by building their **self-esteem** and making them feel proud of themselves and their abilities.*



**1.75 tendency (n)**

τάση

a habit of displaying a particular characteristic or behaving in a certain way

*We were surprised to see Simon arrive on time, as he usually has a **tendency** to be late.*

- tend to do something (v)

**1.76 amygdala (n)**

μέρος του εγκεφάλου, αμυγδαλή

an almond-shaped part on each side of the brain, which affects the emotions

*The release of adrenalin is controlled by a part of the brain called the **amygdala**.*

**1.77 vicious circle (n)**

φαύλος κύκλος

a situation in which two or more things (e.g. actions) cause each other to become worse, causing the situation to grow increasingly bad

*The longer you spend using social media, the more you become addicted - it's a **vicious circle**!*

**1.78 inadequacy (n)**

ανεπάρκεια

an inability to cope with situations or with life in general

*Carl feared that he would never be able to form meaningful friendships, and these feelings of **inadequacy** became worse every time he tried and failed to make new friends.*

- inadequate (adj)

**1.79 run out (phr v)**

τελειώνει (σε ποσότητα ή σε χρόνο)

(of an amount of something that you can use) to be used up completely

*I really enjoyed playing on the old video games machine, so when my time **ran out** and the game ended I decided to put in another coin and play again.*

**1.80 strike (v)**

χτυπώ (απροσδόκητα, ατυχία ή καταστροφή) (of a something bad, e.g. a disaster, a disease, etc.) to happen suddenly and cause harm or damage

*The storm **struck** at 4 a.m. and, over the following ten hours, caused massive destruction.*

**1.81 handy (adj)**

πρακτικό/εύχρηστο

useful

*This smartphone battery charger can fit into any kind of wall socket in the EU, making it **handy** for traveling.*

**1.82 barrier (to something) (n)**

εμπόδιο

something that prevents something (e.g. communication or progress) that you want or need to achieve

*Not having a university degree can be a **barrier to** following a successful career.*

**1.83 launch myself into something (v)**

ξεκινώ να κάνω κάτι

to begin something with energy and enthusiasm  
*An enthusiastic language learner, she **launched herself into** the study of German and had already learned to speak fluently by the end of the month.*

**1.84 successive (adj)**

διαδοχικός

following one another in order

*Most students have to go through each **successive** high school year, but Martin went immediately from the first to the fourth year, because of his excellent academic record.*

- succession (n), succeed (v)

**1.85 sustain (v)**

διατηρώ

to make sure that something continues for a long enough period, without stopping

*There is enough action in the movie to **sustain** viewers' interest for the whole two hours.*

- sustained (adj)

## Listening Part 3, items 14 - 23, pp. 24 - 25

**1.86 motivation (n) [2]**

παροχή κινήτρων

the desire or willingness to do something

*The team seem to have given up and lost all **motivation** to win.*

- motivated (adj), motivate (v)

**1.87 time out (n)**

χρόνος διακοπής από εργασία

a time for rest, when you are free from work or study obligations

*Having worked hard all month, I took some **time out** to go and visit some friends.***1.88 down-to-earth (adj)**

προσγειωμένος

practical and realistic

*Instead of discussing complex philosophical concepts, this book offers readers simple, **down-to-earth** advice about how to live better lives.***1.89 check: keep something in check (phr)**

έχω κάτι υπό έλεγχο

to keep something under control, especially something that could be damaging if left uncontrolled

*By concentrating on your breathing, you can **keep** your anxiety **in check** and prevent your nerves from taking over completely.***1.90 first-hand (adj)**

από πρώτο χέρι (π.χ. εμπειρία)

coming from direct personal experience

*Having been a nurse for ten years, I know from **first-hand** experience what it's like to work in a hospital.***1.91 overcome (v)**

ξεπερνάω

to manage to deal with a problem successfully

*Thanks to this treatment, many people manage to finally **overcome** their addiction to cigarettes and stop smoking completely.***1.92 expansion (n)**

επέκταση

the action of growing larger

*During the next decade, the **expansion** of the European Union saw the addition of five new member states.*

- expand (v), expansive (adj)

**1.93 disloyal (to someone/something) (adj)**

όχι πιστός σε κάποιον ή σε κάτι

failing to show proper support for someone (e.g. a friend) or something (e.g. a country)

*I can't believe you could be so **disloyal** to a friend as to reveal her secrets despite her asking you not to.*

- disloyalty (n)

**1.94 disapprove (of something) (v)**

αποδοκιμάζω

to have or express a negative opinion of someone or something

*My parents **disapprove of** tattoos, and they weren't at all happy when I went ahead and got some myself.*

- disapproval (n), disapproving (adj)

**1.95 dispute (v)**

αμφισβητώ (ένα επιχείρημα ή έναν ισχυρισμό)

to question whether something (e.g. a statement made by someone else) is true or accurate

*Many **dispute** the findings of the report, claiming that these conclusions were based on insufficient evidence.*

- dispute (n), disputable (adj), indisputable (adj)

**1.96 liable: be liable to do something (adj)**

είναι πιθανό να συμβεί

to be likely to do something, often something bad

*The machine is badly designed and **liable** to malfunction at any moment.*

- liability (n)

**1.97 miss out (on something) (phr v)**  
**χάνω την εμπειρία από κάτι (π.χ. ενός γεγονότος ή μιας κατάστασης)**  
 to be unable to experience or take advantage of an opportunity  
*I didn't get to see the band perform live when they visited five years ago, so I definitely don't want to **miss out** again when they visit this time.*

**1.98 redress (v)**  
**επανορθώνω/αποκαθιστώ**  
 to find a solution to a problematic situation  
*The school directors have been informed of the problem and they have promised to **redress** the issue as soon as possible.*  
 • redress (n)

**1.99 declining (adj)**  
**φθίνουσα/σε παρακμή**  
 decreasing  
*Faced with rapidly **declining** ticket sales, many sports venues are concerned that they may soon have to close down.*  
 • decline (n), decline (v)

**1.100 incubator (n)**  
**εκκολαπτήριο (μεταφορικά: ένα περιβάλλον που επιτρέπει σε κάποιον την ανάπτυξη των ικανοτήτων του)**  
 a place or environment that encourages the development of certain characteristics in people, like an actual incubator, i.e. a machine that is used to hatch eggs or grow microorganisms in a laboratory  
*The university is seen as an **incubator** for future political talent, as several of its graduates went on to hold important government posts.*  
 • incubate (v)

**1.101 demanding (adj)**  
**απαιτητικό**  
 requiring a lot of effort or skill  
*Swimming gave him relief from the stress from his **demanding** job.*  
 • demand (n), demand (v)

**1.102 pursue (v)**  
**ακολουθώ (μια καριέρα)**  
 to be involved in an activity (e.g. a career) over a long period of time  
*Martha studied law at university but after graduation she decided to **pursue** a career in fashion design.*  
 • pursuit (n)

**1.103 serve: serve a purpose (phr)**  
**εξυπηρετώ έναν σκοπό**  
 to be useful in achieving something  
*In a world where almost all information is available online, do traditional, printed encyclopedias still **serve a purpose**?*

### Listening Part 3, transcript

**1.104 move with the times (phr)**  
**προσαρμόζομαι στις ανάγκες των εποχών/ καιρών**  
 to modernize  
*In an effort to **move with the times**, the company stopped producing printed encyclopedias and made their products available online instead.*

**1.105 small-scale (adj)**  
**μικρής κλίμακας**  
 of small size or extent  
*It used to be a large international company with a staff of hundreds, but now it is only a **small-scale** local business that employs just ten people.*

**1.106 prestigious (adj)**  
**με κύρος**  
 high-status  
*Oxford and Cambridge are two of the most **prestigious** universities in the world, admired for their long history of academic excellence.*  
 • prestige (n)

**1.107 dominance (n)**

κυριαρχία

power and influence

*Under Napoleon, the French army had complete power over the island and its people, its **dominance** remaining unchallenged for decades.*

- dominate (v), dominant (adj)

**1.108 trend (n)**

τάση/κάτι που γίνεται μόδα

a general way that something is changing or developing

*Arts education used to be considered highly important in all schools, but the current **trend** in education seems to be towards a greater emphasis on science subjects.*

**1.109 draft (v)**

παίρνω έναν καλαθοσφαιριστή σε μια ομάδα μπάσκετ

to select a player for a sports team

*First **drafted** at the age of 18 by the Milwaukee Bucks, he soon went on to become one of the greatest players in the NBA.*

- the draft (n)

**1.110 enroll (on/in something) (v)**

εγγράφω

to officially register

*You cannot use the university library unless you have **enrolled** on one of the courses.*

**1.111 hence (conj)**

ως εκ τούτου

thus

*The Forest Hotel is located on the edge of a large forest, hence the name.*

**1.112 counterpart (n)**

ο αντίστοιχος

a person or thing that is the same as another person or thing in a different situation

*Academics who work at US universities receive much higher pay than their Italian **counterparts**, even though they work as many hours and are equally qualified.*

**1.113 resent (v)**

απεχθάνομαι

to feel angry about something that you consider to be unfair

*Italian academics angrily **resent** the fact that their salaries are so low, and they believe that this unfair situation needs to change.*

- resentment (n), resentful (adj)

