THE B LEVEL (B1&B2) EXAM IN ENGLISH

STUDENT’S BOOK
EXAM PREPARATION IN SCHOOL
THE B LEVEL (B1&B2) EXAM IN ENGLISH

STUDENT’S BOOK
Practice Tests Student’s Book

This is one of a series of three practice test books written and designed for EFL teachers preparing their students for the national foreign language exams in English, leading to the state certificate of language proficiency (KPG). Work for this series has been carried out within the framework of the project entitled “Differentiated and Graded National Foreign Language Exams” (Greek acronym DiaPEG), which is co-financed by the European Union and Greece, with the purpose to support and further develop the national foreign language exam system of Greece. More specifically, it has been carried out as a deliverable of subproject 10, entitled “Linking foreign language education in school with the national language exams,” on the basis of which a similar series will be produced for the German and Spanish exams.


© RCeL, 2012

Editors
Bessie Dendrinos & Bessie Mitsikopoulou

Test task writers
Members of the RCeL test development team
(with contributions from Antigone Bratsoli)

General editorial assistants
Athina Harami & Margarita Leonti

Reading test editorial assistant
Virginia Blani

Writing test editorial assistants
Margarita Leonti & Maria Stathopoulou

Listening test editorial assistant
Elisabeth Apostolou

Audio text speakers
Sophie Athanasiadis, Georgia Brazioti, Cindy Camatsos, Mary Drosou, Mark Hoy, Marcia Israilidis, Nadia Kougkli, Jane Mandalios, Susan Moutsouroufi, Luke Prodromou, Ian Robertson & Vasilios Zorbas

Technical support
Dimitris Paras

Book cover design and interior layout
Christina Frantzeskaki

Practice tests design
Christina Frantzeskaki & Anna Maragkoudaki
This publication book was co-funded by the European Social Fund and the Greek National State – (NSRF), under the project of the National and Kapodistrian University of Athens entitled “Differentiated and Graded National Foreign Language Exams”, MIS Code 299908.
Contents

**Practice Test 1**
Module 1: Reading Comprehension 8
Module 2: Writing 9
Module 3: Listening Comprehension 17
Module 4: Speaking 19

**Practice Test 2**
Module 1: Reading Comprehension 26
Module 2: Writing 27
Module 3: Listening Comprehension 35
Module 4: Speaking 37

**Practice Test 3**
Module 1: Reading Comprehension 44
Module 2: Writing 45
Module 3: Listening Comprehension 52
Module 4: Speaking 54

**Practice Test 4**
Module 1: Reading Comprehension 61
Module 2: Writing 62
Module 3: Listening Comprehension 70
Module 4: Speaking 72

**Practice Test 5**
Module 1: Reading Comprehension 79
Module 2: Writing 80
Module 3: Listening Comprehension 88
Module 4: Speaking 90
Practice Test 6 97
Module 1: Reading Comprehension 98
Module 2: Writing 105
Module 3: Listening Comprehension 107
Module 4: Speaking 110

Practice Test 7 115
Module 1: Reading Comprehension 116
Module 2: Writing 125
Module 3: Listening Comprehension 127
Module 4: Speaking 130

Practice Test 8 134
Module 1: Reading Comprehension 135
Module 2: Writing 142
Module 3: Listening Comprehension 144
Module 4: Speaking 147
ACTIVITY 1

1.1 Read the text about the World’s Oldest Person and choose the best answer (A, B, or C) for item 1.

1. The text is about someone who
   A. was the world’s oldest person.
   B. will be the world’s oldest person.
   C. may have been the world’s oldest person.

---

Unfortunately, the Guinness Book of World Records has not officially recognized Ma Pampo since they are still checking the facts. A certificate has been issued by the Roman Catholic Church with her birth date stated as January 27, 1875, but since it is not an official record, it cannot be used to confirm the claim.

The claim was further thrown into doubt when it was learned that at some point in her life she was called Minetta George. Guinness officials have said that it is important to clarify these issues before Ma Pampo can be given the title of the oldest person on earth.

Born in Portsmouth, Dominica, and the daughter of slaves, she started working on a plantation at the age of 25 and retired 79 years later. Ma Pampo says the reason for her long life is her diet - including lots of dumplings (cooked food made from flour and water) and bush tea. She has survived her husband and two children.

Dominica’s largely untouched and unspoilt environment, which is still unpolluted, has been given as the main reason for longevity on the Island.

Editor’s Note Since the publication of this article in January 2003 Ma Pampo died in October of that year without ever being recognised as the World’s Oldest Person by the Guinness Book of World Records. Unfortunately, her death came before the scientific community could confirm her age.

1.2 Read the text again and choose the best answer (A, B, or C) for items 2-6.

2. Who says Ma Pampo is the oldest person on earth?
   A. The Church.
   B. People in her country.

3. What is the position of the Guinness Book of Records?
   A. They refuse to give Ma Pampo the title.
   B. They want to check the facts.
   C. They will give Ma Pampo the title.

4. What is Ma Pampo’s explanation for her long life?
   A. She worked hard all her life.
   B. She ate lots of cooked food.
   C. She ate the right kind of food.

5. Ma Pampo’s husband is
   A. still alive.
   B. younger than her.
   C. dead.

6. Why do people in Dominica live a long time? Because
   A. of the clean atmosphere.
   B. the country has a small population.
   C. the people live in a happy society.
ACTIVITY 2

Match the underlined words in the text below (items 7-11) with a word that has a similar meaning in this context (options A-F). There is one option you do not need.

<table>
<thead>
<tr>
<th>A. purpose</th>
<th>B. idea</th>
<th>C. skills</th>
<th>D. behaviour</th>
<th>E. success</th>
<th>F. poor performance</th>
</tr>
</thead>
</table>

School Reports ‘not tough enough’ - report.

School reports are often not honest enough and give parents the wrong impression of their children’s (7) ability according to a study published in the journal Education Today. The authors of the study say teachers sometimes do not know how to write reports; they usually don’t understand the (8) aim of the report.

School reports should help pupils improve their work but many teachers do not give a clear (9) picture of the pupil’s strengths and (10) weaknesses. ‘Many reports are too positive and pupils often think their grades are better than they really are’. There is a problem at both primary and secondary school where teachers need more support with how to write reports.

Teachers discuss children’s marks with parents but it is difficult to be honest face-to-face. Some children not only fail to do well on tests but also have (11) discipline problems.

ACTIVITY 3

Read the story below and for each gap (12-16) choose the best option (A-F). Use each option only once. There is one option you do not need.

<table>
<thead>
<tr>
<th>A. up</th>
<th>B. away</th>
<th>C. from</th>
<th>D. by</th>
<th>E. on</th>
<th>F. round</th>
</tr>
</thead>
</table>

The farmer and the snake

There was a farmer and his wife who had a son. They were very fond of their only child. One day, the son trod on a snake’s tail (12) accident. The snake, turned (13), bit him and he died. The father was very angry so he got his axe and cut off the snake’s tail. The snake in revenge began stinging several of the farmer’s cattle.

Well, the farmer thought it best to make it (14) with the snake, and offered it food and honey to eat; “Let’s forget and forgive,” said the farmer, “perhaps you were right to punish my son, and take revenge (15) my cattle, but surely I was right in trying to take revenge for my child; now that we are both satisfied why should we not be friends again?”

“No, no,” said the snake; “take (16) your gifts; you can never forget the death of your son, nor the loss of my tail.”

The moral: INJURIES MAY BE FORGIVEN, BUT NOT FORGOTTEN.
ACTIVITY 4

4.1 Read the text below and choose the best answer (A, B, or C) for item 17.

17. The text was probably written to
   A. to give the reader more information about GM.
   B. to give the scientists’ view of GM.
   C. to persuade the reader to avoid GM food.

GENETICALLY MODIFIED FOOD FAQs

Q: What is genetically modified food?
A: GM means scientists have changed the genetic structure of food in order to make it look nice, to help it fight disease and to give it a longer life.

Q: How is GM food made?
A: GM food is made by taking genes (DNA) from one organism and putting it into another. For example, natural potatoes are mixed with chicken genes or tomatoes are mixed with fish genes.

Q: So what’s the problem with GM?
A: Many people feel we have not done enough research into GM; they say we need to know more because the food chain could be in danger. If we make a mistake, it could be bad for future generations.

Q: What can we as consumers do about GM?
A: If you grow your own food in your own garden, you are very lucky. But if, like most people, you buy your food in a supermarket, you should check the label. About 50% of the food we buy has soya in it. A lot of the soya in food is genetically modified. The problem is that the label does not always tell you exactly what the food contains.

Q: Do people want GM food?
A: 70% of people, when asked, usually say they do not want GM food. Why? Because they say no-one knows what the long-term effects of GM will be. We are creating a Frankenstein that we will not be able to control.
4.2 Read the text again and choose the best answer (A, B, or C) for items 18-20.

18. Why do scientists change the genetic structure of food?
   A. To make it taste more natural.  
   B. To make it taste nice.  
   C. To make it last longer.

19. GM food is made by
   A. mixing different vegetables.  
   B. mixing genes and natural products.  
   C. mixing fish and tomatoes.

20. What is one disadvantage of GM products?
   A. They have damaged the food chain.  
   B. They can cause disease.  
   C. We don’t know enough about them.

4.3 Read the text again and decide if the following statements are True (A) False (B) or Not Stated (C).

21. Diseases do not affect GM food. 
   A: TRUE  
   B: FALSE  
   C: NOT STATED

22. We need to do more research into GM food. 
   A: TRUE  
   B: FALSE  
   C: NOT STATED

23. We do not yet know all the dangers of GM food. 
   A: TRUE  
   B: FALSE  
   C: NOT STATED

24. The label on supermarket products is not easy to read. 
   A: TRUE  
   B: FALSE  
   C: NOT STATED

25. Soya is often genetically modified. 
   A: TRUE  
   B: FALSE  
   C: NOT STATED

ACTIVITY 5

5.1 Read the text below and choose the best answer (A, B, or C) for items 26-29.

26. One of the central issues in the text is
   A. Mexican-American family traditions.  
   B. the difficulties in learning Spanish.  
   C. the language preference of immigrant children.

27. A suitable title for this text is
   A. The Life of Immigrants Today  
   B. Spanish Takes the Backseat  
   C. The Story of Latino-Americans

28. The writer
   A. solves the problems Latino immigrants face.  
   B. is against bilingual education in the USA.  
   C. discusses Latino-Americans’ language preferences.

29. This article
   A. primarily interests linguists.  
   B. is aimed only at politicians.  
   C. concerns certain minorities.
When I was growing up, there was an issue at home that made everyone uncomfortable. My Aunt Lola used to call it the shame of our family. It was a dark secret that my relatives didn't like to talk about, although it affected many Mexican-American families just like ours. The source of this embarrassment was the fact that my brothers and I didn't speak Spanish. Worse, we didn't care about speaking Spanish.

My older brother's interest in Spanish began and ended with curse words. I only learned enough to get good grades in my high school courses, and my younger brother didn't learn it at all. To this day, I'm the only one who is proficient, not fluent, en español.

As it turns out, most families who are descended from Latino immigrants share our experience. A study published last year in the journal *Population and Development Review* found that, within a few generations of families moving to the USA, Spanish dies out and English becomes the dominant language. Among third-generation Chicanos, 96% prefer to speak English in their homes. Even in border areas, the study found, "Spanish appears to be well on the way to a natural death by the third generation of U.S. residence."

Given this reality, it's xenophobic to view the Spanish language as a threat to American society. Even so, just last weekend Newt Gingrich denounced bilingual education by saying, "People (should) learn the common language of the country … the language of prosperity, not the language of living in a ghetto."

His comments are as offensive as they are misleading. According to a 2006 survey by the Pew Center, 57% of Hispanics believe that immigrants have to speak English to be part of American society, while 41% did not. Pew Centre also found that an overwhelming 92% of Latinos thought it was "very important" for the children of immigrants to be taught English.

When my grandpa arrived from Mexico in 1914, he immediately set about learning the English language so he could find work. While my mother grew up in a bilingual neighbourhood household, she and her sisters preferred English. One generation later, my mom was suggesting that I watch the Spanish-language news on TV, to broaden my vocabulary. Back then, I could not have cared less. It was only as an adult that I came to appreciate the beauty of the Spanish language.

Gingrich should know better than to demean the native tongue of Cervantes, Lorca and Marquez. It isn't constructive to promote English by insulting Spanish, for one language does not have to come at the expense of the other. As millions of Latinos already know, speaking Spanish has never taken anything from our proud American experience. It has only enriched it.
5.2 Read the text again carefully and choose the best answer (A, B, or C) for items 30-35.

30. The family’s “dark secret” was the fact that the children
   A. could not learn Spanish. B. were indifferent to learning Spanish. C. were not taught Spanish.

31. Within the Latino-American community, Spanish
   A. is slowly replacing English. B. is the dominant language. C. is not widely spoken.

32. Newt Gingrich considers the Spanish language to be
   A. an important part of education in the USA. B. the language of prosperity of America. C. the language spoken in poor neighbourhoods.

33. The majority of Latino immigrants
   A. are equally comfortable speaking both languages. B. understand the importance of learning English. C. believe that their children should only learn Spanish.

34. The author
   A. was initially uninterested in learning Spanish. B. was forced to speak Spanish early in life. C. wanted to learn Spanish from a young age.

35. The author suggests that
   A. people should study Spanish literature. B. Latinos should only speak English. C. bilinguals can benefit the American society.

ACTIVITY 6

Read the following extracts (36-41) and decide in which subject area you might see them. Use each of the options below (A-H) only once. There are two options you do not need.

<table>
<thead>
<tr>
<th>A. Maths</th>
<th>B. Psychology</th>
<th>C. History</th>
<th>D. Astronomy</th>
</tr>
</thead>
<tbody>
<tr>
<td>E. Art</td>
<td>F. Health</td>
<td>G. Chemistry</td>
<td>H. Computer Science</td>
</tr>
</tbody>
</table>

36. MENTAL disorders are marked by disordered thought and communication.

37. An equation is a statement that two algebraic expressions are equal.

38. Carbonates are the products formed when both protons are transferred.

39. The figure style of the Geometric vases reappears on many other objects.

40. Pope’s power was threatened by the growth of nation-states.

41. Drugs are defined as chemicals intended to affect the structure or function of the body.
Filling the generation gap  
by Rebecca Sandy

Ever feel like your parents don’t understand you at all? I know it sounds horribly stereotypical but you can’t deny feeling misunderstood. This is common and it isn’t just our teen-angst making us feel like a NOFX song. Parents really just don’t understand us; it is as simple as that.

This lapse of understanding is mainly due to the rather large generation gap between us and our parents. Times have changed, and for some reason they have a hard time understanding this at times. Back when they were growing up, things that we find socially acceptable were considered horribly inappropriate. For example, guys and girls just hanging out is a lot more common than in the 60’s and 70’s. And don’t even get me started on conduct at dances. Back then a guy politely asked a girl if she would like to dance. Now they just come up behind a girl, grab her and sweep her to the floor, and all this while the girl’s wondering, “Do I know him? Is he attractive or what?” In the older days, girls wouldn’t have to wildly signal to their friends to help them out of a dance.

So considering we are a much more desensitized and open generation, it is only fair that people who grew up before us may have a hard time comprehending our actions. And, while I’m not trying to completely justify their intolerance, we do have to understand that it’s just new to them. Try explaining what you are doing and remind them that times have changed; in the nicest way possible of course.

ACTIVITY 7

7.1 Read the text and choose the best answer (A, B, or C) for items 42-43.
42. The text is probably from a
   A. psychology journal.  
   B. women’s magazine.  
   C. school newspaper.
43. The purpose of this article is to help
   A. teenagers deal with the intolerance of their parents.  
   B. guys and girls understand each other.  
   C. parents see their children in a different light.

7.2 Read the text again and choose the best answer (A, B, or C) for items 44-46.
44. According to the text, young people
   A. adopt stereotypical values about life.  
   B. believe they are mistreated by others.  
   C. feel their parents are intolerant towards them.
45. The generation gap is due to parents’ unwillingness to accept
   A. intimacy between the young.  
   B. social change.  
   C. their children’s maturity.
46. The way today’s teenage boys act at dances is
   A. no different than before.  
   B. totally inappropriate.  
   C. as though they won’t take ‘no’ for an answer.
**ACTIVITY 8**

Complete sentences 47-50 with “play” and “stay” expressions (A-E). There is one option you do not need.

<table>
<thead>
<tr>
<th></th>
<th>A. stay over</th>
<th>B. stay away</th>
<th>C. stay up</th>
<th>D. play with</th>
<th>E. play around</th>
</tr>
</thead>
<tbody>
<tr>
<td>47.</td>
<td>I am planning to _______ a friend’s house tonight.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>48.</td>
<td>I had to _______ until very late last night, just to finish this assignment.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>49.</td>
<td>She never allows her younger children to _______ the remote control.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>50.</td>
<td>_______ from me! I don’t even want to talk to you anymore after what you did.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**ACTIVITY 9**

Change the words in column A (51-55) so that they can complete the sentences in Column B below.

<table>
<thead>
<tr>
<th>COLUMN A</th>
<th>COLUMN B</th>
</tr>
</thead>
<tbody>
<tr>
<td>51. centre</td>
<td>This piece of evidence is __________ to our case.</td>
</tr>
<tr>
<td>52. popular</td>
<td>He has gained great __________ over the years by working very hard.</td>
</tr>
<tr>
<td>53. admission</td>
<td>You must __________ to the fact that you were wrong.</td>
</tr>
<tr>
<td>54. value</td>
<td>I am sure he learned a __________ lesson that day.</td>
</tr>
<tr>
<td>55. information</td>
<td>I enjoyed the book you gave me and actually found it very __________.</td>
</tr>
</tbody>
</table>

**ACTIVITY 10**

Fill in the blanks with an appropriate word which begins with the given letter and satisfies the meaning of both sentences in every pair (56-60) below.

56. a) Mary knows how to a_ _ _ _ _ _ a work of art.
    b) I would a_ _ _ _ _ _ it if you came to work on time!

57. a) I took a walk along the river b_ _ _ this morning and enjoyed the valley’s breathtaking view.
    b) I am going to run to the b_ _ _ to check on my account.

58. a) He did not show any i_ _ _ _ _ _ in this class. That is why he failed his exams.
    b) Make sure you choose a bank which offers a loan with a low i_ _ _ _ _ _ rate.

59. a) Maria is a very b_ _ _ _ _ _ student. She excelled in all her classes.
    b) Many psychologists recommend working in a room with b_ _ _ _ _ _ colors.

60. a) I heard so much about this youth c_ _ _ downtown. I am thinking about joining it.
    b) A baseball bat can be equally as dangerous as a c_ _ _ , so be very careful not to hurt anyone.
ACTIVITY B1.1

Imagine you have been reading a blog where people write about their favourite forms of entertainment (shows, films, songs, books, etc.), and why they like them. Write what your favourite children’s story is about and why you like it (80 words). The model below will help you to write your own text.

Monday, October 17, 2011

My favourite play is Romeo and Juliet by William Shakespeare. It is about a young couple who fall in love and want to be together but their parents disagree. The play shows how their happiness is destroyed by their parents’ stupidity. I think the story is great and the language of the play is very beautiful. It is a sad play but there are very beautiful moments in it, too, especially the scene where the two lovers meet. It’s a brilliant play.

POSTED BY ALEX AT 09:35 AM
0 COMMENTS

ACTIVITY B2.1

Imagine that a famous author is coming to your town to promote his new children’s story book. Write an announcement (100 words) for your school newspaper informing your schoolmates about the event and urging them to go. The hints below will help you.

HINTS
- Where and when the author will appear
- What the author will do at this event
- What other activities will take place
- What prizes will be given away
ACTIVITY B1.2

Imagine that your Italian friend, Antonio, uses his mobile phone very frequently. Using information from the LEFT SIDE of the text below, send him an e-mail message (80 words) and give him tips about how he should use his mobile phone to avoid health problems.

Do NOT use your real name. Sign as Nick or Nicky.

**ACTIVITY B2.2**

Imagine that you used to be addicted to your mobile phone. Using information from the RIGHT SIDE of the text leaflet, write a message to post on your blog (100 words) explaining to your friends what you did in order to kick the habit.
ACTIVITY 1

Listen to items 1-4 and choose the best photo (A-F). There are two photos you do not need.

1. A.  B.  C.  D.  E.  F.
2. A.  B.  C.  D.  E.  F.
3. A.  B.  C.  D.  E.  F.
4. A.  B.  C.  D.  E.  F.

A. Politician
B. Civil engineer
C. Car mechanic
D. University student
E. Civil servant
F. Restaurant owner

Listen again and check your answers.
**ACTIVITY 2**

Read items 5-7. Listen and choose the best answer (A, B, or C) for each item.

5. What does the traveller want the fisherman to do?
   - A. To sell him fish.
   - B. To give him money.
   - C. To work harder.

6. How much food does the fisherman say that he needs?
   - A. Enough to buy a boat.
   - B. Enough to feed his family.
   - C. Enough to get him through the winter.

7. The moral of this story is that people should work in order
   - A. to buy more goods.
   - B. to make a living.
   - C. to get rich.

Listen again and check your answers.

**ACTIVITY 3**

Read items 8-10. Listen and choose the best answer (A, B, or C) for each item.

8. The cultural news we’re listening to is about
   - A. an art exhibition that will take place in Athens.
   - B. a theatrical performance by the British director Peter Brook.
   - C. an exhibition of theatre artefacts.

9. Listeners pose their questions for the radio show “Anything you ever wanted to know”
   - A. by calling in during the show.
   - B. by sending emails prior to the show.
   - C. by sending their SMS before the show begins.

10. What we’re listening to is
    - A. a radio programme about campaigns.
    - B. a campaign by radio listeners.
    - C. an invitation to listeners to take part in a campaign.

Listen again and check your answers.

**ACTIVITY 4**

Read items 11-15. Listen and choose the best answer (A, B or C) for each item.

11. The person interviewed is in the service business; he is a
    - A. car salesman.
    - B. financial advisor.
    - C. waiter.

12. The specific job
    - A. pays poorly but it has some other advantages.
    - B. has both advantages and disadvantages.
    - C. attracts people who are very professional.

13. Among the qualities one needs for this job is
    - A. persistence.
    - B. speed.
    - C. empathy.
14. What the speaker doesn’t like about his job is that customers
   A. become a bit difficult sometimes.
   B. want you to be on your feet all day.
   C. often act irrationally.

15. Actually, customers often
   A. ask for things that aren’t offered.
   B. want things they can’t pay for.
   C. look down upon people who serve them.

Listen again and check your answers.

ACTIVITY 5

Listen and fill in items 16-20 with the right word.

<table>
<thead>
<tr>
<th>QUESTIONS</th>
<th>ANSWERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>16. What is the relationship between the speakers?</td>
<td>They’re _____ and _____</td>
</tr>
<tr>
<td>17. Where is the speaker?</td>
<td>On _____ _____</td>
</tr>
<tr>
<td>18. Is the speaker apologizing to the woman?</td>
<td>No, he’s asking for _____ to _____</td>
</tr>
<tr>
<td>19. Why has Julian Ramon been invited to this event?</td>
<td>To _____ _____ his anthology</td>
</tr>
<tr>
<td>20. What is the man going to do before he meets Paul?</td>
<td>He’s going to _____</td>
</tr>
</tbody>
</table>

Listen again and check your answers.

ACTIVITY 6

Read items 21 and 22. Listen and fill in items with the right word.

<table>
<thead>
<tr>
<th>QUESTIONS</th>
<th>ANSWERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>21. What led the director to make this film?</td>
<td>He was _____ by Carmelo</td>
</tr>
<tr>
<td>22. Does the character in the film symbolize anything in particular?</td>
<td>There is _____ symbolic value to the character of Carmelo</td>
</tr>
</tbody>
</table>

Listen again and check your answers.

Read items 23 and 24. Listen and fill in items with the right word.

<table>
<thead>
<tr>
<th>QUESTIONS</th>
<th>ANSWERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>23. Where is Carmelo when the film begins?</td>
<td>He’s in _____ _____</td>
</tr>
<tr>
<td>24. And where is he in the main part of the film?</td>
<td>He’s returned home to be with his _____ _____</td>
</tr>
</tbody>
</table>

Listen again and check your answers.

Read item 25. Listen and fill in item with the right word.

<table>
<thead>
<tr>
<th>QUESTIONS</th>
<th>ANSWERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>25. How do people watching the film feel about Carmelo?</td>
<td>They _____ _____</td>
</tr>
</tbody>
</table>

Listen again and check your answers.
Judging by their expressions...
Houses on the market

Activity 2
ΜΙΚΡΑ ΜΥΣΤΙΚΑ για μια πετυχημένη συνέντευξη

Προσοχή στη διαπροσωπική επικοινωνία

- Η χειραφέα. Αυτή η μοναδική στιγμή σωματικής επιφάνειας λέει πολλά για το χαρακτήρα σας. Δουλεύετε τη χειραφέα σας ώστε να είναι αστεία, δυνατή και φροντίστε να πιάσετε καλά το χέρι του άλλου και όχι μόνο τα δάχτυλά του.

- Η άνεση. Καθίστε βαθιά μέσα στην καρέκλα που σας προσφέρουν και όχι άκρη-άκρη. Αυτό θα τονίσει την άνεση και τη σιγουριά σας. Ακόμη και αν έχετε άγχος, θα δείχνετε πως έχετε τον έλεγχο της κατάστασης.

- Το κέρασμα. Αν σας ρωτήσουν τι θέλετε να πιείτε μην πείτε ότι δεν θέλετε τίποτα. Δεν πρέπει να δείχνετε πως ντρέπεστε ή πως έχει δεθεί το στομάχι σας κόμπος.

- Eye-contact. Κοιτάτε το άτομο που έχετε απέναντι σας στα μάτια για να του δείξετε πως νιώθετε σιγουριά για τον εαυτό σας. Μιλήστε του άντε και ήρεμα αλλά φροντίστε να ακούετε με προσοχή αυτά που λέει.

- Ερωτήσεις-παιγνίδια. Φροντίστε να τις χειρίσετε με ψυχραιμία. Αν σας ρωτήσουν γιατί θέλετε να φύγετε από την τυρινή δουλειά σας, απαντήστε με ειλικρίνεια αλλά μην αφήσετε να εννοηθεί πως υπάρχει θέμα προσωπικής εμπάδειας. Και, αν σε ρωτήσουν πόσα παιρνείς, δεν βλάπτει να πεις κάτι παραπάνω από αυτά που πραγματικά παιρνείς!
How to brighten up your day

**ΑΝΕΒΑΣΜΕΝΗ ΔΙΑΘΕΣΗ ΟΛΗ ΜΕΡΑ!**
Είναι γνωστό ότι «η καλή μέρα από το πρωί φαίνεται». Γι’ αυτό είναι σημαντικό να ξεκινάμε τη μέρα μας όσο πιο ευχάριστα γίνεται. Για παράδειγμα, η μουσική έχει έναν μοναδικό τρόπο να μας φτιάχνει τη διάθεση και είναι εύκολο να τη βάλουμε για τα καλά στη ζωή μας. Τι πιο απλό από το να αντικαταστήσουμε τον βαρετό και πολλές φορές εκνευριστικό ήχο του ξυπνητηρίου με το αγαπημένο μας τραγούδι;

**ΑΣΚΗΣΗ & ΔΙΑΤΡΟΦΗ**
Η ύπνηση μας φτιάχνει τη διάθεση. Γυμναστική, γιόγκα, τρέξιμο ή και γρήγορο περπάτημα μας δίνουν την απαραίτητη ενέργεια για να ξεκινήσουμε τη μέρα μας δυναμικά. Ακολουθεί απαραίτητο το πρωινό γεύμα, πλούσιο σε φρούτα και δημητριακά. Οι διατροφολόγοι το θεωρούν ως το πιο σημαντικό γεύμα της ημέρας, γι’ αυτό κι εμείς δεν το ξεχνάμε ποτέ.

**Η ΜΕΛΩΔΙΑ ΤΗΣ ΕΥΤΥΧΙΑΣ**
Η μουσική καλό είναι να μας συνοδεύει ακόμα κι όταν φεύγουμε από το σπίτι. Ο αγαπημένος μας σταθμός στο αυτοκίνητο, το mp3 ή το iPod με αποθηκευμένα όλα τα αγαπημένα μας κομμάτια μπορούμε να κάνουν θαυματικά μέσα στο λεωφορείο ή στο μετρό! Φυσικά, αν γνωρίζουμε κάποιο μουσικό όργανο, βρίσκουμε χρόνο να παίζουμε –για τους φίλους μας ή για μας τους ιδιώτες!

**ΕΡΓΑΣΙΑ ΚΑΙ ΧΑΡΑ**
Το εργασιακό μας περιβάλλον το φροντίζουμε γιατί είναι σημαντικό για καλή διάθεση. Εδώ, περνάμε αρκετές ώρες της ημέρας και γι’ αυτό πρέπει ο χώρος να μας αρέσει και να μας δημιουργεί θετικές σκέψεις. Φυσικά, το τι αρέσει στον καθένα είναι προσωπικό ζήτημα και γι’ αυτό τον προσωπικό μας χώρο τον φτιάχνουμε όπως αρέσει σ’ εμάς – με τα δικά μας αγαπημένα πράγματα.
ACTIVITY 1

1.1 Read the text below and choose the best answer (A, B, or C) for item 1.

The text gives information about

A. the most famous skyscrapers in the world today.
B. the people who designed skyscrapers.
C. why skyscrapers were needed.

The first skyscrapers

The term ‘skyscraper’ has been used in a number of ways over the years: an ornament on the top of a building, a high-flying bird, a very tall man and a sail at the top of a mast. At the end of the nineteenth century, the word was used to refer to buildings of ten storeys or more. Later, a lift was used to take people up to the higher floors, as in the most famous skyscraper, the Empire State Building.

During the middle ages, the people who lived in the cities of northern Europe began to build great cathedrals. Tall spires were added to make these churches higher and bring them closer to heaven.

In the nineteenth century, as cities grew more crowded with people looking for work the value of land rose. New businesses were starting and in order to make room for offices on a small plot of land, it was necessary to build higher. But the problem was that to put up a stone building of such height, the walls on the ground floor would have to be more than two metres thick to hold the weight of the building. So another material was required to make skyscrapers possible.

About this time, three buildings were put up that used iron or steel to support great weight with safety. They were the Crystal Palace in London, the Eiffel Tower in Paris and the Brooklyn Bridge in New York. From then on, architects started to experiment with buildings that had steel frames. Today, the tallest skyscrapers are a hundred storeys or more, compared to the first 10 storeys skyscrapers, which seem tiny.

1.2 Read the text again and choose the best answers (A, B, or C) for items 2-6.

2. In the past, the word ‘skyscraper’ had

A. only one meaning.
B. different meanings.
C. the same meaning as today.

3. In the middle ages, they built tall churches because

A. they were more beautiful.
B. it felt like approaching God.
C. they took in more people.

4. Why were taller buildings necessary in the nineteenth century? Because

A. they were cheaper.
B. land was expensive.
C. they made better offices.

5. In the nineteenth century, skyscrapers were needed

A. for offices.
B. as houses for the poor.
C. for shops.

6. What was the problem with making tall buildings with stone?

A. It was an expensive material.
B. It was too heavy.
C. It wasn’t strong enough.
ACTIVITY 2

Match the underlined words in the text below (items 7-11) with a suitable definition.

<table>
<thead>
<tr>
<th>A.</th>
<th>To spend time relaxing or sleeping</th>
<th>B.</th>
<th>To arrive somewhere</th>
</tr>
</thead>
<tbody>
<tr>
<td>C.</td>
<td>To travel</td>
<td>D.</td>
<td>To become less bright</td>
</tr>
<tr>
<td>E.</td>
<td>To go from one side of something to another</td>
<td>F.</td>
<td>To have a small meal</td>
</tr>
</tbody>
</table>

ACTIVITY 3

Read the story below and for each gap (12-16) choose the best option (A-F). There is one option you do not need.

<table>
<thead>
<tr>
<th>A.</th>
<th>back</th>
<th>B.</th>
<th>across</th>
<th>C.</th>
<th>away</th>
<th>D.</th>
<th>up</th>
<th>E.</th>
<th>through</th>
<th>F.</th>
<th>off</th>
</tr>
</thead>
</table>

Many years ago, Jason, the true King of Thessaly, returned to his kingdom only to find that his uncle, Pelius, had murdered his father and taken over the kingdom. Jason, still a child, had no army and no allies to help him get (12) ______ his kingdom. In order to protect Jason from his evil uncle, Jason’s mother decides to send him (13) ______ to live in the cave of Chiron the Centaur, where he is brought (14) ______. Having grown into a strong, brave man, Jason then set out for Iolcus to claim the throne from his uncle.

On his way to Iolcus, he came (15) ______ the goddess Hera, dressed as an elderly woman, Hera begged Jason to help her cross a stream. He agreed and so took her on his back. As he was crossing the stream, he lost one sandal, thus fulfilling a prophecy that meant Pelius would die.

Jason’s good-will impresses Hera, and she decided to help him (16) ______: she made sure he got back to Iolcus safely, where Pelius was waiting for him...
**ACTIVITY 4**

4.1 Read the text below and choose the best answers (A, B, or C) for items 17-18.

17. In this text, the author describes
   A. a friend's visit Marrakech.  
   B. her past visit to Marrakech.  
   C. the history of Marrakech.

18. What is the author's opinion of Marrakech?
   A. It's got many places to see.  
   B. It is only worth a short visit.  
   C. It is very expensive.

---

**A weekend in Marrakech**

The most popular city in Morocco built in an oasis which, once upon a time, offered shelter to the caravans of the desert...

---

**Day One**

Arriving at the international airport of Marrakech, I enter an unknown world where even the cost of a taxi fare is not fixed. I stay in a traditional house in the old city. There are hundreds of these very popular old houses, called riyads, that have been turned into charming guesthouses. A few visitors may prefer the luxury of a hotel like the La Mamounia; this famous hotel, once described by Winston Churchill as 'the most beautiful place on earth', has recently re-opened its doors, after being closed for repairs. At night, all streets lead to Djemaa El Fna, the main square that, once the sun sets, becomes a huge restaurant.

---

**Day Two**

Explore the old city, the famous Medina. The old suqs -or narrow alleyways- are perfect for shopping. Necessary equipment: a good map, comfy shoes and strong bargaining ability.

Marrakech reveals its secrets through the aroma of spices and the voices of merchants selling herbs, pottery, leather garments and, of course, carpets. Nearby, there are all kinds of shows: acrobats, musicians, fortune-tellers, snake-charmers and exotic dancers. People say Koutoubia Mosque, the city's trademark, is impressive. However, entrance to it is only allowed to Muslims, so I cheer myself up in Dar Moha, Medina's most famous restaurant.

---

4.2 Read the text again and choose the best answers (A, B, or C) for items 19-21.

19. Most visitors stay in
   A. expensive hotels.  
   B. old houses.  
   C. caravans.

20. The La Mamounia Hotel is
   A. new.  
   B. popular.  
   C. expensive.

21. One thing you cannot buy in the Marrakech market is
   A. food.  
   B. ceramics.  
   C. clothes.
4.3 Read the text again and decide if the following statements (22-25) are True (A) False (B) or Not Stated (C).

**ACTIVITY 5**

5.1 Read the text below and choose the best answer (A, B, or C) for items 26-29.

26. This extract is probably taken from a novel about
   A. war in an African village.
   B. the life of a great warrior.
   C. everyday life in a small city.

27. The action takes place
   A. in a small town.
   B. in several locations.
   C. in neighbouring villages.

28. From this extract we get the impression that life for these people is
   A. a constant struggle.
   B. often harmonious.
   C. tragic but amusing.

29. What is the main point of this extract?
   A. To introduce the characters of the story.
   B. To describe the setting of the story.
   C. To provide historical background to the story.

---

**Things Fall Apart**

*by Chinua Achebe*

**Chapter 1**

Okonkwo was well known throughout the nine villages and even beyond. His fame rested on solid personal achievements. As a young man of eighteen he had brought honour to his village by throwing Amalinze the Cat. Amalinze was the great wrestler who for seven years was unbeaten, from Umuofia to Mbaino. He was called the Cat because his back would never touch the earth. It was this man that Okonkwo threw in a fight which the old men agreed was one of the fiercest since the founder of their town engaged a spirit of the wild for seven days and seven nights. The drums beat and the flutes sang and the spectators held their breath. Amalinze was a wily craftsman, but Okonkwo was as slippery as a fish in water. Every nerve and every muscle stood out on their arms, on their backs and their thighs, and one almost heard them stretching to breaking point. In the end Okonkwo threw the Cat. That was many years ago, twenty years or more, and during this time Okonkwo's fame had grown like a bush-fire in the harmattan. He
was tall and huge, and his bushy eyebrows and wide nose gave him a very severe look. He breathed heavily, and it was said that, when he slept, his wives and children in their out-houses could hear him breathe. When he walked, his heels hardly touched the ground and he seemed to walk on springs, as if he was going to pounce on somebody. And he did pounce on people quite often. He had a slight stammer and whenever he was angry and could not get his words out quickly enough, he would use his fists. He had no patience with unsuccessful men. He had had no patience with his father.

Unoka, for that was his father's name, had died ten years ago. In his day he was lazy and improvident and was quite incapable of thinking about tomorrow. If any money came his way, and it seldom did, he immediately bought gourds of palm-wine, called round his neighbours and made merry. He always said that whenever he saw a dead man's mouth he saw the folly of not eating what one had in one's lifetime. Unoka was, of course, a debtor and he owed every neighbour some money, from a few cowries to quite substantial amounts.

He was tall but very thin and had a slight stoop. He wore a haggard and mournful look except when he was drinking and playing on his flute. He was very good on his flute and his happiest moments were the two or three moons after the harvest when the village musicians brought down their instruments, hung above the fireplace. Unoka would play with them his face beaming with blessedness and peace. Sometimes another village would ask Unoka's band and their dancing egwuwu to come and stay with them and teach them their tunes. They would go to such hosts for as long as three or four markets, making music and feasting. Unoka loved the good fare and the good fellowship, and he loved this season of the year, when the rains had stopped and the sun rose every morning with dazzling beauty.

5.2 Read the text again carefully and mark the best response (A, B, or C) for items 30-35.

30. How did his fellow-villagers feel about Okonkwo?
   A. They were proud of him.  
   B. They envied his feats.  
   C. They were afraid of him.

31. The founder of the town
   A. struggled with a great wrestler.  
   B. was a greater fighter than Okonkwo.  
   C. fought with a mysterious spirit.

32. Okonkwo is described as
   A. equally matched with his opponent.  
   B. more cunning than his opponent.  
   C. too clever for his opponent.

33. When Okonkwo couldn't express himself
   A. he used gestures.  
   B. he became aggressive.  
   C. he felt impatient.

34. Which saying sums up Unoka's attitude to life?
   A. Good fences make good neighbours.  
   B. Keep your friends close; keep your enemies closer.  
   C. Eat and drink, for tomorrow we die.

35. What did Unoka like about visiting other villages?
   A. The food and friendship.  
   B. Playing music in the market.  
   C. The good food and weather.
ACTIVITY 6
Read items 36-41 below and decide which groups of people these notices might be aimed at. Use each of the options (A-H) below only once. There is one option you do not need.

<table>
<thead>
<tr>
<th></th>
<th>Theatre audience</th>
<th>Consumers</th>
<th>Train passengers</th>
<th>Motorists</th>
<th>Computer user</th>
<th>Air passengers</th>
<th>Radio audience</th>
<th>Car passengers</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>E</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

36. * instant reservations * a wide choice of seats * many tickets at box office prices
37. Smoking in no-smoking cars is an offence which carries a maximum penalty of 100 pounds.
38. Safely remove hardware
39. Buy now while stocks last
40. Sit as far back as possible from the air bag
41. Your safety belt is under your seat

ACTIVITY 7
7.1 Read the text below and choose the best answer (A, B, or C) for items 42-43.