**1.114 balance something and/with something (v)**

εξισορροπώ κάτι με κάτι άλλο

to find the right amount of two or more things in relation to each other

*You need to find a way to **balance** work and leisure, as you are spending too much of your life working.*

- balance (n)

**1.115 adapt (to something) (v)**

προσαρμόζομαι

to change in order to become suitable for a new situation

*When he joined a new team, he had to **adapt to** a different style of playing basketball, in which he no longer had such a central attacking role but had to play in defense as well.*

- adaptation (n), adaptable (adj), adaptability (n)

**1.116 incentive (n)**

κίνητρο

something that provides motivation or encouragement for someone to do something

*At present, the employees see no need to improve their work, so we need to offer them rewards as an **incentive**.*

- incentivize (v)

**1.117 return: in return (for something) (phr)**

σε αντάλλαγμα

to give something back for something received  
*Michelle helped me redecorate my apartment and, **in return**, I agreed to look after her dog for a couple of weeks.*

**1.118 forfeit (v)**

χάνω το δικαίωμα μου πάνω σε κάτι

to lose something as a result of choosing something else

*Under the new rules, people who live abroad for more than ten years **forfeit** their right to vote in their home country, but no one should lose the right to vote.*

- forfeiture (n)

**1.119 commit (to something / doing something) (v)**

δεσμεύομαι

to accept an obligation to do something

*When you took this job, you **committed to being** available on weekends as well, if we need you, so you can't refuse to work on weekends now.*

- commitment (to something / doing something) (n), committed (to something / doing something) (adj)

**1.120 opt for something (phr v)**

επιλέγω κάτι

to choose something from a range of options

*Many new students are **opting for** courses in the sciences, with fewer and fewer choosing arts subjects.*

- option (n), optional (adj)

**1.121 pan out (phr v)**

Αποδίδει, αποδίδουν

to end with the good results that were expected

*Even if your career plans don't **pan out** exactly as you had hoped, there are always options for a Plan B.*

**1.122 short: fall short (phr v)**

δεν ανταποκρίνομαι στις προσδοκίες

to fail to reach an expectation or required standard

*I needed to get at least a grade of 16/20, but my assignment **fell short** by just one point.*

**1.123 fall back on something (phr v)**

καταφεύγω σε μια εναλλακτική λύση όταν η πρώτη δεν έχει αποτέλεσμα

to be able to use something as an alternative when in difficulty

*"If the audience don't find my new jokes funny," he thought, as he walked out onto the stage, "I can always **fall back on** my old material."*

**1.124 my take (on something) (n)**

η άποψη μου πάνω σε κάτι

my own view on or approach to something

*Your opinion of the previous three movies was obviously negative, so I'm interested to hear **your take on** the fifth movie, which is the work of a new director.*

**1.125 access (n)**

πρόσβαση

the right or opportunity to use or take advantage of something

*Many people who cannot afford hospital fees do not have **access** to health services and are effectively shut out of the health system.*

**1.126 disadvantaged (adj)**

σε μειονεκτική θέση

(of a person or area) in difficult circumstances that limit financial or social opportunities

*He came from a poor family, but despite his **disadvantaged** background he managed to achieve fame and fortune.*

**1.127 deny someone something (v)**

αρνούμαι κάτι σε κάποιον, στερώ κάτι από κάποιον

to refuse to give someone something, especially something necessary

*Many of the animals are kept in small cages and **are denied** the space they need in order to live healthily.*

- denial (n)

**1.128 privileged (adj)**

προνομιούχος

having special rights and advantages, especially ones that other people are not lucky enough to have

*As the son of the owner, he enjoys **privileged** status within the company and, unlike the rest of the staff, can basically do what he wants without fear of getting fired.*

- privilege (n), over-privileged (adj), under-privileged (adj)

**1.129 granted: take something for granted (phr) [1]**

θεωρώ/παίρνω κάτι ως δεδομένο

to stop being grateful for someone or something, especially something that has become too familiar

*Many of the things that we **take for granted**, such as clean water in our homes, would seem like luxuries to people from poor countries.*

**1.130 unequal (adj)**

άνισος

not fair and not allowing equal advantage to all  
*The fact that men can earn more than women for doing the same job shows what an **unequal** society we live in.*

- inequality (n)

**1.131 refine (v)**

βελτιώνω, εξελίσσω

to make small improvements to something (e.g. a method or technique) so as to perfect it  
*Over the next few years, he gradually **refined** his early theories, turning them into a powerful new philosophy.*

- refinement (n), refined (adj)

**1.132 lure (v)**

δελιάζω

to offer a reward in order to make someone want to do something or to go somewhere, often something or somewhere that will be bad for that person

*Junk food restaurants **lure** customers with images of delicious-looking products.*

- alluring (adj)

**1.133 lucrative (adj)**

επικερδής

highly profitable

*We could make millions of dollars from this **lucrative** deal.*

**1.134 exchange: in exchange (for something) (phr)**

σε αντάλλαγμα

in order to receive something

*He agreed to take on more work **in exchange for** 10% more pay.*

**1.135 approve (v)**

εγκρίνω

to officially agree to or accept something (e.g. a plan)

*The city council will **approve** the plan and give the builders the green light once these improvements have been made.*

- approval (n)

**1.136 submit (to something) (v)**

συμφωνώ/συναινώ να κάνω κάτι

to agree to have something done to you or follow someone else's orders

*If he wants us to believe him, he will have to **submit to** a lie detector test.*

**1.137 grueling (adj)**

κοπιαστικός

exhausting

*Only athletes who survive a **grueling** five-hour fitness test can enter the competition.*



## Listening Part 4, items 24 - 30, p. 26

**1.138 deprive someone (of something) (v)**

στερώ κάτι από κάποιον

to prevent someone from having or using something, usually something that they need, in a way that is unfair

*Children who **are deprived of adequate play time** show signs of stress and anxiety.*

- deprivation (n), deprived (adj)

**1.139 formative (adj)**

διαμορφωτικός, εκπαιδευτικός (μεταφορικά)

having an important influence on the development of someone or something, especially someone's personal development

*Traveling through Europe was a **formative** experience that changed my character forever.*

**1.140 prescribed (adj)**

καθορισμένο

required to be carried out according to the rules

*Every journalist who works for this paper should write according to the **prescribed** style, for example by using US spellings only.*

- prescription (n), prescribe (v)

**1.141 regime (n)**

καθεστώς, πρόγραμμα

a routine of doing something (e.g. physical training) that is followed in an ordered and systematic way

*The physical training **regime** consists of three hours of exercise per day for four months.*

**1.142 substantial (adj)**

ουσιαστικό

considerable

*Many people claim that these languages are mostly similar, but this ignores the **substantial** differences between them.*

**1.143 constraint (n)**

εμπόδιο, περιορισμός

something that limits something

*Due to time **constraints**, we will only have time to discuss three of the seven items on our agenda.*

- constrain (v), constrained (adj)

**1.144 long-term (adj)**

μακροπρόθεσμος

happening during or relating to a long period of time

*The construction of the new mall offers **long-term** benefits, as it will create employment for hundreds of local people for many decades to come.*

**1.145 enthusiast (n)**

θιασώτης, ένθερμος υποστηρικτής

someone who has a great interest in a certain subject or activity

*Thousands of comic book **enthusiasts** are expected to visit the Comic Book Fan Festival next month.*

**1.146 perceive someone/something (as / to be something) (v)**

εκλαμβάνω

to consider someone or something to be something

*He is just an ordinary person whom many of his fans **perceive as** a hero.*

- perception (n), perceived (adj)

**1.147 immature (adj)**

ανώριμος

not as emotionally or intellectually developed as might be expected for someone in a certain age group

*Even in their mid-twenties, many people are still too **immature** to take on full adult responsibilities.*

- immaturity (n)

**1.148 knowledgeable (about something) (adj)**

γνώστης

possessing a lot of knowledge about something (e.g. a subject)

*Having read several books about that historical era, he is very **knowledgeable** about the period.*

**1.149 identify (v)****αναγνωρίζω/ταυτοποιώ**

to show or decide who or what someone or something is

*Botanists use this list of physical characteristics to **identify** the exact species of each plant.*

- identification (n), identifiable (adj), unidentifiable (adj)

**1.154 rival (n)****αντίπαλος**

competitor

*The Eagles will defeat all the **rival** teams and be crowned champions.*

- rivalry (n), rival (v)

**1.155 vast (adj)****μεγάλος, εκτενής**

very large in extent or scope

*The **vast** amount of weather data is stored on one of the largest computer hard drives in the world.*

- vastness (n)

**1.156 monitor (v) [1]****παρακολουθώ την εξέλιξη μιας κατάστασης για κάποια χρονική περίοδο**

to keep checking something to see whether or how it changes over a period of time

*By **monitoring** weather patterns over a period of ten years, checking data such as average temperature and rainfall, the scientists reached some shocking conclusions.*

- monitoring (n)

**1.157 immeasurably (adv)****ανυπολόγιστα**

to an extreme degree

*So **immeasurably** has science improved our lives that it is impossible to imagine what our world would have been like otherwise.*

**1.158 recruiter (n)****στρατολόγος**

someone whose job is to find new workers/employees/members/supporters to join a group or an organization

*I was contacted by a **recruiter** from a local software company who told me they wanted me to come and work for them.*

- recruit (v), recruit (n), recruitment (n)