42. This text was written for
   A. pupils.
   B. parents.
   C. teachers.

43. This text would mostly interest interactive whiteboard users
   A. who are experienced in this technology.
   B. who are just starting off.
   C. who have problems with its use.

Interactive Whiteboards: a beginner’s guide

An interactive whiteboard is a board that is connected to a computer and projector. Everything on the computer screen can be seen on the interactive whiteboard. The teacher and learners can write on the interactive board using a pen or finger. The board is usually fixed to a wall. There is also a mobile whiteboard which you can move from classroom to classroom.

Interactive whiteboards are used in classrooms at all levels of education, for sports coaching, business meetings, and more. The use of the computer and the interactive whiteboard makes teaching very enjoyable for students and much easier for teachers.

Interactive whiteboards in schools in many countries have replaced traditional whiteboards. There are a lot of things interactive whiteboards can do to make your teaching better.

Here are just a few of the ways teachers can use interactive whiteboards in the classroom.
You can:
   o record the lesson and keep the material for revision by students at a later time
   o save lessons for students who were absent
   o save lessons for future use or to be shared with other teachers.

These examples give you an idea of how useful interactive whiteboards can be for students who happen to miss a class, for ‘slow’ learners and those students who need help with their revisions.
7.2 Read the text again, and decide if statements 44-46 are True (A), False (B), or Not Stated (C).

44. You can write without a pen on interactive whiteboards. A: TRUE  B: FALSE  C: NOT STATED
45. Anyone who can use a computer can learn to use an interactive whiteboard. A: TRUE  B: FALSE  C: NOT STATED
46. Interactive whiteboards make tests much easier. A: TRUE  B: FALSE  C: NOT STATED

ACTIVITY 8

Use the expressions with 'way' below (A-E) to complete utterances 47-50 so that they make sense. Use each option only once. There is one option you do not need to use.

<table>
<thead>
<tr>
<th>A. All the way</th>
<th>B. On the way</th>
<th>C. Your separate ways</th>
<th>D. No way</th>
<th>E. Out of your way</th>
</tr>
</thead>
</table>

47. **SPEAKER 1**
If you want to complain to the boss I'll support you ________.

48. **SPEAKER 2**
That's really good of you; thanks.

49. **SPEAKER 1**
Come on, lend me the car, just for the day.

50. **SPEAKER 2**
That's OK, there are plenty of petrol stations before Heathrow.

ACTIVITY 9

Change the words in Column A so that they can complete sentences 51-55 in Column B below.

<table>
<thead>
<tr>
<th>COLUMN A</th>
<th>COLUMN B</th>
</tr>
</thead>
<tbody>
<tr>
<td>sail</td>
<td>51. He always wanted to be a ______ and travel the world.</td>
</tr>
<tr>
<td>high</td>
<td>52. I can never remember my exact ______.</td>
</tr>
<tr>
<td>grow</td>
<td>53. ______ up as an only child was difficult.</td>
</tr>
<tr>
<td>possible</td>
<td>54. I can't believe I got a grade A – it's _______.</td>
</tr>
<tr>
<td>weight</td>
<td>55. Can you tell me how much you ______?</td>
</tr>
</tbody>
</table>
ACTIVITY 10

The word missing in each pair of sentences below (56-60) is the same, even though it has a different meaning in each case. Find these words. Their first letter is given.

<table>
<thead>
<tr>
<th>ACTIVITY 10</th>
<th>56. I don’t like politics and I’ve never been a member of a political __________. It’s Ann’s birthday next week and she wants to invite Jason to her _________.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>p ___ ___</td>
</tr>
<tr>
<td></td>
<td>m ___ ___</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ACTIVITY 10</th>
<th>57. I can’t accept this job if it __________ moving to another country. If trains are on strike, you can use another __________ of transport.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>m ___ ___</td>
</tr>
<tr>
<td></td>
<td>p ___ ___</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ACTIVITY 10</th>
<th>58. I would just like to __________ out that I was right all along. I can’t really see the __________ of getting a new bike – the one you have is fine.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>p ___ ___</td>
</tr>
<tr>
<td></td>
<td>s ___ ___</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ACTIVITY 10</th>
<th>59. If we want to arrive by lunchtime, we ought to __________ off at about 10.30. If you are thinking of buying a new TV __________, there’s a lot to consider these days.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>s ___ ___</td>
</tr>
<tr>
<td></td>
<td>b ___ ___</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ACTIVITY 10</th>
<th>60. My friend went up to the __________ to order another drink. There was a heavy metal __________ across the window that prevented it from opening.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>b ___ ___</td>
</tr>
<tr>
<td></td>
<td>s ___ ___</td>
</tr>
</tbody>
</table>
ACTIVITY B1.1

Imagine you are new at school and some of the older students are laughing at your clothing. You have just seen Unhappy 15’s message in the agony column of an international teen magazine. Using it as a model, write your own text to appear in the same agony column (80 words), explaining your problem, and asking for advice. Sign as Sad 16.

Hi,
I’m 15 and the fattest in my class. I’ve tried to lose weight by cutting down on sweets, but it didn’t help much. The problem is I like fast food and when my friends and I go out, we go to fast food restaurants and I end up eating hamburgers and chips. I can’t dress the way I want and all my girlfriends look so much prettier. I feel awful!

What can I do? Please, help me!

Unhappy 15

ACTIVITY B2.1

You are a journalist, responsible for the agony column of the teen magazine mentioned above. Your editor has asked you to write a report (100 words) presenting the most common problems teenagers refer to in your column. The hints on the right will help you.

- School (boring classes, strict teachers)
- Family (over-protective parents, fights with brother/sister)
- Friends (jealousy, mistrust)
ACTIVITY B1.2

Your American friend, Cathy, who lives in Greece, is worried about her son who is going to school for the first time. Using ideas from the text below (the column on the left), write an email message to Cathy (80 words) advising her about what she can do to help her son. Sign as Alex (not with your real name).

ACTIVITY B2.2

Imagine you are a parent whose child recently went to school and had trouble adjusting. Using ideas from the text above (the column on the right), write a text to be posted on a blog (100 words), informing other worried parents about how you dealt with the problems your child faced during the first days of school.
ACTIVITY 1

Listen to items 1-4 and choose the best photo (A-F). There are two photos you do not need.


A. Uncle James
B. Me, right after graduation
C. Grandad (Born: June 1914)
D. Joan, at Dublin airport, 2007
E. Me and Danny with Kim, Ken, Socrates and Niki 2001
F. Ron (2004), when he left the company

Listen again and check your answers.
ACTIVITY 2

Read items 5-7. Listen and choose the best answer (A, B, or C) for each item.

5. The woman speaking is probably
   A. a story teller.  B. a nursery teacher.  C. a nurse.

6. Where do you think the event is taking place?
   A. In a playground.  B. In a kitchen.  C. In a school gym.

7. The people playing the game must guess what
   A. other people feel.  B. is in their mouth.  C. is hidden behind them.

Listen again and check your answers.

ACTIVITY 3

Read items 8-10. Listen and choose the best answer (A, B, or C) for each item.

8. Decide what kind of report you are listening to

9. The speaker is probably
   A. an airline representative.  B. a travel agent.  C. a flight attendant.

10. This radio announcement informs us about
    A. a concert in Thessaloniki.  B. a song contest in Thessaloniki.  C. an international Arts festival in Thessaloniki.

Listen again and check your answers.

ACTIVITY 4

Read items 11-12. Listen and choose the best answer (A, B, or C) for each item.

11. What information do the interactive maps and tables give us?
    A. They give us the linguistic composition of each language.
    B. They tell us where dialects of English are spoken.
    C. They tell us precisely where each language is spoken.

12. These interactive maps and tables
    A. can only be used by academics.
    B. are only useful to government agencies.
    C. can be used by the general public.

Listen again and check your answers.

ACTIVITY 4

Read items 13-15. Listen and choose the best answer (A, B, or C) for each item.

13. Why might the Department of Justice use the map?
    A. To locate people who have broken the law.
    B. To offer people who don’t speak English yet information in their language.
    C. To provide free legal advice to all citizens.
14. The map can also help people to find a place
   A. to learn English.
   B. to improve their language skills.
   C. to study abroad.

15. The speaker ends by saying that
   A. there is language diversity in the USA.
   B. some languages will eventually die out.
   C. English may become a minority language in the USA.

Listen again and check your answers.

**ACTIVITY 5**

Listen and fill in items 16-20 with the right word.

<table>
<thead>
<tr>
<th>QUESTIONS</th>
<th>ANSWERS</th>
</tr>
</thead>
</table>
| 16. What’s unusual about the main speaker? | That she’s Greek but looks ________.
| 17. Does the speaker live in Greece? | Actually, she was ________ here.
| 18. Does she ever go to England? | Yes, quite ________ in fact, to visit her relatives.
| 19. Does she attend university right now? | No, she has ________.
| 20. What does she like about Greece, besides the weather? | The ________ - ________ way of life.

Listen again and check your answers.

**ACTIVITY 6**

Listen and fill in items 21-25 with the right word.

21. The story we’re listening to is not a children’s story; it’s a ______.

22. The story is about two vices: ______ and envy.

23. The first man in the story wanted to become ______.

24. The second man in the story wanted his neighbour to lose both his ______.

25. The moral of the story is that our own vices can ______ us.

Listen again and check your answers.
People carrying something

1. A person carrying a cardboard box with the text "Andy's Clothing".
2. A woman carrying a baby.
3. A man on a bicycle with a large box.
4. A man carrying a large bunch of bananas.
5. Three men carrying a canoe.
6. A man carrying a small dog in a backpack.
People talking
Πώς να απολαύσετε τις διακοπές σας στην Πάρο

1. Η Πάρος, ένα από τα ωραιότερα νησιά των Κυκλάδων, σας περιμένει και αυτό το καλοκαίρι. Να ανακαλύψετε τις ομορφιές της. Να χαρέτε τις διακοπές σας. Ο Δήμος Πάρου σας ενημερώνει για τις δυνατότητες και τα ιδιαίτερα πλεονεκτήματα του νησιού μας, που θα κάνουν τις διακοπές σας άνετες και απολαυστικές.

2. Παραλίες: Η Πάρος έχει πεντακάθαρες παραλίες.

3. Νεαροθλητισμός: Η Πάρος διαθέτει μοναδικές προοπτικές για διακοπές στον Ιόνιο και ιδιαίτερα για windsurfing, kite surfing, καταδύσεις και ιστιοπλοΐα.

4. Διασκέδαση: Όλο το νησί, όλο το καλοκαίρι, προσφέρει άπειρες δυνατότητες για διασκέδαση. Φανερά, με τη διασκέδαση και την έντονη χαρά που ανακαλύπτουμε εδώ και αυτό το καλοκαίρι, η Πάρος μας εξαιρετίζει και εμπνεύσει για νέες δραστηριότητες - ακόμη και έξω από τις παραλίες.

5. Εκδρομές: Στο νησί με την ωραιότερη εκκλησία της Ορθόδοξης, την Εκατονταπυλιανή, στο νησί με ένα από τα σημαντικότερα αρχαιολογικά μνημεία της χώρας, στο νησί, με το φημισμένο μαύρο «Λουκήνη», ο Δήμος Πάρου οργανώνει κάθε χρόνο τις «Εκδρομές Πολιτισμού», με καλλιτεχνικές εκδηλώσεις, ταξίδια και επισκέψεις σε αρχαιολογικά μνημεία σε διάφορες περιοχές της Ελλάδας.

6. Τοπικά προϊόντα: Στην Πάρο μπορείτε να απολαύσετε φρέσκα ψάρια και εκλεκτικές πιστώσεις ντομάτα κρέατος. Ακόμη μπορείτε να βρείτε γνήσια παραδοσιακά προϊόντα όπως τυρί, γλυκά κ.ά. Και, βέβαια, το φημισμένο κρασί με ονομασία προκολέους.

Δρόμοι: Ένα όριο οδικού δίκτυου εξασφαλίζει εύκολη πρόσβαση σε όλα τα νησιά, με άνεση και ασφάλεια. Σας παρακαλούμε σε όλες τις μετακινήσεις σας να χρησιμοποιείτε πάντοτε ζώνε και κράνος. Μην ανηγείτε ποτέ υπό την επήρεια αλκοόλ.

Στάθμευση: Όλες οι επισκέπτες έχουν δυνατότητα δωρεάν στάθμευσης σε όλο το νησί. Ειδικά στην Παροικία και στη Νάουσα έχουν και για τη δυνατότητα ελεγχόμενης στάθμευσης. Παρακαλούμε βοηθήσετε στην ομαλή κυκλοφορία, αποφεύγοντας να παρκάρετε σε πεζοδρόμια και πεζοδρόμια.

Συγκοινωνία: Τα λεωφορεία του ΚΤΕΛ και τα ταξί του νησιού μας είναι στη διάθεσή σας 24 ώρες το 24ωρο. Μπορείτε να κινηθείτε σε όλες τους παρατηρητήρια μέσα στην Παροικία δωρεάν, αξιοποιώντας τη Δημοτική Συγκοινωνία που εκτελείται με το δημοτικό υπηρεσιακό λεωφορείο.

Νερό: Το νησί μας διαιθείται αριστερά, φυσικά, καθαρό νερό. Παρακαλούστε το, αλλά σας παρακαλούμε, μην το σπαταλάτε.

Περιβάλλον: Είναι το πρώτο νησί του Αιγαίου, στο οποίο γίνεται συστηματική ανακύκλωση. Ο Δήμος ενθαρρύνει τους κατοίκους να χρησιμοποιούν δυναμικά ηλεκτρικές και υδραυλικές μεθόδους, για την αντιμετώπιση της ανθρώπινης κατασκευής.

Καθαρότητα: Διατηρούμε την καθαρότητα, καθαροδιακονία, με την προδιαγραφή ότι όλο το καλοκαίρι γίνεται. Ο Δήμος χρησιμοποιεί πλυντήρια κάδων, ηλεκτρικά κάδω και καθαρόδια, για την καθαρότητα των περιοχών και των χωριών.

Υγεία: Εκτός από το Πράσο, Κέντρο Υγείας και το όριστο ιατρικό, νοσηλευτικό και λοιπό προσωπικό, η Πάρος απέκτησε πρόσφατα δικό της υγειονομικό αεροπορικό, για κάθε επείγουσα ανάγκη Δημοτών και Επισκεπτών.
6 λόγοι για να κοιμόμαστε πολύ

Τα οφέλη του ύπνου

1. Η έλλειψη ύπνου μπορεί να προκαλέσει παχυσαρκία. Πολυάριθμες μελέτες τα τελευταία χρόνια έχουν δείξει ότι όσοι κοιμούνται 8 ώρες ή περισσότερες κάθε βράδυ είναι πιο αδύνατοι απ’ ό,τι όσοι κοιμούνται 5 ώρες ή λιγότερο. Μία από αυτές έγινε στο Πανεπιστήμιο Case Western Reserve, στο Οχάιο, μεταξύ 70.000 επελοντιών και έδειξε ότι όσοι κοιμούνταν λιγότερες από 5 ώρες κάθε βράδυ, είχαν 33% περισσότερες πιθανότητες να γίνουν παχύσαρκες μέσα σε 15 χρόνια.

2. Ο ύπνος «φιλάει» καλές ιδέες. Ο ένας από τους τρεις ανθρώπους έχει τις πιο δημιουργικές ιδέες του όταν βρίσκεται στο κρεβάτι του, σύμφωνα με πρόσφατες βρετανικές μελέτες.

3. Ο ύπνος χαρίζει μακροζωία. Ερευνητές από το Πολυεθνικό Πανεπιστήμιο της Τουρκίας πιστεύουν ότι οι γυναίκες ζουν περισσότερο από τους άνδρες επειδή κοιμούνται πιο πολύ και πιο βαθιά.

4. Την ώρα του ύπνου επιλύονται πολλά προβλήματα. Ερευνητές από το Πανεπιστήμιο του Λέιμπεκ, στη Γερμανία, διαπίστωσαν ότι οι άνθρωποι που κοιμούνται πριν λύσουν ένα πάζλ, τα καταφέρνουν πολύ καλύτερα απ’ ό,τι δεν κοιμούνται. Ο ύπνος είναι ο ένας εκ των μεγαλύτερων διδάκτων της ζωής!

5. Ο ύπνος μπορεί να προστατεύει από τον καρκίνο. Ερευνητές από το Πανεπιστήμιο Στάνφορντ, στην Καλιφόρνια, πιστεύουν ότι ο ύπνος αλλάζει την ομορφική ισορροπία του σώματος, επηρεάζοντας την βιολογική του ένζυμη.

6. Ο ύπνος βελτιώνει την μνήμη. Επιστήμονες από το Πανεπιστήμιο του Σικάγου διαπίστωσαν ότι οι εβαζοντες τους που το βράδυ δεν μπορούσαν να θυμήθηκαν μια ακριβής ερωμένους που είχαν απομηνυμένης, τους θυμόμασταν πολύ καλά το επόμενο πρωί, εφ’ όσον βεβαιώθηκαν κοιμηθεί.
**ACTIVITY 1**

1.1 Read the text below and choose the best answer (A, B, or C) for item 1.

1. This text focuses on
A. places in Helsinki worth visiting.
B. Historic buildings all over Finland.
C. Finnish architecture.

---

**Escape to Helsinki - six reasons to go**

**Introduction**
The Finnish capital is a strange and beautiful city where office workers relax in company saunas and locals say that swimming in frozen lakes is good for you. The cityscape blends centuries of Swedish and Russian influence with the Finns’ own wonderful gift for design.

**A. Senate Square**
The heart of Helsinki is centred around Senate Square where the pale green and white cathedral towers over the rooftops. It is a square rich in history and is sometimes used for public events such as concerts, open markets and parades. The Russian-style square was designed by Carl Engel in the mid-1800s when Finland was still part of the Russia Empire.

**B. Museum of Contemporary Art**
Finland is a powerhouse of art and design and this museum houses a fantastic collection of Finnish and international works.

**C. Soumenlinna fortress**
A short bus ride beyond the docks stands this mighty island fortress which has guarded Helsinki harbour since the 18th century. There are historic buildings and museums to visit.

**D. Uspensky Cathedral**
Finland is where East meets West and the best illustration of this is this Orthodox cathedral whose onion-shaped domes add an exotic element to the skyline.

**E. Yrjönkatu Swimming Hall**
A good steam bath is a national passion, with one sauna for every three Finns. The magnificent architecture of the baths dates back from the 1920s. Swimming costumes are optional.

**F. WIN A HOLIDAY WITH QUICKJET**
Go to timeout.com/quickJet

Answer the question: Name the island fortress which guards Helsinki harbour and you could win return flights to Helsinki, for you and friend. QuickJet winter schedules on sale now!

1.2 Read the text again and choose the best answer (A, B, or C) for items 2-3.

2. The architecture in Finland
A. is a mixture of styles.
B. is the work of foreigners.
C. has influenced other countries.

3. What is the purpose of Soumenlinna fortress today?
A. It protects the country from attack.
B. It is an art gallery.
C. It is a tourist attraction.
1.3 There are five sentences (12-16) missing from the text above. Match each sentence with the correct paragraph (A-F).

4. The inside of the church is just as atmospheric, filled with icons and Byzantine style paintings of the saints.
5. There are separate times for women bathers.
6. You will also get the chance to stroll the now peaceful castle walls, and watch the beautiful sunset.

ACTIVITY 2

Match the underlined words in the text below (items 7-11) with a word that has a similar meaning in this context (options A-G). There are two options you do not need.

A. lasts  B. continues with  C. pass  D. go to  E. wish  F. take  G. search

British Education: a quick guide

Primary education begins in the UK at the age of five and continues until age 11. These schools are mixed – girls and boys (7) attend the same school. Secondary school lasts for five years (from age 11 to 16). Between the age of 11 and 14 students do not (8) sit for any public examinations. These schools may be either single-sex (just boys or girls) or mixed (both boys and girls). A student automatically progresses to the next level or year and does not repeat the year even if the student has failed his or her examinations. When students complete their secondary education they can choose further education or they can leave school and (9) look for a job. Further education means students prepare for their A-Level exams. These are qualifications for students who (10) plan to go to college or University.