**Listening Part 4, transcript****1.150 preconceived (adj)****προσχεδιασμένος, διαμορφωμένος εκ των προτέρων**

(of an idea or opinion) already formed without being accurate or relevant to the current facts

*These highly unusual artworks are intended to destroy people's **preconceived** ideas about what art is or is not supposed to be.*

- preconception (n)

**1.151 trivia question (n)****ερώτηση γενικών γνώσεων**

a question in a general knowledge quiz

*No wonder we didn't win the quiz, when there were such difficult **trivia questions**, like 'Of which country is Valetta the capital city?'*

**1.152 assure (v)****διαβεβαιώνω**

to tell someone something in order to remove his/her doubts

*I can **assure** you, with complete confidence, that no such mistake will ever be made again.*

- assurance (n)

**1.153 fiercely (adv)****άγρια, σκληρά**

in an aggressive way

*We intend to fight our opponents **fiercely** and leave no doubt as to which side is the strongest.*

**1.159 favorably: look favorably on someone/ something (phr)**  
**ευνοϊκά**  
 to have a positive opinion of someone or something  
*Employers **look favorably on** people who have proved their abilities in similar lines of work.*

**1.160 challenge myself (v)**  
**βάζω στον εαυτό μου μια πρόκληση**  
 to attempt to do something more difficult, in order to keep myself interested and able to improve  
*I already found it easy to run 5 km in under 30 minutes so, to **challenge myself** and keep things interesting, I decided to try for 7 km in the same time.*  
 • challenge (n), challenging (adj)

**1.161 cooperation (n)**  
**συνεργασία**  
 the action of working together to achieve the same goal  
*Success will depend on our **cooperation** and our ability to work together as a team.*  
 • cooperate (v), cooperative (adj)

### RUL Task 1, p. 28

**1.162 cognitive (adj)**  
**νοητικός**  
 relating to the mental action of learning and understanding  
*By the age of two, children have already reached the stage in their **cognitive** development where their minds can recognize cause and effect.*  
 • cognition (n)

**1.163 turn: in turn (phr)**  
**με τη σειρά**  
 as the next result in a process  
*Global heating occurs when greenhouse gases trap the sun's heat in earth's atmosphere and this heat, **in turn**, causes the planet to rise in temperature.*

**1.164 processing (n)**  
**επεξεργασία**  
 to examine and analyze information (e.g. in the brain)  
*These 'smart drugs' are supposed to increase the brain's **processing** ability, so that users can learn more information in a shorter amount of time.*  
 • process (v)

**1.165 capacity (n)**  
**δυνατότητα, ικανότητα**  
 the ability to do or understand something  
*As a mathematician, she has an amazing **capacity** to work with numbers.*

**1.166 essence: in essence (phr)**  
**επί της ουσίας**  
 basically  
*Although it may seem difficult to find a global definition of music, it is true to say that music is, **in essence**, the transformation of noises into sounds that communicate something.*  
 • essentially (adv), essence (n)

**1.167 no pain, no gain (phr)**  
**αν δεν πάθεις δεν θα μάθεις, τα αγαθά κόποις κτώνται**  
 in order to achieve something (e.g. physical strength), you must suffer  
*Because I'm on a diet, I seem to feel hungry all the time. But you know what they say. **No pain, no gain.***

**1.168 enhanced (adj)**  
**αυξημένος, βελτιωμένος**  
 even more improved  
*Eating these brain-boosting foods can lead to **enhanced** memory and learning skills.*  
 • enhance (v), enhancement (n)

**1.169 present (v)**  
**παρουσιάζω**  
 to show something for other people to consider  
*The teacher asked each group to **present** their ideas to the rest of the class, drawing diagrams on the whiteboard to explain things clearly.*  
 • presentation (n)

**1.170 engage (in/with something) (v)****καταπιάνομαι με κάτι**

to become involved or interested in something in a meaningful way

*These ideas are outdated and not many young people will **engage with** them.*

- engaged (adj), engagement (n), engaging (adj)

**1.171 run: in the long run (phr)****μακροπρόθεσμα**

over or after a long time period

*These products are only slightly cheaper but using them for a whole year will save you a considerable amount of money **in the long run**.***1.172 disfluency (n)****θεωρία δυσαρμονίας στην Γνωστική Ψυχολογία**the idea that text fonts that are more difficult to read cause deeper comprehension of a text  
*According to the theory of **disfluency**, the reader's mind pays deeper attention to hand-written texts in which the letters do not have clear and regular shapes.***1.173 slant (v)****δίνω κλίση σε κάτι (π.χ. σε γράμματα που γράφω προς τα δεξιά ή τα αριστερά)**

to lean in a certain direction, away from the horizontal or the vertical

*She drew one vertical line and, next to it, another that **slanted** at a slight angle to the right.***1.174 introduce (v)****παρουσιάζω/εισάγω**

to bring something into something

*After reading the first draft of his speech again, he decided to **introduce** a few jokes into the introduction, in an effort to make it less dull.*

- introduction (n)

**1.175 culinary (adj)****γαστρονομικός**

related to cooking

*She is a fantastic cook whose **culinary** skills are better than those of the most famous chefs.***1.176 rack (n)****ράφι για αποθήκευση αντικειμένων**

a plastic, wooden or metal object for holding or storing things

*I took a couple of shirts off the **rack** and went to the back of the store to try them on.***1.177 grip (v)****γραπώνω, αρπάζω, κρατώ σφιχτά**

to hold something tightly

*The dog was **gripping** the leg of my trousers so tightly in his mouth that the material tore when I tried to pull it away.*

- grip (n)

**1.178 obsolete (adj)****απαρχαιωμένος, ξεπερασμένος**

(of technology) out of date and no longer used or produced

*The old-style cell phones are now **obsolete** and aren't made anymore.*

- obsolescence (n)

**1.179 knife block (n)****θήκη μαχαιριών**

an object that has thin holes for storing knives in

*After cleaning the kitchen knives, he placed them back in the **knife block**.***1.180 visible (adj)****ορατός**

able to be seen

*Even though he had the tattoo removed, some of the marks are still **visible** on his skin.*

- invisible (adj), visibility (n)

**1.181 display: on display (phr)**

σε έκθεση, εκτίθεται

put in a certain place for the purpose of being seen by people

*The paintings are **on display** for the public to see in the main hall.***1.182 pleasing to the eye (phr)**

ευχάριστο στο μάτι

beautiful to look at

*The beautiful decorative features along the top of the wall were **pleasing to the eye**.***1.183 pick out something (phr v)**

διαλέγω, ξεχωρίζω

to choose someone/something from a group

*She has over fifty dresses, which makes it harder to **pick out** just the right one.***1.184 blunt (v) [1]**

αμβλύνω

to make something (e.g. a knife) less sharp

*Constant use had **blunted** the scissors, so that they no longer cut through thin paper, never mind thick cardboard.*

• blunt (adj), bluntness (n)

**1.185 slip (v)**

γλιστρώ

to accidentally move out of position

*If you don't tie the box securely to the roof of your car, it's going to **slip** and fall off.*

• slippery (adj)

**RUL Task 1, Text 2, p. 29****1.186 daunting (adj)**

αποθαρρυντικό

likely to make someone lose his/her confidence and feel nervous about doing something

*My heart sank at the thought of the **daunting** tasks that lay ahead.*

• daunt (v), undaunted (adj)

**1.187 alloy (n)**

κράμα ή μίγμα μετάλλων

a mix of two or more metals that is stronger or less likely to be damaged

*This strong **alloy** is a mix of three different metals.*

• alloy (v)

**1.188 conductivity (n)**

αγωγιμότητα

(a material, e.g. metal) the ability to let electricity flow through

*Because of its high **conductivity**, this metal is ideal for use in electrical wiring.*

• conductive (adj), conductor (n)

**1.189 transfer (v)**

μεταφέρω

to send something from one place to another

*The nerves **transfer** electrical signals to the brain.*

• transfer (n)

**1.190 hot plate (n)**

ζεστό μάτι κουζίνας

the part of a cooker on which you place pots and pans for heating

*Do not touch the **hot plate** even after it has been turned off, as it will take some time to cool after you have finished using the cooker.***1.191 depict (v)**

απεικονίζω, παρουσιάζω

to show something using an art form (e.g. painting, sculpture, movies, etc.)

*Many movies **depict** historical events that happened years ago, in a way that shows these events more clearly than they can be described in books.*

• depiction (n)

**1.192 second: be second only to someone/ something (phr)**

κάτι που έχει ελάχιστο ανταγωνισμό

to be almost the best

*These amazing paintings are some of the greatest works of the century, **second only to** those by artists such as Picasso.*

## RUL Task 3, pp. 30 - 31

**1.193 concrete (n)****σκυρόδεμα**

a stone-like substance that is used for building

*All we could see from the hilltop was grey*

**concrete** buildings.

**1.194 span (v)****εκτείνομαι**

(e.g. a bridge) to stretch from one side to the other

*The bridge **spans** the 200-meter space*

*between one side of the lake and the other.*

- span (n)

**1.195 marvel (n)****θαύμα (π.χ. αρχιτεκτονικής)**

a wonderful person or thing

*A **marvel** of modern architecture, the Khalifa*

*Tower looks like something from a magical*

*futuristic planet.*

- marvelous (adj)

**1.196 smooth (adj) [1] [2]****απαλό/ομαλό**

[1] without problems or difficulties

[2] (e.g. a river) calmly flowing, without waves

*[1] Perfect organization ensures the **smooth** operation of all our departments, with absolutely no problems or delays.*

*[2] The flow of the river was **smooth** enough for us to swim easily to the other side.*

- smoothness (n)

**1.197 façade (n)****πρόσοψη**

the front of a building or built structure that faces out toward the street or toward an open space

*From outside, the building's **façade** looks like something from the 1920s, but inside everything is fully modern.*

**1.198 turbulence (n) [1] [2]****αναταραχή**

[1] violent movement in an area of air or water

[2] a state of confusion and conflict

*[1] There was a lot of **turbulence** during our ferry trip, causing the boat to rock and shake violently.*

*[2] For most of its history, the country has known nothing but **turbulence** and conflict, with only brief periods of peace.*

- turbulent (adj)

**1.199 prone: be prone to something (adj)****επιρρεπής**

be likely to do or experience something negative

*People with this medical condition have weak bones that **are** easily **prone to** damage.*

**1.200 irrigation (n)****άρδευση**

the supply of water to farmland, usually by means of digging long holes in the ground around a river

*Ancient Egyptian farmers learned how to make river water flow from the Nile and onto their fields, using a system of **irrigation**.*

**1.201 channel (n)****κανάλι**

a long hole dug into the ground for water to flow through

***Deep channels** were dug into the ground around the flooded area for the water to flow out.*

**1.202 outlet (n)****διέξοδος**

a hole that allows fluid or gas to flow out

*There is a small **outlet** at the corner of the balcony that allows rainwater to escape.*



**1.203 swell (n)****φούσκωμα για τα νερά π.χ. ενός ποταμού**

(in the sea or a river) a large wave or succession of waves that causes the water level to rise for a long time

*The storm caused a sudden **swell** that made the river overflow its banks.*

- swell (v)

**1.204 deter (v)****αποτρέπω**

to prevent someone from doing something or something from happening

*The 'Beware of the dog' sign will **deter** thieves before they even try to break in.*

- deterrent (n)

**1.205 settlement (n)****αποικία**

a place where a community of people make their homes, especially a place that was previously uninhabited

*This area is mostly just empty fields now, but up until the mid-1800s there used to be a large Native American **settlement** of around 200 homes.*

- settle (v), settled (adj)

**1.206 hands: take matters into my own hands (phr)****παίρνω την κατάσταση στα χέρια μου**

to deal with a problem or a threat yourself because you doubt that other people (e.g. the police) can be trusted to help you

*At the end of this episode, the heroine realizes that the police will never find her missing daughter. Deciding to **take matters into her own hands**, she sets out to continue the search herself.*

**1.207 contain (v)****περιορίζω, ελέγχω, συγκρατώ**

to prevent something (e.g. a fire) from spreading or becoming worse

*They managed to **contain** the flooding before it spread into the center of the city.*

- containment (n)

**1.208 event: in the event of (phr)****στην περίπτωση που**

if something happens

*Please contact the bank immediately **in the event of** loss or theft of your credit card.*

**1.209 further (adj)****επιπλέον, επιπρόσθετα**

additional

*After I had changed the introduction to my article, the editor asked me to make some **further** changes to the conclusion as well.*

- further (adv)

**1.210 serve (v)****υπηρετώ**

to be of use or help in achieving something

*As a politician, he used his public office to **serve** his own private aims.*

- service (n), in the service of (phr)

**1.211 federal (adj)****ομοσπονδιακός**

(in the US) relating to the national central government, rather than the separate governments of each state

*This is a serious crime and therefore must be sent to a **federal** court.*

**1.212 reimbursement (n)****αποζημίωση**

the action of giving back money to someone who has lost or spent a certain amount

*The council will pay you back for any money you spend traveling to the hospital, but you must apply for **reimbursement** within one month.*

- reimburse someone (for something) (v), reimbursable (adj)

**1.213 neglect (to do something) (v)****αμελώ να κάνω κάτι**

to fail to do something that was necessary

*The phone number didn't work because I had **neglected** to add the international code.*

- 1.214 dispute**  
**διαμάχη**  
 a disagreement or argument  
*There was an angry **dispute** over who should be responsible for paying to repair the damage.*
- 1.215 acknowledge (v)**  
**αναγνωρίζω**  
 to accept or admit something  
*I **acknowledge** these mistakes and apologize sincerely.*  
 • acknowledgment (n)
- 1.216 functional (adj) [1]**  
**λειτουργικό**  
 working properly and in full operation  
*Only two of the computers remained **functional**; the rest had stopped working.*  
 • function (v)
- 1.217 populous (adj)**  
**πυκνοκατοικημένο**  
 with a large population  
*The country's most **populous** city has 3 million residents.*  
 • population (n), populate (v)
- 1.218 sprout up (phr v)**  
**ξεφυτρώνω**  
 (e.g. of new buildings) to appear in large numbers in a certain area, usually very quickly  
*In the 1980s, hundreds of new apartment blocks **sprouted up** next to the river.*
- 1.219 expand (v) [1]**  
**επεκτείνομαι**  
 to become larger  
*Thanks to tree planting programs, the forest has **expanded** to three times its former size.*  
 • expansion (n), expansive (adj)
- 1.220 consumption (n) [1]**  
**κατανάλωση**  
 the action of eating or drinking something  
*The study shows that low **consumption** of fat and sugar is linked to longer life.*  
 • consume (v)
- 1.221 generator (n)**  
**γεννήτρια**  
 a machine that changes mechanical into electrical energy  
*There must be a fault with the car's **generator**, as the electrical systems don't work even when the engine is running.*  
 • generate (v), generation (n)
- 1.222 utilize (v)**  
**κάνω χρήση**  
 to make effective practical use of something  
*The report **utilizes** various graphs in order to make the written descriptions clearer.*  
 • utilization (n)
- 1.223 power (v)**  
**δίνω ενέργεια (π.χ. ηλεκτρική, μηχανική)**  
 to give electrical or mechanical energy to a machine or device  
*The car is only environmentally friendly if the electricity used to **power** its engine has been produced in clean ways, e.g. by solar.*  
 • power (n)
- 1.224 turbine (n)**  
**τουρμπίνα, γεννήτρια**  
 a machine with a part that is turned around by a flow of something (e.g. wind) in order to produce electricity  
*In high winds, each **turbine** turns 360 degrees in thirty seconds, producing a large amount of electrical power.*
- 1.225 stake: be at stake (phr)**  
**διακυβεύεται**  
 to be at risk of being damaged or lost  
*The company's reputation **will be at stake** if this information becomes known to the public.*
- 1.226 conservative (adj)**  
**συντηρητικό**  
 preferring tradition and avoiding change or innovation  
*The buildings are all **conservative** in design and there is none of the architectural experimentation seen in other cities.*

**1.227 ultra- (prefix)**

έξτρα/υπέρ - (πρόθεμα)

*The Nazis followed an **ultra**-nationalist belief that only a genetic link to the country's founders could qualify someone as a member of that country.*

**1.228 lines: on/along \_\_\_ lines**

περίπου με αυτόν τον τρόπο, στο ίδιο μοτίβο  
in a certain way of doing or thinking about something

*They wrote the first script in imitation of classic TV comedies, and the second script was also written **along these lines**.*

**1.229 blueprint (n)**

προσχέδιο

a technical design plan

*When the architects have completed the **blueprint**, the actual building can begin.*

**1.230 potentially (adv)**

δυνητικά/εν δυνάμει

in a way that may appear in the future

*The producers have selected several ideas that they consider **potentially** interesting for young audiences.*

**1.231 exasperation (n)**

αγανάκτηση

a feeling of great annoyance

*If you've ever spent weeks trying to fix the same computing problem over and over and over again, maybe you can understand my **exasperation**.*

• exasperate (v), exasperated (adj)

**1.232 drawing board: back to the drawing board (phr)**

Ξαναγουρίζουμε στην αρχή να βρούμε νέες ιδέες

[used to say that something (e.g. an idea or a design) has been unsuccessful and it is necessary to find something new]

*Our first plan hasn't worked, so it's **back to the drawing board**.*

**1.233 conflict (between someone and someone) (n)**

αντιδικία/σύγκρουση

a serious argument or disagreement, usually one that continues for a long time

*The **conflict** between traditionalists and modernizers shows no signs of coming to a peaceful conclusion.*

• conflict (v), conflicting (adj)

**1.234 distribution (n) [1]**

διανομή

the action of sharing something between various groups or people

*The **distribution** of emergency food supplies to 100,000 people has to be organized carefully so that each area receives the required amount.*

• distribute (v)

**1.235 await (v)**

αναμένω

to wait for something (e.g. a future event)

*I will **await** your reply to this email before I make any final decisions.*

**1.236 fail to do something (v)**

αποτυγχάνω/παραλείπω να κάνω κάτι

to not do something that is/was necessary or useful

*He **failed to** realize that there was a much easier way to do things.*

• failure to do something (n)

**1.237 intervene (in something) (v)**

παρεμβαίνω

to become involved in something (e.g. an argument) in order to prevent something or change a situation for the better

*When it looked as if the two men were about to start physically fighting, I decided to **intervene** and try to calm them down.*

• intervention (n)

**1.238 commence (v)**

ξεκινώ

to start something

*We cannot **commence** the discussion until everyone has arrived.*

- commencement (n)