A British bachelors degree normally (11) takes three years to complete and most are awarded at honours level. Examples of first degrees are: BA (Bachelor of Arts), BEng (Bachelor of Engineering), and BSc (Bachelor of Science).
ACTIVITY 3

Read the text and for each gap (12-16) choose the best option (A-F). Use each option once only. There is one option you do not need.

<table>
<thead>
<tr>
<th></th>
<th>A. contains</th>
<th>B. causes</th>
<th>C. tastes</th>
<th>D. does</th>
<th>E. helps</th>
<th>F. avoids</th>
</tr>
</thead>
</table>

**Sweet News for Chocoholics**

Good news for chocoholics. The treat loved by millions not only (12) _______ delicious but, according to the latest research findings, it also (13) _______ you good. The reason for this is that chocolate (14) _______ certain substances such as flavonoids that are good for your heart; they also help to cut down blood clotting which (15) _______ heart attacks. ‘Research indicates that eating chocolate can have a positive effect on health’, said Dr. Carl Ritter of the University of New York. ‘Research shows that cocoa is a bit like aspirin: it (16) _______ reduce heart attacks’. The Conference on diet and health begins this Saturday in New York at the Rockefeller Center.

ACTIVITY 4

Read the text below about food and decide if each statement below (items 17-24) is True (A) False (B) or Not Stated (C).

<table>
<thead>
<tr>
<th></th>
<th>A: TRUE</th>
<th>B: FALSE</th>
<th>C: NOT STATED</th>
</tr>
</thead>
<tbody>
<tr>
<td>17. People do not just eat to survive.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18. Meals bring people together.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19. There is one essential nutrient.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20. Water keeps body temperature down.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21. Dietary fibre is found in water and plants.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22. Dietary fibre lowers your blood pressure.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23. We should eat different kinds of food.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24. We should all eat less.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Everybody has to eat and drink. But for most people food isn't just a matter of survival. Sharing food brings friends, family and colleagues closer. One way or another, food is an important part of our lifestyle. Food contains five groups of nutrients – proteins, fats, carbohydrates (starches and sugars), vitamins and minerals. Each of them is essential. The body uses the nutrients to provide itself with energy, to help it grow, to help digestion and control body temperature.

Water and dietary fibre are also important. Water is essential for health. But what is dietary fibre? It is a mixture of substances found only in plants. Some types help food pass more quickly through the intestines, some may help to lower blood cholesterol.

You need nutrients in the right amounts to grow and enjoy good health. The best way to balance your diet is to eat a wide variety of foods.

What you eat and when is part of your way of life. Most people in western Europe have enough to eat and drink. Some people even eat too much. Others have 'unbalanced' diets, which often means too much fat and sugar or too little fresh fruit and vegetables.
ACTIVITY 5

5.1 Read the text below quickly and choose the best answer (A, B, or C) for items 25-26.

25. This aim of this text is to
   A. persuade.  
   B. inform.    
   C. entertain.

26. The most suitable heading for this extract would be
   A. English Spelling.  
   B. The Development of Printing.  
   C. British and American English.

Both native English speakers and non-native speakers find the spelling of English one of its most difficult characteristics. The English spelling system is not based on a phonetic link between sounds and letters, as is the spelling of Spanish and certain other languages. Instead, English spelling is affected by the historical development of the language. Some words are pronounced in several different ways; similarly, different combinations of letters can produce the same pronunciation.

The six different pronunciations of *ough* provide an outstanding example of the differences between spelling and pronunciation, as in *bough*, *cough*, *thorough*, *thought*, *through*, and *rough*. The spellings come from a time when *gh* represented a sound that was pronounced. Another difference is the many different spellings of the *sh* sound, as for example in *anxious*, *fission*, *fuchsia*, and *ocean*.

The link between sound and spelling in English is not phonetically exact for two main reasons. First, spelling changes did not keep pace with changes in the sound system after the development of printing and of conventions for spelling. For example, the *k* in *knife* and the *gh* in *right* come from the Middle English period (from about 1100 to about 1500), when they were pronounced as separate sounds. Second, there are some spelling conventions that are based on other languages. For example, during the 16th century the *b* was inserted into the word *doubt* (formerly spelled *doute*). This reflected the Latin word, *dubitare*, even though the *b* was not pronounced in English.

Two further influences contributed to the illogical system of spelling. When books began to be printed in England, the newly invented spelling system was undermined because nearly all the early London printers were foreign. They were usually paid by the line and often inserted additional letters into words to earn more. They regularly also added extra letters to the last word of a line to make the whole text look neater. Many of their spelling errors eventually became accepted English spellings. When Samuel Johnson wrote the first English dictionary in 1755, he did not try to reform the system or make it simpler. Instead, he based it on the printed material that was available at the time. As a result, most of the errors that were common at the time became accepted as correct.

There have been many attempts to reform English spelling. The author and playwright George Bernard Shaw proposed a completely new alphabet, but this had very limited success. American English has developed some of its own spelling conventions, largely as a result of the work of spelling reformer Noah Webster. Webster attempted to remove some of the irregularities from the English spelling system and distance American English from British English. Nevertheless, the system as a whole remains particularly complex, and English is widely regarded as having the worst spelling of any language in the world.
5.2 Read the text again and choose the best answer (A, B, or C) for items 27-34.

27. What has made English spelling so complicated?
   A. It has more letters than sounds.  
   B. Its history.  
   C. Its similarities with Spanish.

28. The example of the words ending in 'ough' is given to show that
   A. spelling is less difficult than it appears.  
   B. there is no reason for unusual spellings.  
   C. the same letters can be pronounced in different ways.

29. After the Middle English period
   A. English pronunciation began to change.  
   B. Latin became less important.  
   C. spelling began to reflect the way people spoke.

30. The unusual spelling of English words shows an influence of
   A. change in the sound system only.  
   B. printing conventions only.  
   C. other languages as well.

31. Printed books often contained unusual spellings because the printers
   A. lived in London.  
   B. added extra letters to get more money.  
   C. mainly spoke Latin.

32. In his dictionary, Samuel Johnson tried to
   A. make spelling easier.  
   B. correct the printers' errors.  
   C. show how words were actually spelled.

33. George Bernard Shaw and Noah Webster
   A. were both successful playwrights.  
   B. worked together in London.  
   C. wanted to make spelling simpler.

34. Overall, the writer seems to feel that English spelling is
   A. amusing and interesting.  
   B. unnecessarily complicated.  
   C. clear and logical.

**ACTIVITY 6**

The following texts come from magazines, newsletters and emails from different clubs and societies. For items 35-40, match the texts with the appropriate club or society (options A - G). There is one option you do not need.

<table>
<thead>
<tr>
<th></th>
<th>A. A reading club</th>
<th>B. A photography club</th>
<th>C. A drama club</th>
<th>D. A cookery club</th>
</tr>
</thead>
<tbody>
<tr>
<td>E.</td>
<td>A horse riding club</td>
<td>F. A sub-aqua club</td>
<td>G. A football club</td>
<td></td>
</tr>
</tbody>
</table>

35. As the Governing body for underwater activities in the UK, the club provides a training programme for divers and instructors and safety advice tailored to safe enjoyment of the sport in the UK and throughout the world.

36. On Monday morning please arrive promptly with your pony tacked up by 9.00 a.m. You should leave the pony in your trailer, find out where you stable will be and in which ride you will be.

37. The summer exhibition was once again a great success, and our thanks to all of you who sent in pictures or helped with the refreshments on the day. The winner of the 'Best portrait' competition was Jenny Wright, whose image of a shepherd under an olive tree was highly praised by all of the judges.

38. Just a quick reminder that our next meeting is at Anita Lawson's house, starting at 8 p.m. She has chosen the new Ian Rankin novel, so please make sure you've finished it so we can all contribute to the discussion. P.S. If anyone needs directions to Anita's, please get in touch.

39. Thank you all for your hard work this term and your wonderful performance last night. We have had lots of very positive feedback, so well done. Rehearsals for the next play will begin in the first week of term, so in the meantime, have a great summer holiday.

40. The youth team's game at Holbeach United has fallen foul of the weather after heavy rain in the region. The first team fixture at Kettering has also been postponed and the terrible summer this country is experiencing has led to scores of games being called off due to waterlogged pitches.
### ACTIVITY 7

Read the text, and decide which part of the text (A-G) refers to the statements (41-45) below. There are two options you do not need.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>41.</td>
<td>This is a spot, where you can eat outdoors.</td>
</tr>
<tr>
<td>42.</td>
<td>Here you can find updated information on an every day basis.</td>
</tr>
<tr>
<td>43.</td>
<td>This is the starting point of a path, where you can enjoy works of art displayed outside.</td>
</tr>
<tr>
<td>44.</td>
<td>This spot is particularly suitable for people with disabilities.</td>
</tr>
<tr>
<td>45.</td>
<td>This place is designed to appeal to people with young children.</td>
</tr>
</tbody>
</table>

---

**FOREST OF DEAN tour guide 2010**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A. Nagshead Nature Reserve</strong></td>
<td>A small car park serves the Nature Reserve, which is a joint project with the RSPB. A daily bulletin board lets you know which species of birds may be seen in the locality.</td>
</tr>
<tr>
<td><strong>B. Wenchford</strong></td>
<td>The Blackpool Brook trickles through this picnic site which is very popular in the summer months when the oak trees provide dappled shade.</td>
</tr>
<tr>
<td><strong>C. Cyril Hart Arboretum</strong></td>
<td>Near Speech House, the collection started in 1910. There is a trail for the visually impaired and the level paths make the arboretum ideal for less able visitors and wheelchair users.</td>
</tr>
<tr>
<td><strong>D. Edge End</strong></td>
<td>On the north western edge of the forest, there are panoramic views of the surrounding countryside towards Wales. Access is up a steep rough path and is not suitable for everyone.</td>
</tr>
<tr>
<td><strong>E. Symonds Yat Rock</strong></td>
<td>Lots to see and do at this internationally famous point. Nearby cliffs soar above the valley of the River Wye 120m below. Opportunities to follow waymarked walks. Site of Iron Age fort.</td>
</tr>
<tr>
<td><strong>F. Speech House Woodland</strong></td>
<td>Almost opposite the most famous building in the Forest of Dean is the Speech House. It was built in 1676, by the King, as a 'court' where local people could have their say. You may join the circular Sculpture Trail here.</td>
</tr>
<tr>
<td><strong>G. Beechenhurst</strong></td>
<td>Formerly the site of Speech House colliery, it is now the ideal base for a family day out – adventure play area, flat games area, refreshments, gifts and information available at the Lodge.</td>
</tr>
</tbody>
</table>
ACTIVITY 8
Fill in the gaps in items 46-50 with the best option (A-F). Use each option only once. There is one option you do not need.

<table>
<thead>
<tr>
<th></th>
<th>A. a hand</th>
<th>B. a lift</th>
<th>C. alive</th>
<th>D. out of track</th>
<th>E. a long time</th>
<th>F. right</th>
</tr>
</thead>
</table>
46. That's far too much work to do all by yourself. I'll give you ______________.
47. You couldn’t give me ________ to the station, could you? My car's at the garage.
48. This is a big project and it's going to take ____________ to finish it.
49. We must take a map because it's very easy to get ____________.
50. The first part was dull, but the play really came ____________ after the interval.

ACTIVITY 9
Change the words in Column A so that they can complete sentences 51-55 in Column B below.

<table>
<thead>
<tr>
<th>COLUMN A</th>
<th>COLUMN B</th>
</tr>
</thead>
<tbody>
<tr>
<td>survival</td>
<td>51. The __________ of the crash were rushed to hospital.</td>
</tr>
<tr>
<td>contains</td>
<td>52. Pour the __________ of the tin into the saucepan.</td>
</tr>
<tr>
<td>grow</td>
<td>53. Coffee is __________ in more than 50 countries!</td>
</tr>
<tr>
<td>health</td>
<td>54. Do you lead a __________ life?</td>
</tr>
<tr>
<td>wide</td>
<td>55. Spanish culture is __________ known for Flamenco music and dance.</td>
</tr>
</tbody>
</table>

ACTIVITY 10
Think of ONE word that can go with BOTH sentences (56-60) in each set. The first letter of the word is given.

56. a) Don’t delay. It’s best to s________ while the iron is hot. It might be too late tomorrow.
b) The port workers are threatening to come out on s________ over pay and conditions.
57. a) The band’s songs have all been huge h________ with teenagers.
b) On average, their website gets a thousand h________ a week.
58. a) She studied f________ arts and music at London University.
b) I felt a bit dizzy this morning but I feel just f________ now.
59. a) We had h________ hopes and expectations of her and she hasn’t disappointed us.
b) I think it’s h________ time you got your hair cut.
60. a) Let’s r________ our sleeves up and get down to work.
b) We need another r________ of wallpaper to finish decorating the living room.
ACTIVITY B1.1

You have decided to enter a writing contest about favourite places that is organised every month by a magazine for young learners of English. Last month your friend, Kostas, won the competition. Using his text as a model, write your own (80 words) describing your favourite island and explaining why you like it. Sign as Alex (not with your real name).

My favourite place

My favourite place is Parnassos. It is only a 2-hour drive from Athens and it has one of the biggest and best-organised ski centres in Greece. I like Parnassos because the view from the top of the mountain is breathtaking, with snow-covered hills and lots of greenery. I also like the ski centre because there is a ski school there and even people who have never tried skiing can learn how to do it. It’s not surprising that Parnassos is so popular among tourists!

Kostas

ACTIVITY B2.1

Last month you spent two weeks at a friend’s house abroad. Using the hints below, write a letter (100 words) to your friend, thanking him/her for his/her hospitality, and referring to what you enjoyed most during your stay. End your letter by inviting him/her to your country. Sign as Jean (not with your real name).

HINTS

✓ Museums
✓ Restaurants
✓ Festivals – events
Imagine you are an active ecologist and your English friend, John, has recently decided to ‘go green’. Using ideas from the text below (the column on the left), write an email message (80 words) to your friend informing him about what to do to protect the environment. Sign as Sam (not with your real name).

ACTIVITY B1.2

Imagine you are an active ecologist and your English friend, John, has recently decided to ‘go green’. Using ideas from the text below (the column on the left), write an email message (80 words) to your friend informing him about what to do to protect the environment. Sign as Sam (not with your real name).

ACTIVITY B2.2

‘Mother Earth’, a magazine about ecology, has invited readers to write articles to be published in the next issue which will be related to the environment. Using ideas from the text above (the column on the right), write an article (100 words) making suggestions on what people can do to save energy.
ACTIVITY 1

Listen to items 1-4 and choose the best photo (A-F). There are two photos you do not need.


A. Dad turning 30, Sandy turning 1
B. With the cast on his leg
C. Ted’s broken arm doing better
D. Billy and Leo hiding from mum
E. Grandma at Christmas
F. Grandpa with friends

Listen again and check your answers.
**ACTIVITY 2**

Read items 5-7. Listen and choose the best answer (A, B, or C) for each item.

5. What do you think the relationship between Tom and John is?
   - A. They’re employer-employee.  
   - B. They’re close friends.  
   - C. They’re father and son.

6. Why’s Tom calling John?
   - A. To apologize.  
   - B. To complain.  
   - C. To tell him good news.

7. What exactly is this message about?
   - A. Tom’s been accepted at University.  
   - B. Tom’s had an accident.  
   - C. Tom’s going to move to New York.

Listen again and check your answers.

**ACTIVITY 3**

Read items 8-10. Listen and choose the best answer (A, B, or C) for each item.

8. The speaker is telling us about
   - A. his life in New York.  
   - B. the way in which he works.  
   - C. how to write a speech.

9. The speaker, who’s the creator of the cartoon Snoopy, had a dog that
   - A. didn’t look anything like Snoopy.  
   - B. inspired him to create Snoopy.  
   - C. was called Snoopy.

10. The man being interviewed used to have a special interest in
    - A. primitive people.  
    - B. animals.  
    - C. the natural world.

Listen again and check your answers.

**ACTIVITY 4**

Read items 11-15. Listen and choose the best answer (A, B, or C) for each item.

11. Women’s magazines have been an object of
    - A. negative comments.  
    - B. dissatisfaction.  
    - C. discussion.

12. Peppermint Patty believes that
    - A. women’s accomplishments should be commemorated.  
    - B. women’s achievements are less important nowadays.  
    - C. women achieve great things if only given the opportunity.

13. The speaker doesn’t buy women’s magazines any longer because
    - A. she thinks they belittle women.  
    - B. she’s no longer interested in fashion.  
    - C. she finds them too expensive.
14. Does Kate Saunders agree with the previous speakers?
   A. She fully agrees with them.
   B. She sympathizes, but disagrees.
   C. She thinks they’re too idealistic.

15. What’s Kate Saunders connection to women’s magazines?
   A. She owns several.
   B. She buys lots of them.
   C. She works for them.

Listen again and check your answers.

**ACTIVITY 5**

Listen and fill in items 16-20 with the right word.

<table>
<thead>
<tr>
<th>QUESTIONS</th>
<th>ANSWERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>16. What is the speaker talking about?</td>
<td>An experience she had when she was very ______.</td>
</tr>
<tr>
<td>17. How come she remembers it vividly?</td>
<td>Because the experience was very ______.</td>
</tr>
<tr>
<td>18. Where did the incident take place?</td>
<td>In her ______.</td>
</tr>
<tr>
<td>19. What happened exactly?</td>
<td>She fell and split her ______ open.</td>
</tr>
<tr>
<td>20. What was she doing as the doctors were stitching her up?</td>
<td>She was spitting and ______.</td>
</tr>
</tbody>
</table>

Listen again and check your answers.

**ACTIVITY 6**

Listen and fill in items 21-25 with the right word.

<table>
<thead>
<tr>
<th>QUESTIONS</th>
<th>ANSWERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>21. What’s the speaker’s profession?</td>
<td></td>
</tr>
<tr>
<td>22. What’s the speaker looking for?</td>
<td></td>
</tr>
<tr>
<td>23. Who’s the speaker talking about?</td>
<td></td>
</tr>
<tr>
<td>24. What’s the speaker referring to?</td>
<td></td>
</tr>
<tr>
<td>25. What sort of surprise is the speaker talking about?</td>
<td></td>
</tr>
</tbody>
</table>

Listen again and check your answers.
Unusual scenes

1. People with snakes.
2. Elephant and car.
3. Car crash.
4. Dog lying on fish.
5. Lion and tent.
6. Modified car.
People shopping

7

8

9

10

11

12
Noise pollution

ΘΑ ΚΟΥΦΑΘΟΥΜΕ!

Τι είναι η πτώση επαρκούς κατανέμονη; Είναι μια μορφή πράξης που προέρχεται από τις αλυσίδες της κοινωνίας και είναι πολύ επικίνδυνη λόγω της πολυπώρης πλάτης που προκαλεί σε ανθρώπους που έχουν την άσκηση της πτώσης επαρκούς κατανέμονη.

Οι κύριες πηγές ηπατικής επαρκούς κατανέμονης είναι:
- Τα μέσα μεταφοράς
- Οι βιομηχανικές και βιοτεχνικές εγκαταστάσεις
- Οι εγκαταστάσεις αναψυχής και διασκέδασης
- Οι οικιακές ασυνεπείς

Σεκουφάθηκε και η τριανταφυλλιά μου!
Δεν υποφέρει μόνο ο άνθρωπος από την ηπατική επαρκούς κατανέμονη. Πληττόμαστε οι υπόλοιποι, ζωικοί και φυτικοί. Ενδιάμεσα τα φυτά, αντιδρώνοντας στις υψηλές συχνότητες, χάνουν τα ψύκα τους. Από τις μελέτες σε πειραματοζώνα, έχει καταγραφεί ότι τα ζώα υποφέρουν όταν οι άνθρωποι ορισμένες τιμές πολλαπλασιάζονται.

Η πτώση επαρκούς κατανέμονης μας αρρωστάινε
- Γιατί προκαλεί βλάβες στην ακοή μας
- Διατεράσσει τον ύπνο μας
- Αυξάνει την πίεση και την ταχυπνολογία
- Δημιουργεί προβλήματα όρασης
- Προκαλεί πονοκεφάλια, αυτινίες και στομαχικές κράμπες

Κι ύστερα λέει ότι δε διαβάζω
Επιστημονικές έρευνες έδειξαν ότι, εξαιτίας της ηπατικής επαρκούς κατανέμονης, οι μαθητές μπορεί να εμφανίσουν: αφηρημάδα, επιθετικότητα, δυσκολία στην επίλυση προβλημάτων, εύκολη παραίτηση, χαμηλότερες σχολικές επιδόσεις σε εξετάσεις.

Πώς μπορούμε να αντιμετωπίσουμε την ηπατική επαρκούς κατανέμονη;
- Με την ηπαρατική επαρκούς κατανέμονη
- Εξελίχθηκε το θόρυβο από τις εξατμίσεις και τα μέσα μεταφοράς
- Με τη μεταφορά των οργανισμών εκτός πόλης.

Η λύση για τη μείωση των θορύβων όμως εξαρτάται και από μας τους ίδιους. Δε φτάνει απλώς να κλείνουμε τα αρτά μας στην ηπατική επαρκούς κατανέμονη, αλλά πρέπει και να μην την πολλαπλασιάζουμε.

ΟΙ ΕΡΕΥΝΗΤΕΣ, Η ΚΑΘΗΜΕΡΙΝΗ, 2008
To Μέγαρο για τους Νέους

Κυριακάτικες Εκδηλώσεις για ΝΕΟΥΣ και ΠΑΙΔΙΑ

ΚΥΡΙΑΚΗ ΠΡΩΙ ΣΤΟ ΜΕΓΑΡΟ 11.30 π.μ.

Το Μέγαρο Μουσικής Αθηνών διοργανώνει, για δέκατη έκτη συνεχή χρονιά, τη σειρά των κυριακάτικων εκδηλώσεων που απευθύνονται κυρίως σε νεανικό κοινό.

Τα πρωινά της Κυριακής (11.30 π.μ.) στις Αίθουσες του Μεγάρου Μουσικής πραγματοποιούνται συναυλίες με δημοφιλή έργα και με στόχο την εξοικείωση των παιδιών και των νέων με τον υπέροχο κόσμο της μουσικής.

Οι κυριακάτικες συναυλίες του Μεγάρου Μουσικής προσφέρονται σε πολύ χαμηλές τιμές

ΔΩΡΕΑΝ ΕΙΣΙΤΗΡΙΑ ΓΙΑ ΝΕΟΥΣ ΠΟΥ ΖΟΥΝ ΕΚΤΟΣ ΑΘΗΝΩΝ

Για ένατη χρονιά φέτος το Μέγαρο Μουσικής προσφέρει ΔΩΡΕΑΝ ΕΙΣΙΤΗΡΙΑ στα Κυριακάτικα Πρωινά και σε άλλες επιλεγμένες παραστάσεις σε μαθητές, σπουδαστές και φοιτητές που ζουν εκτός Αθηνών. Τηρείται αυστηρά η προτεραιότητα της κράτησης.

Φθηνότερα εισιτήρια για νέους και σπουδαστές

Στην προσπάθεια του να φέρει τη μουσική κοντά στους νέους, το Μέγαρο Μουσικής Αθηνών τους προσφέρει σε τιμές φοιτητικές τα αδιάθετα εισιτήρια κάθε παράστασης.

Η φοιτητική τιμή ισχύει για φοιτητές, σπουδαστές και παιδιά ή νέους 8-18 ετών, και σε όλες τις ζώνες, ανάλογα με τα υπάρχοντα εισιτήρια.

Σε περίπτωση παιδιών κάτω των 15 ετών η ειδική τιμή ισχύει επίσης για έναν συνοδό.

Την ημέρα της παράστασης που θέλετε να παρακολουθήσετε, τηλεφωνήστε μετά τις 10 το πρωί στο 210 7282333 για να πληροφορηθείτε σχετικά με τη διαθεσιμότητα των εισιτηρίων.

Η πώληση των εισιτηρίων αρχίζει το απόγευμα της παράστασης, ώρα 6 μ.μ.

ΠΛΗΡΟΦΟΡΙΕΣ και στο site:

www.megaron.gr
ACTIVITY 1

1.1 Read the text below and choose the best answer (A, B, or C) for item 1.

1. The text was written to be read by
   A. the organisers.  B. the performers.  C. the general public.

VIVID AND UNIQUE

LONDON'S NOTTING HILL CARNIVAL

Notting Hill Carnival is London's liveliest celebration of diversity, colour and sound.

Originally started in 1964, and inspired by the Trinidad Carnival, the Notting Hill Carnival has grown into an international event which remains true to its Caribbean roots. Over the last four decades, it's become a mixture of various cultural and musical traditions that come together in modern West London streets.

Today it's Europe's largest street festival with thousands of visitors enjoying live bands, street food, dancing and much more. And this year it is going to be bigger and better than ever.

Notting Hill Carnival Code

Please remember:
- Set a meeting place in case you lose family or friends – try not to rely on your mobile phone.
- Keep aware – pickpockets will be attracted to the large crowds.
- Check arrangements for your return journey before leaving for the Carnival – if you move around the area you may find that your return journey will be easier from another station or bus stop.
- Go with the flow of the crowd – don’t try and walk against it.
- Don’t bring your valuables or wear expensive jewellery.
- Keep your belongings with you at all times.
- Don’t carry too much cash or your credit cards.
- If you are travelling only a short distance, it may be quicker to walk.
- Arrange to meet friends and family before entering the Carnival area.

1.2 Read the text again and choose the best answer (A, B, or C) for items 2-6.

2. The first Notting Hill Carnival
   A. was held in Trinidad.  B. was organised by people from Trinidad.  C. had its roots in the Trinidad carnival.

3. The best way to avoid getting lost during the Carnival is
   A. agree on a place to meet.  B. to stay with your friends.  C. to use your mobile phone.

4. You should leave the Carnival from
   A. the same station as the one you arrived at.  B. the nearest station to where you are.  C. a different station from the one you arrived at.

5. Which the following is a risk for visitors to the Carnival?
   A. Spending too much money.  B. Being pushed by the crowd.  C. Having things stolen.

6. During the Carnival visitors
   A. should use only credit cards.  B. should avoid spending money.  C. should carry only a little money.
ACTIVITY 2

Read the texts about these audio books and for each gap (7-11) choose the best option (A-F). Use each option only once. There are two options you do not need.

A. in  B. by  C. for  D. from  E. through  F. into

ACTIVITY 3

Match the underlined words in the text (items 12-16) with a word or phrase (A-F) that has a similar meaning in this context. There is one option you do not need.

A. pass  B. give  C. had in common  D. plan  E. grown  F. trained

LaughterGym@laughterclubs.com

Laughter clubs have (12) spread all over the world and they have now reached Greece. Laughter Gym (Greece) finally opened its 1st club on 5th November 2008, in Marousi, Athens.

The club was started by Georgia and Dimitri Yiannakopoulou, who both (13) qualified as Laughter Yoga teachers in the USA. They have brought together a group of all ages and all participants that (14) shared one thing; they were all ready to spend an hour of laughing!

The members of the club (15) aim to organize laughter seminars and workshops all over Greece. Their main aim is to help people enjoy laughter. Besides, they also plan to encourage activities related to peace through laughter.

The club plans to organize volunteers to help old people and to (16) offer free Laughter Gym lessons to the unemployed and to immigrants.

We’re sure you will agree with our directors, Dr. Georgia and Dimitri Yiannakopoulou that laughter is the best medicine!

Call us now at 210 – 4535677 or send an email to: laughtergym@fastnet.gr
ACTIVITY 4

4.1 Read the text below and choose the best answer (A, B, or C) for item 17.

17. This text tells the reader that Danes
   A. do not feel stress.       B. feel disappointed.       C. are happy.

Nothing is rotten in the state of Denmark

Over the past 30 years, in survey after survey, this small nation of five and a half million people, the land that produced Hans Christian Andersen, nearly always beat the rest of the world in the happiness polls. It’s hard to understand why: the weather is only so-so, they are heavy drinkers and smokers, their Scandinavian neighbours, the Norwegians, are richer, and their other neighbours, the Swedes, are healthier. So it’s ironic that the unhappiest man in history, or at least theatre history, was the Prince of Denmark, Hamlet. Of course, Hamlet had every right to be unhappy. After all, his uncle murdered his father and married his mother. But Hamlet aside, what makes Danes so happy and why aren’t they miserable like so many of the rest of us? That’s a question that also intrigued Professor Kaare Christensen at the University of Southern Denmark. ‘If you ask people on the street where they think the happiest country in the world is, they’ll say, you know, tropical islands and nice places, like Italy or Spain. Places with nice weather and good food. But in Europe, they’re actually the most unhappy people,’ Dr. Christensen explains. So Christensen and a team of researchers tried to discover just why Denmark finds itself on top of the happiness polls.

After careful study, Christensen thinks he found the key to Danish anti-depression. ‘What we basically figured out was that although the Danes were content with their life, when we looked at their expectations they were pretty low’, he says. By having low expectations, one is rarely disappointed.

4.2 Read the text again and choose the best answer (A, B, or C) for items 18-20.

18. What does the author say about the Danes?
   A. They are healthy.       B. They are very positive.       C. They complain about the weather.

19. Christensen wanted to know
   A. why people felt miserable.       B. what makes people happy.       C. why Spain and Italy are popular.

20. Christensen’s research tells us that the Danes
   A. do not expect much from life.       B. expect to enjoy life.       C. get a lot out of life.

4.3 Read the text again and decide if the following statements (21-25) are True (A) False (B) or Not Stated (C).

<table>
<thead>
<tr>
<th>STATEMENTS</th>
<th>A: TRUE</th>
<th>B: FALSE</th>
<th>C: NOT STATED</th>
</tr>
</thead>
<tbody>
<tr>
<td>21. There has been little research into which countries are the happiest.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22. The writer doesn’t think much of the weather in Denmark.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23. Danes do not like smoking and drinking.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24. Professor Christensen doesn’t like the story of Hamlet.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25. Most people think the weather and food are important in happiness.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
ACTIVITY 5

5.1) Read the text below and choose the best answer (A, B, or C) for items 26-27.

26. The aim of the text is to
   A. make suggestions.  
   B. argue a point. 
   C. sell holidays.

27. The writer’s overall impression of Amsterdam is that it is
   A. expensive. 
   B. relaxing.  
   C. disappointing.

The capital of cool  
By Simon Kuper

Amsterdam has never really known great difficulties, but it owes its preservation to local campaigners. After the war there were plans to tear up the old city, build a proper metro system and a four-lane highway to the train station. US cities were the future then. But a group of young people successfully opposed the changes, and saved Amsterdam from the terrible fate of Brussels.

After lunch you might feel like a trip to a museum. Most famous is the Rijksmuseum, a gorgeous 19th-century building that looks almost exactly like the Central Station, possibly because it was built by the same architect. The full collection will not be on display until 2010 but you can still see a huge range of the Dutch masters and, of course, Rembrandt’s “Nightwatch”.

The essential thing to do for a perfect Amsterdam weekend is to rent a bike. Cycling will make you feel more as if you belong, but only if you do it right. Just get an old-fashioned, sturdy bike, probably stolen 20 times over the decades, and sit up straight. With jeans and a T-shirt, you will have the city’s equivalent of a sports car in Los Angeles or a bikini on Copacabana beach.

Now that you have your bike you can relax, and that is the whole point of coming to Amsterdam. The first thing to do is to find a café to eat breakfast – outdoors, preferably. Wherever you eat, it helps to realise that in Amsterdam you should expect poor service. The waiters and waitresses don’t mean to be rude, but they don’t understand the normal relationship between waiters and customers. In Amsterdam, nobody gets treated with respect.

After breakfast get back on your bike, which you should have locked to something that cannot easily be removed, such as a tree. Then you can cycle round the beautiful 17th-century canals. There is no need to look out for any particular house. There are almost no palaces or grand buildings, but all the ordinary buildings are lovely. Amsterdam was built by merchants, so wealth was widely spread, and it is almost perfectly preserved.

After lunch you might feel like a trip to a museum. Most famous is the Rijksmuseum, a gorgeous 19th-century building that looks almost exactly like the Central Station, possibly because it was built by the same architect. The full collection will not be on display until 2010 but you can still see a huge range of the Dutch masters and, of course, Rembrandt’s “Nightwatch”.

The rest of the afternoon and early evening can be spent touring the pretty streets beside the canals, and when night falls, you have to have Indonesian food. (You can get all kinds of surprisingly good European cuisine here but there is no point in coming to Amsterdam for that. It is much better in London or Paris or New York). There are plenty of quiet little places where you can order a rijsttafel (rice table), a Dutch invention that is a collection of many small dishes – it makes a perfect way to end a perfect day.

Over rijsttafel an Amsterdam friend said: “We live in an open-air museum where you can get everywhere by bike in five minutes. And there are trees too. What more could you want?”
5.2 Read the text again and choose the best answer (A, B, or C) for items 28-35.

28. The writer recommends getting about
   A. on foot.  
   B. by bicycle.  
   C. in a sports car.

29. Which crime appears to be relatively common in Amsterdam?
   A. Pick-pocketing  
   B. Shoplifting  
   C. Bicycle theft

30. The writer says that waiters and waitresses often appear to be
   A. lazy.  
   B. unhelpful.  
   C. over-attentive.

31. The city of Amsterdam
   A. is based on an American model.  
   B. was badly damaged during the war.  
   C. was not re-developed after the war.

32. The writer implies that Brussels
   A. was spoiled by development.  
   B. is more important than Amsterdam.  
   C. is more attractive than Amsterdam.

33. The main museum
   A. is similar to the train station.  
   B. will be finished in 2010.  
   C. has a disappointingly small number of paintings.

34. The writer suggests that visitors should eat at
   A. an American restaurant.  
   B. a French restaurant.  
   C. an Indonesian restaurant.

35. Which point does the writer’s friend NOT make about Amsterdam?
   A. It is beautiful to look at.  
   B. It is convenient to get around in.  
   C. It is cheap to live in.

ACTIVITY 6

For items 36-41, match the extracts from various leaflets and brochures with the businesses or organisations they are connected with (options A-G). There is one option you do not need.

<table>
<thead>
<tr>
<th></th>
<th>a coffee shop</th>
<th>an energy efficiency company</th>
<th>an environmental campaign organisation</th>
<th>a furniture shop</th>
<th>a wine merchant</th>
<th>a sailing school</th>
<th>a train company</th>
</tr>
</thead>
<tbody>
<tr>
<td>A.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>E.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>B.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>F.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>C.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>G.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

36. Free Home Delivery – Because you’ll have enough rushing around to do this Christmas, we offer FREE delivery on a mixed case of 12 bottles anywhere in mainland UK.

37. The perfect start to your day – Warm up for the day ahead with a frothy Cappuccino and a Star Linzer – a double fluted shortbread biscuit sandwich filled with seedless raspberry jam and icing.

38. If you have any questions or queries, please contact staff at your local station ticket office.

39. Joining us is the most effective way for you to protect your world. By giving as little as £3 a month, you can be part of our work to make politicians and companies take action.

40. Our centre is up to date with all the latest innovations and designs, and by improving and replacing equipment regularly, we maintain impressive fleets of both boats and windsurfers.

41. Heat moves towards cold. In the winter it’s drawn to cold glass to escape your home (see illustration below). In the summer, outdoor heat moves towards the windows of your air-conditioned home.
ACTIVITY 7

Read the article and choose the best answer (A, B, or C) for items 42-46 on the next page.

THE Journal, 10/27/10

RESEARCHERS TEST MOBILE PHONE GAMES

By Dian Schaffhauser

Researchers in the United States and China are exploring how games on mobile phones can be used to teach children the Chinese language. The results may help promote the idea of mobile phones as learning devices, especially in rural areas of China.

Computer scientists from Carnegie Mellon, the University of California, Berkeley, and the Chinese Academy of Sciences developed two mobile learning games inspired by traditional Chinese games that emphasize cooperative playing, songs, and handmade objects. The Chinese language is more complex than most other languages because it uses 6,000 characters, each corresponding to a syllable or word. One game, Multimedia Word, has the player recognize and write a Chinese character correctly, based on hints such as a sketch or photo. A second game, Drumming Stroke, has a group of players practice writing Chinese characters in turns; participants must write one then pass the mobile phone to the next player within the beat of a drum stroke of the character in the correct order, and then pass the mobile phone to the next player within the beat of a drum.

Initially, the games were tested with children in Xin'an, China. Later, the testing was done at a private school in Beijing. In both cases the games showed that students could improve their knowledge of Chinese characters.

‘We believe that the cooperative learning encouraged by the games contributed to character learning,’ said Matthew Kam, assistant professor in Carnegie Mellon’s School of Computer Science’s Human-Computer Interaction Institute and project director. ‘The results of our studies suggest that further development of these games could make inexpensive mobile phones important learning tools, particularly for children in underdeveloped rural areas.’

Despite their small screens and low computing power, Kam said, mobile phones could become a major educational resource as wireless carriers and mobile phone manufacturers extend sales into ever more rural areas of the globe.

The use of mobile phone-based games for teaching English literacy has also been investigated to rural children in India and Kenya.

42. The title is best completed with the phrase
   A. to learn more.       B. for quality.       C. to teach children.

43. The learning games have been designed according to

44. Chinese is a difficult language because it has
   A. complex vowels.    B. so many characters.  C. many letters.

45. Researchers say that mobile phones could become important

46. The use of mobile phones for the development of literacy has also been investigated
   A. in connection with poverty.  B. in other countries  C. by the Chinese.
ACTIVITY 8

Read this extract. For each gap in items 47-50 choose the best option (A-E). Use each option only once. There is one option you do not need.

A. admitted  B. fluttering  C. sorted  D. carried  E. breathtaking

I'm sitting in Paris and some butterflies are (47) ______ towards me. There are lots of them, and it feels as if I could allow one to land on my hand - but I can't, because they're not real. They are images on a TV and in perfectly clear 3D (three dimensions). They look life-sized and completely real.

People have been working on convincing 3D (without the silly glasses) for a long time and the results are (48) ______. This is not, however, on sale to the public at the moment as there are still some technical problems that need to be (49) ______ out.

Levent Onural, coordinator of a multinational group funded by the European Commission to develop the technology, told reporters that he believed 3D TV would be available in the relatively near future. Nevertheless, he (50) ______ that he did not know how consumers would behave, or whether the project would ever be commercially viable.

ACTIVITY 9

Change the words in Column A so that they can complete sentences 51-55 in Column B below.

<table>
<thead>
<tr>
<th>COLUMN A</th>
<th>COLUMN B</th>
</tr>
</thead>
<tbody>
<tr>
<td>WORDS FROM THE TEXT</td>
<td>STATEMENTS</td>
</tr>
<tr>
<td>different</td>
<td>51. What is the _____ between butter and margarine?</td>
</tr>
<tr>
<td>derive</td>
<td>52. A good dictionary will give you the meaning and the_____ of a word.</td>
</tr>
<tr>
<td>explain</td>
<td>53. Did she give you an _____ for her bizarre behaviour?</td>
</tr>
<tr>
<td>political</td>
<td>54. It is not _____ correct to talk about immigrants like that.</td>
</tr>
<tr>
<td>appeal</td>
<td>55. I didn't want to go to the exhibition – it didn't sound very _____.</td>
</tr>
</tbody>
</table>
ACTIVITY 10

Word puzzle. Complete the sentences (56-60) using ONE of the options in each pair. There is one option you do not need.

<table>
<thead>
<tr>
<th>A. hot/boiling</th>
<th>B. package/parcel</th>
<th>C. famous/notorious</th>
</tr>
</thead>
<tbody>
<tr>
<td>D. tall/high</td>
<td>E. tired/exhausted</td>
<td>F. difference/change</td>
</tr>
</tbody>
</table>

56. The resort is very __________, so there is guaranteed snow every winter.
57. I think I’ll have an early night – I’m feeling a bit __________.
58. I couldn’t control my anger yesterday. I was __________ inside!
59. Come whenever you like – it makes no __________ to me.
60. If you go on a __________ holiday, it can be cheaper than travelling independently.
ACTIVITY B1.1

Imagine you have just come back from your skiing holidays on a snowy mountain and have found a blog about holiday destinations. Using one of the texts posted on the blog as a model, write your own (80 words) describing the place you visited.