**1.239 hold-up (n)**

εμπόδιο/καθυστέρηση

a problem that delays the completion or continuation of something

*The project was supposed to have been completed by now, but we experienced a number of unavoidable **hold-ups**.*

- hold up (phr v)

**1.240 persist (v)**

επιμένω

(e.g. a problem) to continue

*If the pain **persists** even after you have taken the medication, you should see a doctor.*

- persistence (n)

**1.241 labor (n)**

εργατικό δυναμικό, προσωπικό

workers, especially workers who do manual jobs (e.g. working in a factory)

*International companies build their factories in these countries because they do not have to pay local **labor** as much for making their products.*

- labor (v)

**1.242 strike (n)**

απεργία

a form of protest in which employees refuse to work in order to pressure their employer(s) to agree to certain demands

*The transport workers' **strike** will continue until the end of the month, so there will be no trains running until then - unless the bosses agree to raise wages, that is.*

- strike (v), go on strike (phr)

**1.243 hardship (n)**

δυσκολία, δυσχέρεια

suffering, often caused by not having something (e.g. food and housing)

*People who lived through the war had to go days without eating, a **hardship** that the younger generation can't even imagine.*

**1.244 desperate (to do something) (adj)**

απελπισμένος

feeling an uncontrollable need or desire to do something

*I absolutely hate the job I have at the moment and I'm **desperate to find** a new one - anything that will get me out of this hell!*

- desperation (n)

**1.245 sign up (for something) (phr v)**

συμφωνώ να κάνω κάτι (π.χ. μια εργασία)

to sign a contract for a period of employment, education, or military service

*They are trying to get people to **sign up** as volunteers for the beach cleaning program.*

**1.246 hazardous (adj)**

επικίνδυνη

dangerous

*Rock climbing is a **hazardous** activity and injuries are not uncommon.*

- hazard (n)

**1.247 choice: have no choice but to do something (phr)**

δεν έχω άλλη επιλογή από το να κάνω κάτι, αναγκάζομαι να κάνω κάτι

to be in a situation where you are forced to do something

*There is nowhere to park near to the house, so we **have no choice but to leave** the car a few blocks away.*

**1.248 stand as something**

συμβολίζει κάτι

to remain as a permanent symbol of something  
*The destroyed buildings **stand as** a reminder of the country's violent past.*

**1.249 enduring (adj)**

διαρκής/με διάρκεια, δυνατός

lasting or surviving for a long time

*These childhood experiences have left*

**enduring** memories that will stay with me forever.

- endure (v)

**1.250 testament (to something) (n)**

μαρτυρία, απόδειξη

something that shows or gives evidence of something, often something good

*She coped with all those difficulties alone, and this is **testament** to her great strength of character.*

**1.251 aforementioned (adj)**

προαναφερθέν

[used to refer back to someone or something previously mentioned]

*Please return the materials to us by the **aforementioned** date (see the top of this email).*

**1.252 schedule: ahead of schedule (phr)**

πιο νωρίς από ό,τι προέβλεπε το πρόγραμμα

before the planned time for completion

*The project was finished two weeks **ahead of schedule**, so we had time to check everything before the final date for completion.*

**1.253 budget: below budget (phr)**

χαμηλότερα από τον προβλεπόμενο

προϋπολογισμό

spending less money than was originally planned

*By using cheaper public transportation instead of our own vehicle, we managed to complete the trip well **below budget**.*

**1.254 infrastructure (n)**

υποδομή

the built structures (e.g. roads, bridges, etc.) that a society needs

*The new government will pay for the building of new roads as well as other much-needed **infrastructure**.*

**1.255 hot-spot (n)**

δημοφιλές σημείο, σημείο αναφοράς

a popular place for entertainment or tourism

*This nightclub is one of the most popular **hot-spots** in town, visited by hundreds of people.*

**1.256 considerable (adj)**

σημαντικό

large in size, amount, importance, etc.

*We increased our efforts and managed to complete a **considerable** amount of work.*

**1.257 landmark (n)**

ορόσημο, τοπόσημο

something (e.g. a building) that has historical value

*For over two hundred years, The Statue of Liberty has been one of the most well-known American **landmarks**.*

**1.258 massive (adj)**

τεράστιο

extremely large

*This **massive** building is one of the tallest in the world.*

**1.259 sufficient (to do something) (adj)**

επαρκές

enough

*In the good old days, 50,000 dollars used to be **sufficient** to buy a house.*

- suffice (v), sufficiency (n), insufficient (adj)

**1.260 agriculture (n)**

γεωργία

farming

*This land is mainly used for **agriculture** and growing various types of food.*

- agricultural (adj)

**1.261 imply (v)**

υπονοώ

to suggest something indirectly

*Although she didn't actually say so, her words seemed to **imply** that she didn't really care.*

- implication (n)

**1.262 multiple (adj)**

πολλαπλός

numerous

*We know each other well as colleagues, having worked together on **multiple** occasions.*

- multiplicity (n)

**1.263 willing (to do something) (adj)**

πρόθυμος να κάνω κάτι

ready and prepared to do something without complaint

*We can ask Raoul to lend us a hand - he's always **willing to help**.*

- willingness (n), unwilling (adj)

**RUL Task 4, pp. 32 - 33****1.264 sundial (n)**

ηλιακό ρολόι

a kind of clock that shows the time according to the position of a shadow cast on its surface by the sun

*Before mechanical clocks were invented, most public buildings had a **sundial** outside, to show the time of day by the position of the sun.*

**1.265 interfere (with something) (v)**

παρεμβαίνω/ανακατεύομαι σε κάτι

to prevent something from continuing or happening in the correct way

*Digital gadgets, such as smartphones, can distract students and **interfere with** learning.*

- interference (n)

**1.266 overcast (adj)**

νεφελώδης (καιρός)

cloudy and grey

*The sky is **overcast** at the moment but hopefully there will be some sunshine later.*

**1.267 reliability (n)**

αξιοπιστία

the ability to perform a task properly each and every time

*These cars are known for their **reliability**, as they almost never break down.*

- reliable (adj)

**1.268 sophistication (n)**

επιτήδευση/με πολλή λεπτομέρεια, υψηλό τεχνολογικό επίπεδο

(e.g. of a machine or a technique) highly developed

*The **sophistication** of today's computers would have been unimaginable to the inventors of the first basic personal computers in the 1970s.*

- sophisticated (adj)

**1.269 compensate (for something) (v)**

αποζημιώνω για κάτι, αντισταθμίζω

to balance the negative effects of something (e.g. an inability) by having an opposite positive effect

*At least the house's large garden gives the children somewhere to play, **compensating for** the lack of public parks in the local area.*

- compensation (n), compensatory (adj)

**1.270 sense (v)**

δισαισθάνομαι, έχω την αίσθηση

to be aware of something, usually something that cannot be seen, heard, etc., directly

*They seemed perfectly happy, but somehow I could **sense** there was something wrong.*

- sense (n)

**1.271 contrary: on the contrary (conj)**

αντίθετα/τουναντίον

[used to deny what has been said previously by showing that the opposite is true]

*It's just not true that I'm lazy. **On the contrary**, I work harder than most other people.*



**1.272 attuned (to something) (adj)**

εναρμονισμένος, συντονισμένος

highly aware of something

*Dogs are **attuned to** people's feelings and can tell what emotions they are experiencing, even if this is not immediately obvious.*

- attune something (to something) (v),  
attunement (n)

**1.273 composite (adj)**

σύνθετος

consisting of several parts or elements

*The graphic designers used several different fonts to produce a **composite** text consisting of different letter styles.*

**1.274 hourglass (n)**

κλεψύδρα

a timing device containing sand that takes one hour to empty from an upper to a lower compartment

*My grandmother has an old-fashioned **hourglass** in her kitchen, which she uses instead of an electric timer.*

**1.275 circadian rhythm (n)**

κιρκάδιος κύκλος

the twenty-four-hour cycle of physiological activity, which recurs each day

*The body's **circadian rhythm** causes us to feel tired in the evening and awake in the morning.*

**1.276 bodily (adj)**

σωματικό

relating to the body

*They suffered no **bodily** harm, but the emotional trauma will remain with them for some time.*

**1.277 function (n)**

λειτουργία

a natural or intended activity of a person or thing

*Cleaning the blood is one of the most important **functions** of the liver.*

- function (n), functional (adj)

**1.278 finely tuned (adj)**

καλά ρυθμισμένο, καλοκουρδισμένο

adjusted correctly so that everything works perfectly

*Thanks to some **finely tuned** organization, the project was completed in no time at all.*

**1.279 disrupt (v)**

διαταράσσω/διακόπτω

to cause problems that prevent something (e.g. an activity or a system) from continuing properly

*The road repairs will **disrupt** the traffic flow and lead to long delays.*

- disruption (n), disruptive (adj)

**1.280 span (n)**

διάρκεια

the length of time that something lasts for

*The usual **span** of a soccer player's professional career is around fifteen years.*

- span (v)

**1.281 innate (adj)**

έμφυτος

naturally inborn

*We know how to speak as an **innate**, not learned, ability, in much the same way that birds are born already knowing how to build nests.*

**1.282 differentiate (between something and something) (v)**

διαφοροποιώ

to recognize the differences between two or more things or people

*Wine experts can **differentiate between** wines of different ages just by tasting and without looking at the labels on the bottles.*

**1.283 register (v)**

καταγράφω/καταχωρώ

(someone's mind) to notice or become aware of something (e.g. a detail in the environment)

*Even when we are sleeping, our brains can **register** information about our surroundings and detect, for example, when there is a change in the level of light.*

**1.284 hazard (v)**

διακινδυνεύω (μια πρόβλεψη)

to say something (e.g. a guess or prediction)

that you are not completely sure about

*If I had to **hazard** a guess, I would say that the job will take about six hours, although it could be even more.*

**1.285 perplexed (adj)**

μπερδεμένος, απορημένος

completely confused

*This question has me utterly **perplexed** and I don't have the slightest idea what the answer could be.*

- perplexity (n), perplex (v)

**1.286 accomplish (v)**

επιτυχάνω/ολοκληρώνω

to achieve or complete something

*I am happy to say that we have **accomplished** our goal of raising 30,000 dollars.*

- accomplishment (n)

**1.287 emit (v)**

εκπέμπω

to produce and release something (e.g. heat)

*The phones **emit** electrical signals that make it possible to locate the user.*

- emission (n)

**1.288 pulse (n) [1]**

παλμός (ηλεκτρονικός)

a short release of light, electrical energy, etc.

*The scanning machine showed a regular electrical **pulse** in the brain that repeated every two seconds.*

- pulse (v)

**1.289 pacemaker (n)**

βηματοδότης

a part of an organ in the body that produces rhythmic actions, e.g. by sending nerve impulses or hormones

*The **pacemaker** sends signals that keep the heart muscle pumping regularly.*

**1.290 interval (n)**

ανάπαυλα/διάλειμμα

a gap of time between two events or actions

*After I pushed the 'on' button, there was a five-second **interval** before the machine was activated.*

**1.291 coincide (with something) (v)**

συμπίπτω

to happen at the same time

*The two festivals usually **coincide**, but this year they will each be held on a different day.*

- coincidence (n), coincidental (adj)

**1.292 grasp (v)**

αντιλαμβάνομαι/καταλαβαίνω

to understand something

*I understand enough Spanish in order to **grasp** the general meaning of what they are saying.*

- grasp (n)

**1.293 rapidly (adv)**

με ταχύτητα

with speed

*The situation changed **rapidly** from one day to the next.*

- rapidity (n)

**1.294 sync: out of sync (phr)**

εκτός συγχρονισμού, ασυγχρόνιστα

not working in time or in agreement with each other

*Each musician is playing **out of sync** with the others, so the songs sound like a complete mess.*

**1.295 elapse (v)**

παρέρχομαι

to pass by

*Once fifty years have **elapsed**, the loan will be canceled if it has not already been repaid.*

**1.296 seemingly (adv)**

φαινομενικά

in appearance although probably not in reality

*These **seemingly** healthy products are in fact quite bad for your health.*

**1.297 random (adj)**

τυχαίος

without a method or a specific decision

*The choice of audience members for the TV show is completely **random** and is made without any fixed criteria, so that absolutely anyone can be chosen.*

**1.298 pick out [2]**

ξεχωρίζω/αντιλαμβάνομαι κάτι διαφορετικό  
π.χ. έναν ήχο

to be able to notice someone or something (e.g. a sound) separately from the rest

*The instruments were so loud that we couldn't **pick out** the singer's voice at all.*

**1.299 simultaneously (adv)**

ταυτόχρονα

at exactly the same time

*To start the machine, you have to push both buttons **simultaneously**, not one after the other.*

• simultaneity (n)

**1.300 tap out (phr v)**

παίζω έναν ρυθμό, π.χ. με τα δάχτυλα μου, σε μια επιφάνεια

*The drummer began by **tapping out** a quick rhythm on the metal side of the snare drum.*

**1.301 line (n)**

ουρά (σε ταμείο)

a line of people waiting their turn (e.g. to pay for goods at the supermarket)

*The supermarket was crowded and we had to wait in **line** for twenty minutes.*

**1.302 glance (v)**

κοιτάω

to take a quick look at something

*The speaker looked out at the crowd but **glanced** down at his notes now and then.*

• glance (n)

**1.303 agitated (adj)**

ταραγμένος, νευρικός

feeling anxious

*My nervousness about the meeting made me feel **agitated** and unable to relax.*

• agitation (n), agitate (v)

**1.304 argue (for/against something) (v)**

επιχειρηματολογώ υπέρ ή κατά μιας θέσης/  
άποψης

to make a case for or against something

*The article criticizes the system as it currently is and **argues** strongly **for** change.*

• argument (n), argumentation (n), argumentative (adj)

**1.305 overreliance (on something) (n)**

υπερβολική εξάρτηση από κάτι

too much dependence on something

*The movie suffers from an **overreliance on** special effects instead of more important features like story and character development.*

• over-reliant (on something)

**1.306 trace (v)**

εντοπίζω/παρακολουθώ κάτι βήμα βήμα

to describe the origins or development of something

*The documentary **traces** the history of car design from 1910 to the present day.*

**1.307 instinctive (adj)**

ενστικτώδης

based on a natural behavioral response that does not require conscious thought

*When seeing a rapidly moving object, a cat's **instinctive** reaction is to try and catch it, and owners can use this natural behavior as a form of play.*

• instinct (n)

**1.308 demonstrate (v)****δείχνω στην πράξη/αποδεικνύω**

to prove or give evidence that something is true or accurate

*All the evidence clearly **demonstrates** that our theory is correct.*

- demonstration (n), demonstrable (adj)

**1.309 stretch (n)****χρονική περίοδος**

a continuous period of time

*We worked together for a long **stretch** of nearly ten years.***1.310 organ (n)****όργανο του σώματος**

a part of an organism that carries out a certain function / certain functions

*When asked to name one **organ** of the human body, most people would probably say the heart.***1.311 illustrate (v)****σκιαγραφώ/εξηγώ με λεπτομέρειες**

to explain something clearly using pictures, graphs, visuals, etc.

*As the graph in figure 1 clearly **illustrates**, there has been a steady increase in average rainfall over the past ten years.*

- illustration (n), illustrative (adj)

**1.312 customize (v)****προσαρμόζω**

to make changes to something (e.g. a piece of equipment) so that it is perfectly suited to an individual person or purpose

*You can have these running shoes **customized** to suit the shape of your foot and your specific running style.*

- custom (adj)

**1.313 harmonize (v)****εναρμονίζω**

to make it possible to combine two or more things that used to be different

*In order for the country to join the European Union, its national laws must be **harmonized** with those of the other member states.***1.314 personalize (v)****προσωποποιώ, εξατομικεύω**

to design something (e.g. a piece of jewelry) so that it clearly belongs to a particular person, e.g. by putting that person's name or image on it

*You can have your basketball shirt****personalized** with your name on the back.***1.315 standardize (v)****τυποποιώ**

to make sure that something fits a model that is used in all cases

*In order to **standardize** furniture products made in different countries, all designs are manufactured in exactly the same way.***1.316 puzzled (adj)****προβληματισμένος**

confused

*I tried to explain it to him in the easiest way possible, but he still looked **puzzled**.*

- puzzlement (n)

**RUL Task 5, pp. 34 - 35****1.317 conscious: style-conscious (adj)****με αίσθηση του στιλ**

aware of matters related to style

*As a young man he didn't care what he wore, but as he grew older he became more **style-conscious**.***1.318 hungry (for something) (adj)****πεινασμένος για κάτι**

wanting something very much

*The surprise ending has left fans of the show **hungry for** the next episode.*

- hunger (for something) (v), hunger (for something) (n)

**1.319 address (v)****αναφέρω σε ένα θέμα, πραγματεύομαι**

to deal with something (e.g. a topic)

*Your essay covers the topic completely and **addresses** all the separate issues.*

**1.320 subtle (adj)****διακριτικό**

not immediately obvious or visible, in a way that is interesting or attractive

*The **subtle** and gentle colors of her make-up contrasted with the highly visible jewelry she wore.*

- subtlety (n)

**1.321 flashy (adj)****έντονο, εντυπωσιακός**

obviously trying to be impressive

*Later on, they changed their **flashy** clothes and expensive jewelry for a simpler clothing style.*

- flashiness (n)

**1.322 outfit (n)****εμφάνιση, ρούχα, ντύσιμο**

a set of clothes that is work together, especially for a particular occasion or environment

*This shirt will go really well with these trousers to make the perfect **outfit** for work.*

**1.323 clash (v)****έρχονται σε αντίθεση**

(colors) to look ugly when put together

*The colors you're wearing **clash** so badly that looking at them makes my eyes hurt!*

- clash (n)

**1.324 bold (adj)****έντονο/τολμηρό**

having a strong and impressive appearance

*She wasn't afraid to wear **bold** colors to make sure everyone noticed her.*

- boldness (n)

**1.325 approximately (adv)****κατά προσέγγιση**

around, but not exactly

*Your essay should be **approximately** 300 words long, but definitely no longer than 400 and no shorter than 250.*

- approximate (adj), approximate (v), approximation (n)

**1.326 segment (n)****μέρος, κομμάτι**

each of the parts that something is or can be divided into

*Fold the paper into four **segments** and write one word in each.*

- segment (v), segmentation (n)