I have just come back from Santorini and I think everyone should visit it! Santorini, or what is left of an ancient volcano, is one of the most beautiful places in the world! The sunsets are unique and the beaches are amazing.
What I will never forget is the walk along the caldera (the volcano crater edge) from the capital, Fira, to the picturesque village of Oia! Also, the people of Santorini are warm and friendly and the food is absolutely delicious. Definitely go for the traditional ‘fava’ and the great wines produced on the island!

ACTIVITY B2.1

Imagine you are the owner of a small hotel on a beautiful Greek island. Write a text for a leaflet (100 words) promoting your hotel and explaining the reasons why tourists should choose to stay there. End your text by inviting them to come. The hints below will help you.

- Location (near the sea, spectacular view)
- Facilities (comfortable rooms, swimming pool, tennis court, electronic games room)
- Cost (reasonable prices, even at peak season)
**ACTIVITY B1.2**

Your American friend, Mary, has just installed an internet connection but has no experience with it. Using information from the text below (the column on the left) send her an email message (80 words) advising her on how to protect her privacy online. Sign as Jean (not with your real name).

---

**ACTIVITY B2.2**

Your pen-friend, Jack, spends too much time on the internet and you are worried about him. Use ideas from the right side of the text and send him an email message (100 words) informing him about what you did to protect yourself and your computer against online threats. Sign as Nick/Nicky (not with your real name).
**ACTIVITY 1**

Listen to items 1-4 and choose the best photo (A-F). There are two photos you do not need.

1. A.  
2. A.  
3. A.  
4. A.  

Listen again and check your answers.
ACTIVITY 2

Read items 5-7. Listen and choose the best answer (A, B, or C) for each item.

5. The speaker is talking about her memories in Australia
   A. as a child.  B. as a teenager.  C. as an adult.

6. What are her happiest memories from Australia?
   A. Being with her friends.  B. Summer holidays.  C. Her schooldays.

7. Why did she miss a year of school?
   A. She couldn’t speak English.  B. She had an accident.  C. Her grades were poor.

Listen again and check your answers.

ACTIVITY 3

Read items 8-10. Listen and choose the best answer (A, B, or C) for each item.

8. Who is the woman talking about?
   A. Her mother.  B. Her employer.  C. Her son.

9. What is the relationship between the speakers?
   A. Employer and employee.  B. Father and daughter.  C. Husband and wife.

10. This is a conversation between
    A. two teachers.  B. two students.  C. a teacher and student.

Listen again and check your answers.

ACTIVITY 4

Read items 11-13. Listen and choose the best answer (A, B, or C) for each item.

11. Dr Simpson is
    A. describing what cyberbullying is.  B. defending children who cyberbully.  C. intimidated by cyberbullying.

12. ‘Cyberbullying’ is
    A. entertaining.  B. a kind of harassment.  C. harmless.

13. In some parts of the world, schools have programmes to
    A. keep children occupied.  B. encourage competition.  C. fight against cyberbullying.

Listen again and check your answers.

Read items 14-15. Listen and choose the best answer (A, B, or C) for each item.

14. The Australian government
    A. is researching the origin of cyberbullying.  B. wants to find out how to reduce cyberbullying.  C. has programmes that promote safe internet use.

15. Children who have been cyberbullied
    A. are embarrassed to talk about it.  B. are scarred for life.  C. brag about the experience.

Listen again and check your answers.
**ACTIVITY 5**

Listen and fill in items 16-20 with the right word.

Where do you think the speakers are?

<p>| | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>16.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Listen again and check your answers.

**ACTIVITY 6**

Listen and fill in items 21-25 with the right word.

**EX.** Going to bed late.

21. ________ money.

22. ________ people move.

23. ________ children.

24. ________ books and CDs.

25. ________ people from the airport.

Listen again and check your answers.
In the park

1. People enjoying a picnic in the park.
2. Two women laughing while reading a book.
3. A clown entertaining a crowd of children.
4. People eating at tables under a shade tent.
5. People sitting on the grass watching a performance.
6. Children playing on a playground.
Waiting for something
Ωχ! Το κεφάλι μου!

Τα Σάββατα ή οι Δευτέρες
Επιδημιολογικές έρευνες δείχνουν ότι το Σάββατο είναι η πιο συνηθισμένη μέρα πονοκέφαλου. Οι επιστήμονες πιστεύουν ότι το σαββατοκύριακο μέρα τοποθετείται κατά ένα μέρος με τις αλλαγές στην καθημερινή μας ρουτίνα: Καθώς και καθυστερεί η προετοιμασία, με αποτέλεσμα να πέρσουν τα επίπεδα συχχύρου στο αίμα, ή δεν πίνουμε τόσους καφέδες όπως τις άλλες μέρες, οπότε αντιμετωπίζουμε το σύνδρομο έλλειψης καφεΐνης. Η δεύτερη πιο συνηθισμένη μέρα πονοκέφαλον είναι η Δευτέρα, με τους ειδικούς να πιστεύουν πως αιτία του πονοκεφάλου είναι οι αλλαγές στις ώρες όπου ο Σάββατοκυριακο καφέδες μέχρι αργά ενώ η Δευτέρα ξεπερνά νορίς.

H ΛΥΣΗ
Κρατήστε ένα πρόχερο ημερολόγιο για να βρείτε αν ο πονοκέφαλος σας ταλαιπωρεί κυρίως Σάββατο ή Δευτέρα. Σημειώστε επίσης τι ακριβώς κάνατε πριν αρχίσει ο πόνος (τι φάγατε, τι ήρετε, πόσα κοπήθηκατε). Αρφοι ενοποιήστε τις αιτίες, αλλάξτε τις συνήθεις που προκαλούν τον πονοκέφαλο.

Η τσίγλα
Το επίμονο και συνεχής μάστιγα τσίγλας μπορεί να προκαλέσει ένταση σε όλοκληρο το κεφάλι και να γίνει αιτία πονοκέφαλου. Το ιδίο μπορεί να συμβεί και αν στογγύετε το στόμα η τρίζετε τα δόντια σας όσο κοιμάστε.

H ΛΥΣΗ
Σταματήστε να μασάτε τσίγλα τόσο συχνά και παραπτήστε αν ο πονοκέφαλος σταματήσει. Επίσης, κλείστε ένα ραντεβού με τον οδοντίατρο σας που θα αναζητήσει τα σημάδια για την πιθανότητα να τρίζετε τα δόντια στον όπως σας.

Αν δεν ώθησε τους πονοκέφαλος ως μέρος της ζωής σας, βρείτε την αιτία και τσίγλετε τη στις ώρες της εφαρμόζοντας διακυμάνσεις και πρακτικές λύσεις.

Της Κατερίνας Μανουδάκη

H ΛΥΣΗ
Αν αντιμετωπίζετε τους πονοκέφαλους παιρνοντας κάθε εβδομάδα φάρμακα για δύο συνεχήμενες ήμερες ή και περισσότερο, τότε πρέπει να συμβουλευτείτε τον γιατρό σας για να σας προτείνει εναλλακτικές λύσεις και να σας ορίσει η συχνότητα και την ποσότητα των αναλγητικών που επιτρέπεται να χρησιμοποιείτε.

Τα συναισθήματα
Οι ενήλικες που καταπίεσαν και δεν εκφράζουν το θυμό τους υποφέρουν συχνότερα από πονοκέφαλος σε σχέση με εκείνους που το αφήνουν να εκτονευθεί.

Το Στρες
Μία από τις πιθανότερες αιτίες των συχνών πονοκέφαλων είναι οι συνέπειες το στρες στην καθημερινή μας ζωή. Όταν είμαστε στρες υποκειμενικοί έχουμε να φαμε, δεν νιώθουμε δίχα ή δεν κοιμάμε καλά και όλα αυτά μπορούν να προκαλέσουν έντονους πονοκέφαλους. Η κούραση του ματιών θεωρείται με τη σειρά της η δεύτερη σε συχνότητα αιτία για επίμονους πονοκέφαλους. Οπότε καλό είναι, αν αντιμετωπίζετε πρόβλημα, να αξιολογήσετε αρχικά στον οφθαλμίατρο.

H ΛΥΣΗ
Αν το να καταπιέσετε το θυμό σας αποδεικνύεται πρόβλημα, τότε προσπαθήστε να βρείτε εναλλακτικούς τρόπους διαχείρισης των συναισθημάτων σας (ασκήσεις αναπνοής, γιόγκα κλπ.).
Πότε, Πότε, Πότε:

- Μην σγκαταλείπετε ένα ζώο. Αν δεν μπορείτε να φροντίσετε σωστά ένα κατοικίδιο, μην το πάρετε.
- Μην αγοράζετε ένα εξωτικό ζώο ή ερπετό. Είναι άγρια πλάσματα και χρειάζεται να είναι ελεύθερα στο φυσικό τους περιβάλλον.
- Αν απουσιάζετε στη δουλειά σας όλη μέρα, ένας σκύλος δεν είναι το κατάλληλο κατοικίδιο για εσάς.
- Αν ο λόγος που θέλετε να πάρετε σκύλο είναι αποκλειστικά για την ανθρώπινη σας, τότε αγοράστε ένα καλό σύστημα συναγερμού -είναι φθηνότερο!!!
- Μην προσφέρετε ένα κατοικίδιο ως δώρο.
- Αν διαφωνείτε με τα καταστήματα κατοικίδιων που πουλάνε ζώα, αγοράστε το φαγητό του ζώου σας και τα αξεσουάρ από ένα ουσιαστικό και ικανό σύστημα που δεν πουλάει ζώα.
- Μην αγοράζετε ένα κατοικίδιο για το παιδί σας, εκτός κι αν είστε έτοιμοι να το φροντίσετε.
- Μην πετάτε τα κουτάβια και τα γατάκια σε σκουπίδια. Δεν είναι σκουπίδια.
- Μην χτυπάτε, τιμωρείτε, βασανίζετε ή κακομεταχειρίζεστε ένα ζώο. Να θυμάστε πάντα ότι τα ζώα αισθάνονται.

Αν πάρετε σκύλο:

- Μην τον αφήνετε να περιφέρεται ελεύθερα στη γειτονιά. Είναι πολύ επικίνδυνο για πολλούς λόγους.
- Μην τον αφήνετε σε ένα μπαλκόνι ή μια ταράτσα. Δεν είναι το κατάλληλο μέρος για να έχετε ένα σκύλο.
- Μην τον αφήνετε δημόσια. Βαριέται και υποφέρει από ψυχολογικά προβλήματα.
- Μην τον αφήνετε χωρίς φρέσκο πόσιμο νερό.
<table>
<thead>
<tr>
<th>Practice Test</th>
<th>5</th>
</tr>
</thead>
</table>

| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
ACTIVITY 1

1.1 Read the text and choose the best answer (A, B, or C) for items 1-2.

1. The writer
   A. gives detailed advice to UK visitors.
   B. compares British and German customs.
   C. explains how the English language works.

2. The writer is probably someone who has
   A. lived in England.
   B. moved to England.
   C. a family in England.

Politeness

By Willy Wiedenmyer

It’s really true what people say about English politeness: it’s everywhere. When squeezing past someone in a narrow space, people say ‘sorry’. When getting off a bus, English passengers say ‘thank you’ to the driver. In Germany, people would never dream of doing this: bus drivers are just doing their job!

I used to think the German way, until I was in Britain for a few years. I understood that there were more polite ways of treating people and I began to adopt some of those ways too!

When people buy something in a shop, both customer and shop assistant usually thank each other, twice or more. In Germany, it would be unusual to hear more than one ‘thank you’ in such a conversation. British students thank their lecturers when leaving the room. English employers thank their employees for doing their jobs, but Germans think that paying their workers money is already thanks enough!

But there is another side to British politeness. One word that comes to mind here is ‘artificial’. Although it is enjoyable to talk with friendly people, it has often made me wonder what the English really think. In fact, this confused me throughout my stay in England. Everyone at the University I attended seemed to like me and people in my class were kind and friendly but I found it hard to understand who was really my friend and who was ‘just being polite’.

I must say that British politeness is a little puzzling to me. For example, I often wonder why the English lose it when they drink too much. And then I think: maybe, drinking is a good excuse for being rude once in a while… After all, having to be polite all the time can be stressful, right?

1.2 Read the text again and choose the best answer (A, B, or C) for items 3-6.

3. The writer
   A. used to apologise a lot.
   B. feels more polite now.
   C. hates to be rude.

4. The writer says Germans, compared to the British,
   A. have bad manners.
   B. say ‘thank you’ less often.
   C. think more about money.

5. How do the English change when they drink too much?
   A. They become loud.
   B. They joke a lot.
   C. They are less polite.

6. The writer is confused by English politeness and wonders if
   A. it’s necessary.
   B. it causes tension.
   C. it’s overemphasised.
ACTIVITY 2

Read the information in the leaflet below and match the meaning of each underlined word (7-11) with options A-F. There is one option you do not need.

<table>
<thead>
<tr>
<th>A.</th>
<th>B.</th>
<th>C.</th>
<th>D.</th>
<th>E.</th>
<th>F.</th>
</tr>
</thead>
<tbody>
<tr>
<td>connected</td>
<td>influences</td>
<td>differs</td>
<td>cures</td>
<td>is caused by</td>
<td>seems</td>
</tr>
</tbody>
</table>

**What is dyslexia?**

Dyslexia is a specific learning difficulty that mainly (7) affects reading and spelling. Dyslexia is characterized by difficulties in processing word-sounds and by weaknesses in short-term verbal memory. Its effects may be observed in spoken language as well as written language. The current evidence suggests that this difficulty (8) arises from inefficiencies in language-processing areas in the left hemisphere of the brain which, in turn, (9) appears to be linked to genetic differences.

Dyslexia is life-long, but its effects can be minimised by literacy intervention, technological support and adaptations to ways of working and learning. Dyslexia is not (10) related to intelligence, race or social background. Dyslexia (11) varies in severity and often occurs alongside other specific learning difficulties, such as Attention Deficit Disorder.

ACTIVITY 3

Read the text below and for each gap (12-16) choose the best option (A-F). Use each option only once. There are two options you do not need.

<table>
<thead>
<tr>
<th>A.</th>
<th>B.</th>
<th>C.</th>
<th>D.</th>
<th>E.</th>
<th>F.</th>
</tr>
</thead>
<tbody>
<tr>
<td>favourite</td>
<td>free</td>
<td>poor</td>
<td>cheap</td>
<td>best</td>
<td>next</td>
</tr>
</tbody>
</table>

**Introduction**

Charles Dickens was born on 7 February 1812. He was ten years old when he discovered the magic of reading. His bedroom was (12)_______ door to his father’s study. In his father’s library, Dickens discovered his (13)_______ book: the Arabian Nights. He used to sit for hours alone reading the story of Sheherezade. He would hide in the top room of the house and spend his (14)_______ time, reading books.

‘I remember everything I read then’, he said in later life. The Arabian Nights is the book that had the greatest influence on Dickens as a writer. Dickens said these stories were the (15)_______ way to develop the child’s imagination and the feeling about what is good and bad. The Arabian Nights, he said are ‘simple, pure and innocent and they teach us to have sympathy for the poor and the old’. We see all these concerns in his books, especially his love for children.

As Dickens was growing up, he saw London changing with the smoke and dirt of factories and (16)_______ children working in factories or begging in the streets. These are the things that he writes about.
ACTIVITY 4

4.1 Read the text below and choose the best answer (A, B, or C) for items 17-18.

17. The purpose of this text is to
A. report the opinion of ‘soap’ fans.
B. amuse the reader.
C. describe a problem.

18. Soap addiction is
A. particularly damaging to one’s health.
B. similar to other types of addiction.
C. not common among intelligent people.

Soap operas can damage your health

A soap opera is a television or radio programme about the ordinary lives of imaginary people. Some people spend a lot of time not only watching ‘soaps’ but also talking about them to just anyone. People who cannot control the time they watch and talk about soap operas are called ‘soap addicts’.

TV soap opera is meant to be addictive—all soaps try to get the viewer to watch again and again. They do this in two ways: by making the viewers identify with the characters and by making each episode end on a ‘cliffhanger’, an exciting end to part of a story that makes them to watch next time.

Anybody can become addicted to soaps, but particularly unemployed people and housewives because they spend more time at home.

Some schoolchildren also become ‘hooked’ on TV soaps if their parents let them watch too much TV.

The symptoms of soap addiction are not difficult to spot. Addicts:
- record the programmes and spend their weekend watching ‘marathons’ of a whole week’s episodes
- will talk to anyone about the episodes: parents, friends, colleagues, people on the street or in the elevator—anybody
- find excuses to skip work so they can stay home to watch their favourite soap
- cry when their favourite character ‘dies’
- prefer staying at home to watch TV to going out with friends, saying they are tired or are not feeling well.

Soap addicts can end up as sad people. Soap addiction, like all kinds of addiction, can have a bad effect on people’s lives.

What is the solution? It has been suggested that the government advise viewers to limit their viewing to 3 hours a week. Others argue that TV soaps should carry health warnings, like cigarettes.

4.2 Read the text again and choose the best answer (A, B, or C) for items 19-21.

19. What kind of people become soap addicts? People who
A. spend a lot of time at home.
B. work at home.
C. work long hours.

20. How can you tell if someone is becoming addicted to soap operas? They
A. constantly talk about them.
B. make their friends watch soaps.
C. cry all the time for no reason.

21. What are the effects of soap addiction? Soap addicts may
A. have health problems.
B. have unhappy lives.
C. lose their jobs.
4.3 Read the text again and decide if statements 22-25 are True (A) False (B) or Not Stated (C).

22. Writers of soap operas try to make their show addictive.
23. It is easy to see that someone is becoming a soap addict.
24. Soap addicts never talk to strangers about their favourite soap.
25. Soap operas are often repeated on TV.

ACTIVITY 5

5.1 Read the text below and choose the best answer (A, B, or C) for items 26-27.

26. Another title for this text would be
   A. Atlas Grove: A journey through time.
   B. Greek gods in California.
   C. The story of giant trees.

27. The aim of the text is
   A. to explain and warn.
   B. to inform and interest.
   C. to persuade and sell.

**Voyage to the top of the trees**

The giant redwood trees of Central and Northern California are the tallest living things in the world. The main trunk of a redwood can be up to 9 metres in diameter near its base and can grow as high as a 35 storey building.

The majority of these giants are found in Humboldt State Park, and one area - a secret location known as Atlas Grove, only discovered in the 1990s - contains the oldest redwoods in the world. The trees here are about the same age as the Parthenon and date back 2,500 years. They are named after Greek gods and goddesses, and I have had the privilege of seeing Zeus, Rhea and Kronos, the Titan of time.

The most memorable climb that I ever had was with Steve Sillett, a professor at Humbold State University and his wife Marie, a botanist and lecturer. They are both expert tree climbers (and even got married up a tree), but we were there to carry out some research in one section at the top.

We started to climb and then came to a mass of hanging redwood branches, 25 storeys above the ground. We had to make our way through, moving from tree to tree using a technique called skywalking. You throw ropes from one tree to the next and then you move through space. It's a method that's actually very similar to the one used by Spiderman, but not as fast or as dramatic.

Towards the top, we found a grove of trees growing out of the side of Kronos. These new trees were huge in their own right, with bases 3ft across and 150ft tall - bigger than almost any tree that grows in Europe.

Reaching the upper part of the redwood trees is like entering a lost world. You can't see the ground when you're up there; you're in another realm entirely. You're essentially moving through coral reefs in the sky, in which everything is alive. It's a region somewhere between heaven and earth, somewhere humans were never meant to go.

I'll never be able to give up tree climbing now, even though accidents can happen instantaneously and are almost always fatal. But when you climb in the redwoods, you start to see things in four dimensions – and the fourth is time. You realise that, as a human being, your life is just like a short flash of light in the life of a giant tree.
5.1 Read the text again carefully and choose the best answer (A, B, or C) for items 28-35.

28. The Atlas Grove
   A. has never been explored.  B. is outside Humbold State Park.  C. has some very ancient trees.

29. The names given to the trees suggest that they are
   A. impressive.  B. dangerous.  C. beautiful.

30. The writer climbed the tree with Steve and Marie
   A. to witness their wedding.  B. to do some botanical research.  C. to learn new climbing techniques.

31. ‘Skywalking’ is a method of
   A. climbing up to the top.  B. going from one tree to another.  C. coming down safely.

32. How did the writer feel at the top of the tree?
   A. Amazed and enchanted.  B. Terrified and lost.  C. Tired and miserable.

33. What did the writer feel he saw when he was at the top of the redwood?
   A. New trees growing from the side.  B. Plants that are normally found in Europe.  C. Traces of coral growing on the branches.

34. The writer says that tree climbing accidents
   A. happen frequently.  B. can easily be avoided.  C. usually result in death.

35. According to the writer, climbing redwoods
   A. has given him a new perspective on life.  B. now takes up a lot of his time.  C. is not as rewarding as it was.

ACTIVITY 6

For items 36-41, match the extracts from books with the kind of book each one comes from (options A-G). There is one option you do not need.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>36.</td>
<td>After some discussion on the relative merits of veal cutlet, sweetbread and lobster, a decision was pronounced in favour of veal cutlet. Mrs Wilfer then solemnly divested herself of her handkerchief and gloves as a preliminary sacrifice to preparing the frying pan.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>37.</td>
<td>Whether the Black Death was the prime cause of a great rural transformation or whether it merely completed a process that had been under way for generations, the countryside of late medieval Britain was unquestionably an irreversibly altered world.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>38.</td>
<td>Place over a low heat, stirring occasionally for 30 minutes until the fruit has plumped up and most of the liquid has evaporated.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>39.</td>
<td>Blackcurrants will tolerate poor drainage better than other soft fruits, but they do need organic-rich soil and some shelter from the wind. Full sun is preferred but light shade is not a problem.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>40.</td>
<td>The meals, made by the crew, will include fish and octopus pulled fresh from the blue waters and herbs gathered along the shore. There’s more information on yacht chartering in the Marmaris section, below.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>41.</td>
<td>Jason had to find the Golden Fleece - the golden wool of a ram. He went on the ship Argo with a crew of men called the Argonauts. After many thrilling adventures, Jason found the Golden Fleece and brought it back to Iolkos.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
ACTIVITY 7

Read the text below and choose the best answer (A, B, or C) for items 42-43.

42. The article below
   A. gives advice.  B. reports facts.  C. gives a personal opinion.

43. The author
   A. makes predictions about the future.  B. compares past and present.  C. expresses satisfaction with the present.

Greek shoppers change habits

Shopping lists, super-market hopping and an increased sensitivity to shelf prices are among the signs that Greek consumers in these times of financial crisis are changing their habits when it comes to how they shop, what they spend and what they buy.

These are the most recent findings of an annual research project carried out by the Athens University of Economics and Business on a random sample of 1,928 households.

One of the most significant changes in this year’s report is that 93.3 percent of respondents said that they have already made up their minds about what they will buy in advance of going shopping. Random purchases are becoming rarer: in the past, unable to resist the temptation of the colourful shelf displays, shoppers would happily buy things from the supermarket they had not intended to get when they set out. But at a time when money is short, people tend to avoid buying anything but the bare essentials. As a result, there is much less waste than in the past when people felt more carefree.

Another important finding is that only 60 percent of those with mental or written shopping lists specifically intend to buy particular well-known brand names when they get to the supermarket. Cheaper, less well-known brands or local supermarket products, are becoming more popular.
7.2 Read the text again and choose the best answer (A, B, or C) for items 44-46.

44. Greek shoppers are changing their shopping habits because
   A. there is greater variety of goods.  
   B. there are new shopping centres.  
   C. they want to spend less money.

45. When most people go to the supermarket
   A. they are not sure what they want to buy.  
   B. they buy more than is necessary.  
   C. they buy only the things they need.

46. According to research, famous brand names
   A. are no longer popular.  
   B. are becoming less popular.  
   C. are becoming more popular.

7.3 What do the phrases in italics mean? Choose the best answer (A, B, or C) for items 47-50.

47. People are showing an increased sensitivity to shelf prices means that they are
   A. more aware of prices.  
   B. more interested in prices.  
   C. more concerned with prices.

48. Researchers investigated a random sample of population means that they asked
   A. a certain number of people chosen by chance.  
   B. anyone who volunteered for the study.  
   C. a statistically valid number of people.

49. More people are now able to resist the shopping temptation means that they
   A. don't give in to their shopping desires.  
   B. want to buy only cheap stuff.  
   C. are careless shoppers.

50. People are now buying the bare essentials means that they buy
   A. the most important things.  
   B. only what they need.  
   C. the plainest stuff.

ACTIVITY 8
Change the words in Column A so that they can complete sentences 51-55 in Column B below.

<table>
<thead>
<tr>
<th>COLUMN A</th>
<th>COLUMN B</th>
</tr>
</thead>
<tbody>
<tr>
<td>WORDS FROM THE TEXT</td>
<td>STATEMENTS</td>
</tr>
<tr>
<td>natural</td>
<td>51. She practises the piano every day, but she is ___________ talented as well.</td>
</tr>
<tr>
<td>ambition</td>
<td>52. He's an ___________ young man who wants to progress in the company.</td>
</tr>
<tr>
<td>excuse</td>
<td>53. What you did was really shameful and ___________.</td>
</tr>
<tr>
<td>similar</td>
<td>54. There are some striking ___________ between the two leaders.</td>
</tr>
<tr>
<td>able</td>
<td>55. After weeks of training, she developed the ___________ to hold her breath for a long time.</td>
</tr>
</tbody>
</table>
**ACTIVITY 9**

Complete the puzzle to find the name of the island where Nana Mouskouri was born. All the words are connected with travel and holidays. The first letter of each word is given.

56. Could I buy a return t_________ to Manchester, please?

57. You can find out about buses, hotels and places to see at the T________ Information Office.

58. It was a long flight, and we also had a two hour d________ because of bad weather.

59. I don’t have time now. I need to pack my s________ for my trip tomorrow.

60. Before the holiday ended, I bought a few little s________ to give to friends back home.

**WORD PUZZLE**
ACTIVITY B1.1

Imagine you have been reading a blog where people from all over the world describe some of their favourite celebrations. Write about the celebration of May 1st (80 words) and say what people do on that day.

The model below will help you write your OWN text.

Halloween in Scotland
Posted by Sue McGregor

My favourite celebration in Scotland is Halloween on October 31st. On Halloween day, we have lots of customs: children go from door to door crying ‘trick or treat’, wearing masks or costumes. The word ‘trick’ refers to a ‘threat’ to do something bad to the homeowners if they don’t give a ‘treat’ to the child (such as sweets or cake); sometimes the children sing songs or tell ghost stories to earn their treat. People also light bonfires. It is great fun celebrating Halloween in Scotland.

ACTIVITY B2.1

Your school is participating in a European school project about “Carnival Celebrations around the World”. Write a report (100 words) as part of this project giving information about how carnival is celebrated in YOUR country. The hints below will help you.

- Traditions in different places (e.g., ceremonies, food, etc.)
- Activities during celebrations
- Period of time and duration of celebration
**ACTIVITY B1.2**

You are the person who found the kitten in the photo and you’re excited. Using information from the small ad below, write an email message (about 80 words) about this to your Dutch friend Hanna, who has a cat too. Sign as Jean (not with your real name).

---

**ACTIVITY B2.2**

Imagine your Spanish friend, Julio, has just found a cat. Using information from the text below, send him an email message (about 100 words) advising him on how to take care of his cat.
ACTIVITY 1

Listen to items 1-4 and choose the best photo (A-F). There are two photos you do not need.

1. A. B. C. D. E. F. 
2. A. B. C. D. E. F. 
3. A. B. C. D. E. F. 
4. A. B. C. D. E. F. 

Are txt msgs killing English?

A. Positive (smiling)  
B. Surprised (showing disbelief)  
C. Annoyed (frowning)  
D. Unsure (wondering)  
E. Indifferent (yawning)  
F. Troubled (thinking of the effects)

Listen again and check your answers.
ACTIVITY 2

Read items 5-7. Listen and choose the best answer (A, B, or C) for each item.

5. The story we’re listening to is
   A. a detective story.  
   B. a traditional tale.  
   C. a love story.

6. The people in this story are
   A. a man of wisdom and an inexperienced youth.  
   B. an old prophet and a young man.  
   C. a wicked man and a foolish boy.

7. What does the young man ask for in the story?
   A. To make lots of money.  
   B. To become a wise man.  
   C. To be able to help others.

Listen again and check your answers.

ACTIVITY 3

Read items 8-10. Listen and choose the best answer (A, B, or C) for each item.

8. One of the things the speaker complains about is that her friends
   A. forget her birthday.  
   B. never visit her.  
   C. never return her calls.

9. The speaker generally
   A. avoids taking risks.  
   B. enjoys extreme sports.  
   C. dislikes any type of sport.

10. The speaker doesn’t like
    A. being disturbed when she’s working.  
    B. doing things at short notice.  
    C. people calling late at night.

Listen again and check your answers.

ACTIVITY 4

Read items 11-13. Listen and choose the best answer (A, B, or C) for each item.

11. By attending parenting workshops the speaker became aware that
    A. her children had serious problems.  
    B. all mothers face the same problems.  
    C. her behaviour was causing problems.

12. The atmosphere in her family changed because she
    A. started having fun with her children.  
    B. learned how to respond differently to her children.  
    C. started spending more time with her children.

13. According to the speaker parenting skills
    A. are not easy to put into practice.  
    B. take time to learn.  
    C. can be learnt very quickly.

Listen again and check your answers.
Read items 14-15. Listen and choose the best answer (A, B, or C) for each item.

14. The speaker decided that she wanted to
   A. pass on her new skills to other parents.
   B. teach parents how to control their anger.
   C. teach mothers child psychology.

15. The workshops she set up taught parents how to
   A. discipline their children.
   B. communicate better with their children.
   C. recognize abnormal behaviour.

Listen again and check your answers.

ACTIVITY 5

Listen and fill in items 16-20 with the right word.

<table>
<thead>
<tr>
<th>SPEAKER</th>
<th>LISTENER(S)</th>
</tr>
</thead>
<tbody>
<tr>
<td>EX.</td>
<td></td>
</tr>
<tr>
<td>16.</td>
<td></td>
</tr>
<tr>
<td>17.</td>
<td></td>
</tr>
<tr>
<td>18.</td>
<td></td>
</tr>
<tr>
<td>19.</td>
<td></td>
</tr>
<tr>
<td>20.</td>
<td></td>
</tr>
</tbody>
</table>

Listen again and check your answers.

ACTIVITY 6

Listen and fill in items 21-25 with the right word.

<table>
<thead>
<tr>
<th>Means of Transport</th>
<th>ANSWER COLUMN</th>
</tr>
</thead>
<tbody>
<tr>
<td>21.</td>
<td></td>
</tr>
<tr>
<td>22.</td>
<td></td>
</tr>
<tr>
<td>23.</td>
<td></td>
</tr>
<tr>
<td>24.</td>
<td></td>
</tr>
<tr>
<td>25.</td>
<td></td>
</tr>
</tbody>
</table>

Listen again and check your answers.
Video games

1. Child playing video games
2. Elderly couple playing video games
3. Kids playing video games in a library
4. Adults playing video games
5. Young man playing video games
6. Family playing video games
Now and... then

7

8

9

10

11

12
Λάθη στην ανακύκλωση
Οι περισσότεροι από εμάς δεν ξέρουν τι ακριβώς πετάμε στους μπλε κάδους και πώς.

ΤΑ ΠΙΟ ΣΥΝΘΕΣΜΑΝΑ ΛΑΘΗ

Βρόμικες συσκευασίες
Είναι ένα λάθος που εντοπίσαμε σχεδόν σε όλους τους κάδους. Μπουκάλια μισηγμένα με χυμούς και αναψυκτικά, κουζέδερκα με απομεινάρια από γιαούρτι, σκουπίδια αλουμινίου από έτοιμα αγορασμένα γεύματα -με το φασό που περίσσεψε-, συσκευασίες με το λάδι που έχει μείνει από το περιεχόμενο τους, καλαμάκια με το σουβλάκι που δεν φάγαμε και πολλά άλλα. Το πρόβλημα που δημιουργείται από αυτά είναι ότι αυξάνουν το μικροβιακό φορτίο στα εργοστάσια διαλογής και έτσι εκτίθενται σε κίνδυνο οι εργαζόμενοι σε αυτά. Η λύση δεν είναι βέβαια να σαμπουνίσουμε τη συσκευασία - μη γινόμαστε υστερικοί όταν σπάται αυτό στο νερό. Ένα μικρό ξέπλυμα ή ένα σκούπισμα με τις χαρτοπετσέτες που χρησιμοποιήσαμε είναι αρκετό.

Λάθος υλικά
Αυτό είναι ίσως το μεγαλύτερο πρόβλημα, γιατί πολλοί συνεχίζουν να πετούν τα απορρίμματα και άλλα ακατάλληλα υλικά στην ανακύκλωση συσκευασιών. Το να πετάμε οργανικά είδη και φαγητά, τα οποία «δηλώνουν» την ύπαρξή τους με μια έντονη μιρωδιά, είναι η αιτία ή η δικαιολογία που χρησιμοποιούν οι δήμοι για να αδειάζουν τους μπλε κάδους με τα κοινά απορριμματοφόρα. Δεν είναι όμως μόνο τα απορρίμματα. Οι κάδοι είναι γεμάτοι από διάφορα άλλα υλικά: μικρά έπιπλα, ρούχα, μπουκάλια μπύρας -που, όπως είναι γνωστό, επιστρέφονται και μάλιστα με αντίτιμο και ξαναχρησιμοποιούνται-, αποτσώγαρα, βιοδιαστόμουνες σακουλές. Ακάμα και μαρμάρινο νεροχύτη εντοπίσαμε!
Περπάτημα: Η πιο εύκολη άσκηση

Καθημερινά παραπομπούμε για τα κιλά μας, για το χαλάρωμα σώμα μας, για τον χάρη στην μέση μας εξαιτίας της καθημερινής ζωής. Το περπάτημα είναι η καλύτερη λύση.

Πόσο συχνά πρέπει να περπατάμε;
Κατά μέσο όρο 30 λεπτά καθημερινό περπάτημα είναι ιδανικό για την υγεία μας. Βοηθά στην καρδιά, καταπολεμά το διαβήτη, την οστεοπόρωση, τη χοληστερίνη και την υψηλή τιέσ. Βεβαία, είναι η καλύτερη άσκηση για ένα καλλιγραμμού σώμα.

Πόσο γρήγορα πρέπει να περπατάμε για να κάψουμε θερμίδες;
Όσο πιο γρήγορα περπατάμε, τόσο περισσότερες θερμίδες χάνουμε. Τριάντα λεπτά καθημερινό περπάτημα μας βοηθά να χάσουμε 1 κιλό σε μια εβδομάδα και χωρίς δίαιτα.

Συγκρίνεται το περπάτημα με το τρέξιμο;
Το τρέξιμο είναι απλός γρήγορο περπάτημα. Η διαφορά είναι ότι με το τρέξιμο αναπτύσσονται περισσότεροι οι μέσοι μας και καίγονται παραπάνω θερμίδες.

Γιατί τα πόδια μας τρέμουν μετά το παρπάτημα;
Αυτό συμβαίνει κυρίως τις πρώτες μέρες της άσκησης επειδή είμαστε αγώνιστοι. Αν συνεχίζετε όμως να συμβάλετε κάθε τέτοιο, όσο σας είναι από το πραγματικά σας κατανοήσεις, φτάνει τα παπαύτσια, που πρέπει να είναι πάντα ελαφριά και λίγο μεγαλύτερα (τουλάχιστον μισό νόμιμο) από το πόδι μας.

Πώς γίνεται να μην βαρεθούμε την άσκηση;
Ποτέ μην την σκέφτεστε ως κάτι καταναγκαστικό. Κάνετε μια βόλτα στα μαγαζά, μια βόλτα για καφέ, κατεβείτε απ’το λεωφορείο δύο στάσεις πριν για να πάτε στο γραφείο σας κ.λπ. Ξεκινήστε τις πρώτες μέρες με 10 λεπτά περπάτημα και σεβάστε αυξήστε το. Σκεφτείτε το αποτέλεσμα στο σώμα σας και δείτε το σαν διασκέδαση.

Παρθένους Ζαχαρίας
Καθηγητής Φυσικής Αγωγής

http://www.dietup.gr/
ACTIVITY 1

1.1 Read the text below and choose the best answer (A, B or C) for items 1-2.

1. This text is from
   A. a tour guide.
   B. a magazine.
   C. a medical leaflet.

2. That text was written in order to
   A. advertise holidays.
   B. give advice about keeping fit.
   C. inform readers of a recent trend.

Medical Tourism

Only a few years ago, going abroad for medical treatment was mostly for emergency treatment by expensive specialists. Now, cheaper travel and the falling cost of healthcare in some countries have made medical tourism affordable for thousands of people who may not have thought about it seriously in the past. The trend is growing as a result of the increase in demand for cosmetic surgery and the success of some countries in marketing themselves to medical tourists as inexpensive places for treatment. Whether it is cosmetic surgery in Poland or dentistry in India, medical tourism is becoming more and more popular. A comparison between the cost of treatment in Canada or the UK and the cost in other countries sends thousands of people to foreign hospitals and clinics. The long waiting lists in their own country is another reason why people look elsewhere for treatment.

Maria Paphitis, a 27-year old Canadian publishing assistant who is working in London, began visiting Greece for dental work four years ago. “I was told I had to wait weeks for a visit to a specialist in London and my teeth were aching,” she says. “I flew into Greece and was seen by a dentist the same afternoon. And, while the cost of a dental visit in London would have been 110 euro, I was able to have an X-ray and a filling in Greece for a total of 100 euro. It is cheaper, easier and more reliable than going to a dentist in the UK. So, I’ve been back three times since. I have family in Greece and it’s an easy thing to do. My boyfriend needs a bridge and he’s going to get it done in Greece as well. I find it works very well for me.”

Of course, the cost for a medical tourism trip to Greece has to be taken into account. But as the pressure in domestic health systems in many European countries increases with the ageing population, medical tourism looks like it is going to be a popular choice for more and more people in the future.

1.2 Read the text again and choose the best answer (A, B or C) for items 3-6.

3. What is ‘medical tourism’? It is when
   A. doctors go to medical conferences abroad.
   B. people go abroad for health reasons.
   C. people visit another country and fall ill.

4. Why are more people going abroad for medical treatment? Because
   A. the doctors are better.
   B. they have cleaner hospitals.
   C. it costs less.

5. Why did Maria Paphitis choose to go to Greece for treatment?
   A. She didn’t mind waiting.
   B. She was in pain.
   C. She often goes there for holidays.

6. What is Maria’s opinion of Greek dentists? They are
   A. trustworthy.
   B. welcoming.
   C. patient.
ACTIVITY 2

Match the underlined words and phrases in the text below (items 7-11) with a word that has a similar meaning in this context (options A-F). There is one option you do not need.

| A. accept | B. find | C. succeed | D. choose | E. proceed | F. give |

Interviewing Louise Lambetti

Interviewer: Louise, is researching different roles part of the fun of acting for you?

Lambetti: I believe in preparing very carefully for a role; you go to your sources and (7) look up information, you get out there and try and learn all that stuff. But it’s fun. I always look forward to the next project.

Interviewer: How difficult is it, given the choice of scripts you have, to (8) pick those roles that will challenge and excite you?

Lambetti: Most actors accept any role a director will offer them. But when you (9) make it and become a star, directors will want to use you no matter what—even if the role is not right for you. Sometimes that poses a dilemma, but you must remember that you have to be very careful when you (10) take on a part. You may love the idea that people want you but you must also consider if the part is the right one for you. Sometimes, you may think you can do it and you (11) go ahead with it, only to find out that it’s the wrong part for you. You have to really be careful.