**1.327 primary color (n)****βασικό χρώμα**

one of the main colors that can be mixed to produce the other colors

*By mixing two **primary** colors (for example, red and blue) a third color is produced (for example, purple).*

**1.328 pole (n)****πόλος, σημείο αναφοράς**

either end of an axis passing through a circle or sphere

*The Earth's axis is not exactly vertical, so the two **poles** are not exactly at the top and the bottom.*

- polar (adj)

**1.329 intermediate (adj)****ενδιάμεσος**

coming between two things

*Adolescence is an **intermediate** stage between childhood and adulthood.*

**1.330 shade (n)****απόχρωση**

a lighter or darker form of a particular color

*The room is painted a light **shade** of blue that looks like the sky on a clear day.*

- shade (v)

**1.331 revolve (around something) (v)****περιστρέφομαι γύρω από κάτι**

to be based on something (e.g. an interest) as the most important thing

*Their whole lives seem to **revolve around** their love of basketball.*

**1.332 adjacent (adj)**

διπλανό/κοντινό

next to something else

*They knocked down the wall separating the two **adjacent** rooms, to make one single room.*

**1.333 complementary (adj)**

συμπληρωματικό

making a good combination that increases the good qualities of each

*This traditional dish combines many **complementary** flavors into a taste that is unlike anything you have experienced before.*

- complement (v), complement (n)

**1.334 neutral (adj)**

ουδέτερο

consisting of a pale color (e.g. grey) that does not have strong characteristics

*If the furniture has strong colors, it is better to paint the walls a **neutral** color, e.g. grey or beige.*

**1.335 tie something together (phr v)**

συνδυάζω (ρούχα ή χρώματα)

to connect something together in a successful way, e.g. by linking similar styles

*He had loved his favorite rug, which really **tied** the room **together**.*

**1.336 foolproof (adj)**

αλάθητος

with no possibility of going wrong or being used incorrectly

*It is a **foolproof** method that even a young child could follow correctly.*

**1.337 infallible (adj)**

αλάνθαστος

always effective and never making mistakes

*This program can make calculations with only a 0.000000% chance of inaccuracy, which is to say that it is basically **infallible**.*

- infallibility (n)

**1.338 spectrum (n)**

φάσμα

the series of visible colors that make up light, as seen in a rainbow

*The sky seemed to turn all the colors of the **spectrum**, from yellow and orange in the morning to purple indigo at night.*

**1.339 wavelength (n)**

μήκος κύματος

the distance between the tops of electromagnetic waves (e.g. light) or sound waves, which results in certain characteristics (e.g. color, pitch)

*High sounds have shorter **wavelengths** than low ones.*

**1.340 blend (v)**

ταιριάζω, συνδυάζομαι

to combine well, in a pleasing and harmonious way

*The taste of the wine **blends** perfectly with that of the meat, creating a delicious combination.*

- blend (n)

**1.341 esthetically pleasing (adj)**

αισθητικά ευχάριστο

attractive to look at

*These ugly old buildings should be knocked down and replaced with something more **esthetically pleasing**.*

**1.342 untold (adj)**

ανυπολόγιστος

so much/many as to be impossible to measure or count

*The accident at the nuclear power plant did **untold** damage to the environment, and the effects are still being felt fifty years later.*

**1.343 easy on the eye (phr)**

ευχάριστος στην όψη

attractive

*These heavy metal album covers aren't exactly **easy on the eye**, are they? In fact, they're horribly ugly.*



**1.344 despise (v)**

απεχθάνομαι

to deeply dislike someone or something that you consider wrong or unacceptable  
*They **despised** rock n' roll, which they called 'the devil's music', and they did everything they could to stop people enjoying it.*

- despised (adj)

**1.345 tasteless (adj)**

χωρίς γούστο, αδιάφορο αισθητικά

showing a lack of understanding about what is attractive or appropriate  
*You can't possibly go to that high-class restaurant wearing that **tasteless** green leather jacket with laughing dolphins on it!*

- taste (n), tasteful (adj)

**1.346 beauty is in the eye of the beholder (phr)**

η ομορφιά είναι σχετική

[used to say that what one person finds beautiful and attractive may not seem so to someone else]  
*She thinks Steve Buscemi is the most handsome man on the planet, which just goes to show that **beauty is in the eye of the beholder**.*

**1.347 deeply rooted (adj)**

βαθιά ριζωμένη

existing permanently and in a lasting way  
*He felt a **deeply rooted** connection to the city, as if he had been born there.*

**1.348 notion (n)**

αίσθηση/αντίληψη

an idea or belief about something  
*Despite what some adults believe, there is no truth in the **notion** that young people's writing skills are being damaged due to their use of emoji and text messaging abbreviations such as 'LOL'.*

**1.349 hard-and-fast (adj)**

αυστηροί (κανόνες)

(of a rule) fixed and to be followed in all cases  
*There are no **hard-and-fast** rules about how to be funny, as different people enjoy different kinds of humor.*

**1.350 objective (adj) [2]**

αντικειμενικός

relating to the real world and not resulting from the mind  
*Is there any real, **objective** truth? Or is 'the truth' only what we think it is?*

**1.351 sound (adj)**

καλός, λογικός

(e.g. advice) based on good logic  
*These conclusions are based on strong evidence and are therefore **sound**.*

- soundness (n)

**1.352 gut feeling (phr)**

διαίσθηση

an opinion about someone or something that is based on immediate feeling rather than carefully considered thought  
*Opening this kind of business seems like a risk, but my **gut feeling** is telling me it's the right thing to do.*

**1.353 rock (v)**

κάνω εντύπωση για κάτι, τα σπάω

to wear something unusual or have an unusual style in a way that shows confidence  
*Dyed green hair wouldn't look good on most people but you really **rock** that look.*

**1.354 critique (n)**

κριτική, σχολιασμός

a detailed analysis of something (e.g. a theory), usually one that is written  
*He wrote a long **critique** of the novel in which he pointed to a number of logical weaknesses in the story.*

- critique (v)

**1.355 pretentious (adj)**

εξεζητημένο

trying to impress people by pretending to be better or more important

*The way he quotes German philosophers in everyday conversation is so **pretentious**, as if he's trying to prove he's some kind of intellectual.*

- pretentiousness (n)

**1.356 employ (v)**

κάνω χρήση ενός πράγματος, εφαρμόζω

to use something for a specific purpose

*If you want to increase your muscle power, you need to **employ** equipment and techniques that are right for you.*

- employment (n)

**1.357 factor (n)**

παράγοντας

something that influences a result

*A child's development of reading skills is influenced by numerous **factors**, including the degree to which his/her parents enjoy reading for pleasure.*

**1.358 rough (adj)**

στο περίπου

not exact

*As a **rough** guess, I'd say the repairs will take about two months.*

**1.359 definitive (adj)**

οριστικός

final and unalterable

*There is not enough evidence for us to reach any **definitive** conclusions, although we can propose some possible hypotheses.*

**1.360 instinct (n)**

ένστικτο

a way of acting or thinking that is based on immediate feeling rather than careful consideration

*I know he seems honest but somehow my **instinct** tells me not to trust him.*

- instinctual (adj), instinctive (adj)

**1.361 seek (v)**

αναζητώ (π.χ. συμβουλές)

to ask for something

*If the machine stops working, please **seek** assistance from a professional and do not attempt to fix the problem yourself.*

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**1.362 establishment (n)**

οργανισμός/επιχείρηση

an organization

*This university is one of the oldest and most respected educational **establishments**.*

- establish (v)

**1.363 funding (n)**

χρηματοδότηση

money provided by an organization or by the government for a particular purpose

*Government **funding** for junior sports academies comes to \$4 million per year.*

- fund (v), funds (n)

**1.364 maintain (v) [1]**

διατηρώ

to enable something to continue at the same level

*During the marathon, he **maintained** an average speed of fifteen kilometers per hour.*

- maintenance (n)

**1.365 facility (n)**

κτηριακές εγκαταστάσεις και υποδομές (π.χ. σε ένα πανεπιστήμιο)

a place or piece of equipment provided for people to use for a particular purpose

*This university offers some of the best **facilities** for its students to use, including a large library and study rooms equipped with the latest computers.*

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**1.366 faculty (n)**

το διδακτικό προσωπικό

the teaching staff who work in a university department

*Professor Jenkins asked each member of the university **faculty** to write reports on their students' progress.*

**1.367 income: low income (adj)**

με χαμηλό εισόδημα

not earning much money

***Low income** families cannot afford to take their children on expensive vacations.*

**1.368 motivation (n) [1]**

κίνητρο

a reason to want to do something or to behave in a certain way

*When the training became particularly tough, the thought of achieving my dream gave me **motivation** to continue and not give up.*

- motivate (v), motivated (adj)

**1.369 ban (v)**

απαγορεύω

to officially stop people from doing or having something

*These toys were found to be dangerous and have been officially **banned**.*

- ban (n)

**1.370 maintain (v) [3]**

ισχυρίζομαι

to strongly state that something is true, especially when other people have a different view

*There are still people who **maintain** that the earth is flat, not spherical.*

**1.371 vulnerable (to something) (adj)**

ευάλωτος

unprotected from the possibility of harm

*Small and low-lying islands are particularly **vulnerable to** the catastrophic effects of rising sea levels.*

- vulnerability (n)

**1.372 overprotective (adj)**

υπερπροστατευτικός

(e.g. a parent) too concerned about protecting someone (e.g. a child) from harm, in a way that stops that person from living freely

*She had no social life, as her **overprotective** parents thought it was dangerous for her to go out after dark.*

**1.373 supervise (v)**

επιβλέπω

to have responsibility for someone (e.g. a child) or something, and for making sure that everything is done correctly, safely, etc.

*During the visit to the park, three teachers will **supervise** the group of thirty children and make sure they return to the school safely.*

- supervision (n), supervised (adj), unsupervised (adj)

**1.374 rebellious (adj)**

ατίθασος, επαναστατικός

refusing to obey rules or follow conventional ways of behaving

*A **rebellious** teenager, he used to hang out on the streets, smoking cigarettes and painting graffiti, instead of attending school.*

- rebel (against someone/something) (v), rebel (n)

**1.375 mobility (n) [2]**

κινητικότητα (π.χ. στην κοινωνία)

the ability to change your situation in life by moving between places, jobs, social classes, homes, etc.

*Compared to the old societies of Europe, America was known as the land of freedom and **mobility**, where the uneducated could become educated, the poor could become rich, and the powerless could gain control and independence.*

- mobile (adj), upwardly mobile (phr)

**1.376 burden (on someone/something) (n)**

βάρος, δοκιμασία

a duty, task or responsibility that causes worry, hard work, financial expense, etc.

*Looking after a large family can sometimes feel like a **burden**, as you barely have any freedom or time to yourself.*

- burden someone (with something) (v), burdensome (adj)

**1.377 appreciate (v) [1]**

εκτιμώ

to be thankful for someone (e.g. a parent) or something (e.g. someone's help)

*To show how much we **appreciate** all the help you have given us, we'd like to give you this gift.*

- appreciation (n), appreciative (adj), unappreciative (adj), unappreciated (adj)

## VOCABULARY EXERCISES

**1 Choose the correct word**

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

**1. tolerate / acknowledge**

- Sam can't \_\_\_\_\_ the city noise, so he wants to move to the country.
- Yesterday, the principal \_\_\_\_\_ that the school should provide recycling bins for water bottles.

**2. tackle / strike**

- The earthquake \_\_\_\_\_ in the middle of the night when most people were asleep.
- You can \_\_\_\_\_ the problem of unwanted spam emails in your inbox by following these easy steps.

**3. pattern / outfit**

- The research identified a clear \_\_\_\_\_ in the first words that babies learn to speak, showing that these words all begin with similar sounds.
- I was astonished by some of the \_\_\_\_\_ that the celebrities chose to wear to the awards show.

**4. visible / smooth**

- The meeting went so \_\_\_\_\_ that we finished well before lunch.
- The heavy snow limited \_\_\_\_\_ and made it hard for drivers to see the road signs.

**5. monitor / pursue**

- Julie is \_\_\_\_\_ a career in physical therapy, so she teaches yoga to fulfill one of her course requirements.
- In summer, the parks department continually \_\_\_\_\_ the levels of different chemicals in the lake, to ensure the water remains safe for swimming.

**6. desperate / instinctive**

- Karen wants \_\_\_\_\_ to go to Mexico, to visit her father, who she misses very much.
- Hummingbirds \_\_\_\_\_ know the exact right time to fly south in winter.

**7. acquire / submit**

- I'll be \_\_\_\_\_ my sales report to the board of directors this week, as the deadline is this Friday.
- By helping her children with their homework and cooking dinner at the same time, Jessica \_\_\_\_\_ the skill of multi-tasking.

**8. motivation / tendency**

- Some days, I lack the \_\_\_\_\_ to get out of bed and go to the gym.
- Amanda has a \_\_\_\_\_ to bite her fingernails when working on a math problem.

**9. intervene / assure**

- The mechanic \_\_\_\_\_ my father that our car would be fixed in time for our trip on Saturday.
- The mayor often \_\_\_\_\_ when the city council can't reach an agreement on an issue.

**10. favorable / prestigious**

- The students reacted \_\_\_\_\_ to the idea of a longer lunch period.
- Our undefeated baseball team will compete in the \_\_\_\_\_ Homerun Invitational Tournament this summer.

**2 Gap-filling - Verbs and phrasal verbs**

**Complete the sentences with the correct form of the verbs and phrasal verbs in the box. (In some sentences, more than one verb form may be possible, e.g. the present simple and the past simple.)**

• growl • boost • overcome • procrastinate • slant • pick out • power • sign up • despise • glance

1. My grandfather \_\_\_\_\_ smartphones because he thinks they ruin young people's minds.
2. The new software \_\_\_\_\_ productivity in the accounting department, bringing about a rise of 20 percent in the amount of work completed per day.
3. It's obvious that Derek wrote the angry letter because he's the only student whose handwriting \_\_\_\_\_ to the left.
4. My dog goes to the window and \_\_\_\_\_ when he sees a stranger pass by our house.
5. There's no way a single solar panel is \_\_\_\_\_ all the lights in that office building.
6. Mitch \_\_\_\_\_ his fear of heights to take a photograph from the edge of the Grand Canyon.
7. When my friend looked away, I quickly \_\_\_\_\_ at my phone, just to check the time and see how long it would be before I could leave.
8. I \_\_\_\_\_ too long before starting my book report, and now I can't complete it before the due date.
9. Meredith has \_\_\_\_\_ to become a volunteer on the Help Our Community program.
10. My sister spent 30 minutes in the dress store, and she still couldn't \_\_\_\_\_ anything to wear to her friend's wedding.



**3 Word transformations**

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

1. He is a \_\_\_\_\_ friendly person who actually says mean things behind people's backs. **(seem)**
2. To ensure full \_\_\_\_\_, each language test has the same number of tasks. **(standardize)**
3. Bethany is the team captain because she's the most \_\_\_\_\_ player on the squad.  
**(accomplish)**
4. The flowers didn't bloom because the rainfall was \_\_\_\_\_ to help them blossom. **(sufficient)**
5. The management team favors company \_\_\_\_\_ into more fields. **(expand)**
6. Sophie said the new restaurant is \_\_\_\_\_ and we should book a reservation soon. **(marvel)**
7. Any change in the rules of the sport requires the \_\_\_\_\_ of every team in the league.  
**(approve)**
8. Even after all this time, Roger is still \_\_\_\_\_ that he wasn't elected class president. **(resent)**
9. Erin's strict diet is \_\_\_\_\_ in her belief that too much red meat is bad for you. **(root)**
10. I need to speak to you immediately about a matter of some \_\_\_\_\_. **(urgent)**

**4 Multiple-matching - Meanings of nouns**

Match the nouns with their definitions.

- |                  |   |
|------------------|---|
| 1. span          | a. an extreme fear of spiders                                 |
| 2. incentive     | b. a person who is very interested in a particular activity   |
| 3. enthusiast    | c. money provided for a particular purpose                    |
| 4. arachnophobia | d. the act of working together to achieve a goal              |
| 5. generator     | e. confidence in your own qualities and abilities             |
| 6. funding       | f. the length of time that something lasts                    |
| 7. self-esteem   | g. a routine task   |
| 8. chore         | h. a difficult and unpleasant situation (e.g. poverty)        |
| 9. cooperation   | i. a thing that motivates someone to do something             |
| 10. hardship     | j. a machine that converts mechanical energy into electricity |

**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?

Visit any forest in the world, stand silent for a moment, and listen. Bees buzz, birds sing, frogs chirp, and maybe even a bear **(2)** \_\_\_\_\_ in the distance. These sounds mostly occur at **(1)** \_\_\_\_\_, but they are as pleasing to the ear as a symphony of instruments playing in carefully planned harmony.

This concert of the animal kingdom didn't always exist on the Earth, however. For three billion years, not a single animal swam, flew, crawled, or roamed the planet, **(3)** \_\_\_\_\_ the complete absence of any animal noise whatsoever. The only sounds were the crash of ocean waves, the boom of thunder, and the whistling of the wind.

The first evidence of animal sound dates back about 270 million years. A fossil of a cricket from that time shows that the insect had wings covered with **(4)** \_\_\_\_\_ sharp edges, whose purpose was to **(5)** \_\_\_\_\_ a chirping sound, much as crickets do today. Like many living creatures, this prehistoric cricket made sounds mostly to attract mates. The only problem with this is that it alerts other animals to your presence, making you **(6)** \_\_\_\_\_ to being eaten. The first animals to make sounds were therefore likely **(7)** \_\_\_\_\_ to escape quickly from attack, like fast-jumping crickets and frogs. Even today, very slow animals don't typically make sounds.

As flowers first appeared **(8)** \_\_\_\_\_ 100 million years ago, another development in animal sound was born. The flowers attracted insects like bees, which started buzzing as a way to tell other bees where the best flowers were. Meanwhile, mammals, including humans, **(9)** \_\_\_\_\_ stronger jaws and throats, as a result of drinking milk from their mothers, and this eventually allowed us and other mammals to make vocal sounds.

The next time you venture outside, try to imagine a forest, meadow, or even a playground, without the sounds of the animal kingdom. The concept of a world without animal sounds is a difficult one to **(10)** \_\_\_\_\_. But for billions of years, our planet was indeed such a lonely and mostly quiet place.

• hence • adapted • acquired • multiple • emit • grasp • random • approximately • vulnerable • grows