Interviewer: How do you think your new film will go down in Europe that has a different theatrical tradition from the USA?

Lambetti: I don't know, that'll be interesting to see.

ACTIVITY 3

Choose the best option (A-F) for each of the gaps (12-16) in the text below. Use each option only once. There is one option you do not need.

| A. by | B. out | C. near | D. of | E. on | F. toward |

Once upon a time two brothers, Cassim and Ali Baba, lived in a town in Persia. Cassim had married a rich wife, but Ali Baba was poor, and made his living (12) cutting wood, which he brought upon three donkeys to town to sell.

One day, when he was in the forest cutting wood, he saw a troop of horsemen coming (13) him. Fearing they might be thieves who would rob him, he climbed up a tree to hide. (14) the tree, there was a steep bank formed of solid rock. When the horsemen came up, Ali Baba counted them and found they were 40 in number. They dismounted in front (15) the rock, and one of them, who seemed to be the captain, said the words, "Open, Sesame." Instantly, a door opened in the rock, all 40 men passed through and the door closed after them. Ali Baba stayed in the tree, and after a while the door opened again, and the thieves came (16). Then the captain closed the door by saying, "Close, Sesame," and they all rode away.
ACTIVITY 4

4.1 Read the text below and choose the best answer (A, B, or C) for item 17.

17. The text tells readers about Spain’s

Falling in love with new Spain

Spain is changing fast: as the rest of the world discovers Spain, its economy is growing rapidly. Culture in Seville, beaches in Menorca, partying in Madrid, romance in Barcelona. Spain seems to have it all and the world knows it.

But up until the mid 70s it was a different story. The country was only just beginning to recuperate from the Franco dictatorship, and was on the road to democracy. It’s a country that has come a long way in a short time. Spaniards are now 75% richer than they were 30 years ago and their economy has grown faster than the European average for more than ten years.

Since the 1970s northern Europeans have been rushing to Spain’s beaches, turning small Spanish fishing villages into huge holiday resorts, complete with 15-storey hotels and endless leisure and entertainment centres. Families have sold their small farms for tourist development, making families rich overnight.

Tourism has developed mostly in coastal areas, allowing much of the interior to remain untouched. Today, more and more visitors leave the well-worn tourist paths and discover an older and more authentic Spain. Take a drive outside a coastal resort like Benidorm and you’ll soon find yourself on tiny mountain roads, surrounded by beautiful pine forests.

4.2 Read the text again and choose the best answers (A, B, or C) for items 18-21.

18. As Spain developed, many small fishing villages became
   A. rich holiday resorts.         B. extra picturesque.         C. more authentic.

19. Why does Spain attract so many visitors? Because
   A. you can see and do a lot there.         B. people feel free there.         C. it’s a rich economy.

20. What has become more popular in Spain recently?

21. What has happened to Spanish farmers?
   A. They have opened hotels.         B. They have made lot of money.         C. They have bigger farms.

4.3 Read the text again and decide if the following statements (22-25) are True (A), False (B), or Not Stated (C).

22. Spain has changed a lot in recent years.
    A: TRUE          B: FALSE          C: NOT STATED

23. Holidays in Spain are cheaper than in other European countries.
    A: TRUE          B: FALSE          C: NOT STATED

24. Spaniards are richer than they used to be.
    A: TRUE          B: FALSE          C: NOT STATED

25. Benidorm is near the mountains.
    A: TRUE          B: FALSE          C: NOT STATED
ACTIVITY 5

5.1 Read the text below and choose the best answer (A, B, or C) for items 26-27.

26. The best title for this article would be
   A. Memory Loss.  
   B. Memory Wonders.  
   C. Unexplained Memory Mysteries.

27. The aim of the text is to
   A. arouse sympathy.  
   B. interest and inform.  
   C. describe some scientific progress.

There is a 41 year old woman, an administrative assistant from California known as Anna, who remembers almost every day of her life since she was 11. There is an 85 year old man, a retired laboratory technician known as Eddy, who can only remember his most recent thought. She might have the best memory in the world. He could very well have the worst.

Eddy is warm, charming and friendly. He laughs a lot. He seems at first like an average kindly grandfather. But 15 years ago, a virus attacked his brain and destroyed the part where memories are made. He can remember his childhood and being a sailor in the Navy, but cannot remember anything since 1960. As far as he knows, petrol is cheap and the moon landing never happened.

Since his illness, the only people he knows are the ones in the room with him. On a typical morning, he will get up and have breakfast, then go back to bed to listen to the radio. Often he will forget that he has eaten, so will get up and have breakfast again and return to bed. Sometimes he’ll have breakfast a third time.

Without a memory, he is trapped in the present, between a past he can’t remember and a future he can’t imagine. He lives a quiet life and doesn’t even know that he has a memory problem. ‘He’s happy all the time,’ says his daughter Carol, who lives nearby. I guess it’s because he doesn’t have any stress in his life.’

For Anna, in contrast, the past is always there. ‘My memory flows like a movie’, she says. She remembers who called her on the phone at 12.34 on Sunday August 3, 1986. She remembers that on March 28 1992, she had lunch with her father at the Beverly Hills Hotel. She remembers what they ate, every word of the conversation. She remembers great world events and shopping trips. She remembers the weather. Every day is there, every detail.

Anna believes it is something that happens to her naturally, but it is not an ability she welcomes. ‘I remember the good things, which is nice. But I also remember the bad things, every bad choice. Ten years later, I still get angry with myself for making the wrong decisions. I don’t forgive myself for a lot of things. I would love for just five minutes to be a simple person and not have all this stuff in my head. Most people call it a gift. But I call it a burden.’

Scientists are unsure why Anna’s memory is so extraordinary, but both of these cases demonstrate the importance of memory. Eddy’s case shows us how essential memory is for us to function; but Anna’s shows that if our memories are to function properly, we also need to be able to forget.
5.2 Read the text again carefully and choose the best answer (A, B, or C) for items 28-35.

28. Anna and Eddy are similar in that they
   A. both work in the same area.   B. are both extreme examples.   C. come from the same state.

29. Eddy appears to be
   A. cheerful.                     B. anxious.                     C. shy.

30. Eddy’s condition was caused by
   A. a childhood illness.          B. an accident when he was in the Navy.   C. an infection in later life.

31. In the mornings, Eddy is often unable to remember
   A. whether he has eaten.         B. how to use the radio.          C. how to make breakfast.

32. Carol says that her father
   A. does not have a real problem. B. is worried about the future.       C. seems to be quite content.

33. For Anna, August 3, 1986 and March 28, 1992
   A. were special anniversaries.    B. marked the start of two important periods.   C. were ordinary days.

34. According to the text, Anna’s memory
   A. is only visual.                B. is the result of years of training.       C. is unusually accurate.

35. Anna says that her memory is
   A. difficult to live with.        B. an extraordinary gift.                 C. simple to understand.

ACTIVITY 6

For items 36-41, match the extracts with the letters or emails (options A-H). There is one option you do not need.

<table>
<thead>
<tr>
<th></th>
<th>A letter from a bank</th>
<th>B.</th>
<th>A letter from a fund-raising charity</th>
<th>C.</th>
<th>A letter from a magazine company</th>
<th>D.</th>
<th>An email from an airline company</th>
<th>E.</th>
<th>A letter from a school</th>
<th>F.</th>
<th>An email from a friend</th>
<th>G.</th>
<th>An email from a business colleague</th>
</tr>
</thead>
<tbody>
<tr>
<td>36.</td>
<td>How is your building work coming along? We still have quite a lot of decorating to do after our extension but we are slowly getting there. Take care, and all the best.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>37.</td>
<td>I’m very much looking forward to meeting you on Friday. I note your flight gets in to CDG at 17:05. Emma Hook, one of our consultants, will be there to pick you up and take you back to the hotel. We’ll then meet for dinner later on, if that’s OK.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>38.</td>
<td>As you pay by Direct Debit, we will carry your credit balance forward to your next statement. We regularly review how much you are paying for your energy and will let you know if it needs to change.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>39.</td>
<td>Please return the medical consent and diet forms to your daughter’s tutor by Monday 25th February.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>40.</td>
<td>Please print and take this booking confirmation with you. It may speed up your check-in experience.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>41.</td>
<td>Don’t risk missing out on all the fantastic things we have in store – renew your subscription now and continue to get your copy delivered directly to your door without a break.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
ACTIVITY 7

7.1 Read the text below and choose the best answer (A, B, or C) for items 42-43.

42. The article below is probably based on
   A. an autobiography.   B. a film review.   C. an interview.

43. The author’s attitude towards Bardem is
   A. positive.   B. critical.   C. humorous.

Javier Bardem

Javier Bardem was born in Las Palmas on Gran Canaria and has two older siblings, Carlo and Monica, who are also actors. His parents got divorced when Bardem was still a baby; he was raised by his mother. Bardem’s family has always been deeply involved in acting, starting with one of his ancestors, Mercedes Sampedro, who was a renowned stage-player back in the late 19th century.

Bardem is the first Spanish actor to win an Oscar; he won his Oscar for his portrayal of a psychopathic killer in the Coen brothers’ No Country for Old Men. Bardem reacted to his success with moderation – ‘I was lucky’, he told me, which sounds like the usual response from anyone who’s been successful in Hollywood, but in his case it is sincere.

During the whole time I was talking with him, he came across as a shy, withdrawn kind of person who does not often speak to journalists.

He first caught the public eye at the age of 20 in Spain when he starred in Jamon and though at first he enjoyed the status and attention, he decided in the end that all the fuss was not a good thing. He says ‘publicity is good for promoting a new film, but that’s all’.

Not even the Oscar managed to change this low key approach in him. He claims that at first he found the whole thing ‘weird, surreal’; then he put the statuette on a shelf and got used to it and came back to reality – it didn’t make him think he was a better actor, nor did it make him a better man.

His first Academy nomination came with Before Night Falls in 2000, in which he played the Cuban writer Reinaldo Arenas. When Al Pacino saw the film, he called up the director Julian Schnabel to get Bardem’s number. In the middle of the night, he left a message on Bardem’s answer phone in Madrid, saying that he wanted to tell him straightaway how much he loved the movie. Bardem, who joked ‘I don’t believe in God; I believe in Al Pacino’, was astonished but above all, he told me, it really opened the door for him for even greater things.

7.2 Read the text again and choose the best answer (A, B, or C) for items 44-46.

44. Bardem can be described as
   A. modest.   B. romantic.   C. eccentric.

45. What is Bardem’s reaction to the Oscar he received?
   A. He felt more confident.   B. He knew he’d have good publicity.   C. He forgot all about it.

46. How did Bardem react to the phone call from Al Pacino? He
   A. thought it was a joke.   B. was very surprised.   C. didn’t answer immediately.
7.3 What do the phrases in italics mean? Choose the best answer (A, B, or C) for items 47-50.

47. Bardem’s family has always been deeply involved in acting.
   A. very successful          B. done a lot of          C. very famous
48. He first caught the public eye at the age of 20.
   A. became successful       B. became known        C. started working
49. He came across as a shy, withdrawn kind of person.
   A. gave the impression      B. gradually became  C. pretended to be
50. He decided in the end that all the fuss was not a good thing.
   A. the success             B. the media attention   C. the promotion

ACTIVITY 8
Change the words in Column A so that they can complete sentences 51-55 in Column B below.

<table>
<thead>
<tr>
<th>COLUMN A</th>
<th>COLUMN B</th>
</tr>
</thead>
<tbody>
<tr>
<td>WORDS FROM THE TEXT</td>
<td>STATEMENTS</td>
</tr>
<tr>
<td>various</td>
<td>51. There is a wide _____ of cheese available in our local grocery shop.</td>
</tr>
<tr>
<td>board</td>
<td>52. When you check in at the airport, they’ll give you a _____ card.</td>
</tr>
<tr>
<td>options</td>
<td>53. We can also provide an evening meal as an _____ extra.</td>
</tr>
<tr>
<td>tend</td>
<td>54. You’re good at writing, but you have a _____ to make careless mistakes.</td>
</tr>
<tr>
<td>legally</td>
<td>55. It is _____ to drive after drinking too much alcohol, and there are severe penalties.</td>
</tr>
</tbody>
</table>

ACTIVITY 9
Read what the people in 56-60 say. What adjective describes the way they are feeling? The first letter of each answer is given.

56. Did you see the way he was driving? Stupid idiot!
   A _ _ _ _

57. GET BACK! Quick – there’s a snake.
   F _ _ _ _ _ _

58. Oh, no, not another two hour film about politics again.
   B _ _ _

59. We’re going skiing tomorrow! I can’t wait! It’ll be such fun!
   E _ _ _ _

60. My cat is terribly sick. I really don’t know what to do.
   W _ _ _ _ _
ACTIVITY B1.1

An international pupils’ magazine is organizing an annual writing contest and you have decided to participate. Last year contestants were asked to write about their dream school. Write your text (80 words) for the contest entitled “My dream city”, describing your ideal city. Use the winning text from last year as a model.

My Dream School

If I could build my dream school, it would be very big with sunny classrooms and a large schoolyard. There would be computers in every classroom and all the teachers would be friendly and funny. Also, all the students would be interested in the subjects and they would study hard. If the students did well at school, they would get extra field trips as a reward. There would be lots of events, too, and thousands of children would want to come to my dream school to learn and have a good time.

ACTIVITY B2.1

Imagine your class has recently visited a painting exhibition about “The City of the Future”. Write an article (100 words) to be published in the English issue of your school paper presenting what will change in future cities, according to the exhibition paintings. The hints below will help you.

HINTS

- Skyscrapers made of glass
- Underground houses with trees and flowers on roofs
- Flying discs for public transport
ACTIVITY B1.2

You have recently visited Ioannina and have been to the island in the centre of lake Pamvotida. Using information from the guidebook extract below, write an email message (80 words) to your Spanish friend, Alejandra, who is visiting Greece this summer, recommending the island to her. Sign as Nick/Nicky (not with your real name).

ACTIVITY B2.2

Your Dutch friend, Edward, is visiting Florina this summer and wants to go to the Acturos environmental centre, a non-governmental organization for the protection of the brown bear in Greece. Using information from the website text below, write an email message (100 words) to Edward, presenting the Acturos environmental centre to him. Sign as Alex (not with your real name).
ACTIVITY 1

Listen to items 1-4 and choose the best photo (A-F). There are two photos you do not need.

1. A.  B.  C.  D.  E.  F.  
2. A.  B.  C.  D.  E.  F.  
3. A.  B.  C.  D.  E.  F.  
4. A.  B.  C.  D.  E.  F.  

A. [Photo of a child in a helmet]
   Danny, 16 months

B. [Photo of a couple]
   Dan and Clarissa, 2003

C. [Photo of a child dressed as a witch]
   Josie, dressed up for Halloween, 2004

D. [Photo of a couple with a child]
   Tom and us, Christmas Eve, 2008

E. [Photo of a young girl holding a fruit]
   Alexandra in the Bahamas, 2007

F. [Photo of a girl dressed as a mermaid]
   Connie, dressed up as a mermaid

Listen again and check your answers.
ACTIVITY 2

Read items 5-7. Listen and choose the best answer (A, B, or C) for each item.

5. …spent her holidays with
   A. her whole family.   B. her boyfriend.   C. lots of friends.

6. …said that John is
   A. very bright.   B. great to be with.   C. a little boring.

7. …said that what she liked most about her trip was

Listen again and check your answers.

ACTIVITY 3

Read items 8-10. Listen and choose the best answer (A, B, or C) for each item.

8. The speaker is calling to
   A. change the time of a meeting.   B. say she won’t be able to come to a meeting.   C. suggest a day and time for a meeting.

9. The speaker is probably talking to
   A. a waiter.   B. a taxi driver.   C. a shop assistant.

10. The woman is probably talking to one of her
    A. students.   B. customers.   C. patients.

Listen again and check your answers.

ACTIVITY 4

Read items 11-15. Listen and choose the best answer (A, B, or C) for each item.

11. What we are listening to is
    A. an informal conversation.   B. a formal discussion.   C. a radio interview.

12. The speaker kept going back to the doctor’s because she was
    A. under stress at work.   B. having difficulty sleeping.   C. in a lot of pain.

13. After having acupuncture the woman felt better
    A. the very same day.   B. the following week.   C. the next day.

14. The doctor told the speaker that acupuncture
    A. works for everyone.   B. only works for certain people.   C. doesn’t usually help backache.

15. The woman believes that
    A. all alternative therapies work.   B. acupuncture is more effective than other therapies.   C. acupuncture is well worth trying.

Listen again and check your answers.
ACTIVITY 5

Listen and fill in items 16-20 with the right word.

EX. The cinema

16. ___________________________________________  
17. ___________________________________________  
18. ___________________________________________  
19. ___________________________________________  
20. ___________________________________________

Listen again and check your answers.

ACTIVITY 6

Listen and fill in items 21-25 with the right word.

EX. To help the homeless.

21. To lose __________________.  
22. To give up __________________.  
23. To take up _________________.  
24. To work _________________.  
25. To start doing _________________.

Listen again and check your answers.
What a journey!

1. People waiting in line at an airport.
2. Sleeping on the floor at an airport.
3. Plane boarding process.
4. Inside an airplane cabin.
5. People waiting in line with luggage at an airport.
6. Luggage area.
Visiting museums

Activity 2
ΔΡΑΣΤΗΡΙΟΤΗΤΕΣ ΓΙΑ ΠΑΙΔΙΑ

1. ΓΙΑ ΤΑ ΜΑΤΙΑ ΣΑΣ ΜΟΝΟ

Ο τρίτος όροφος του The Mall Athens θυμίζει κινηματογραφικό πλατό καθώς φιλοξενεί ρούχα και αντικείμενα που χρησιμοποιήθηκαν στα γυρίσματα της 22ης ταινίας του βρυχικού πράκτορα Τζέιμς Μποντ. Αν είστε κι εσείς ένας από τους ομήρους πάθους του πράκτορα των βρετανικών μυστικών υπηρεσιών, έχετε τη δυνατότητα μέχρι και αύριο να δείτε τα κοστούμια των προταγωνιστών και προσωπικά αντικείμενα του Μποντ. Τα εκθέματα συνοδεύονται από σκετικά ενημερωτικά κείμενα, αλλά και από φωτογραφίες των πλήνων στα οποία «προταγωνιστού».

The Mall Athens: Ανδρέα Παπανδρέου, Θέος Βαρθολόμεως, Μαρούσι, τηλ. 210-6300000, 6300003

2. ΘΑΛΑΣΣΙΟΙ ΓΙΓΑΝΤΕΣ

Πώς σας φαίνεται η ιδέα να λάβετε μέρος σε ένα μυθικό ταξίδι 85 εκατομμυρίων ετών πίσω στο χρόνο; Αν σας ενδιαφέρει, τότε επισκεφτείτε το Πλανητάριο του Ίδρυματος Ευγενίδου για να παρακολουθήσετε τη νέα προϊστορική περιπέτεια «Θάλασσιοι Γίγαντες». Η ταινία περιγράφει τις συνέβαινε στους οικισμούς της εποχής όπου στην ξηρά κυριαρχούσαν οι δεινόσαυροι, με οπλοφόρο ανάπαρστασές, οι οποίες στον τεράστιο θόλο του Πλανηταρίου δημιουργούν την αίσθηση ότι τα υπάρχουν αυτά πλάσματα που κοιλιείσαν έξω από την ταινία για να βρεθούν ανάμεσά σας! Με τη βοήθεια της τρέχουσας επιστημονικής γνώσης και χρησιμοποίοντας τις δυνατότητες που προσφέρει η υφιστάμενη τεχνολογία θα μεταφέρθετε στις προϊστορικές εποχές και, παρά με μια αισθητή Δορυφοράγκα, θα βούτηξετε σε άγνωστα νερά, γεμάτα αμμώνες, προϊστορικούς καρχαρίες, γιγάντια καθαρίδα και άλλα παράξενα πλάσματα. Για τις ημέρες και όρες των παραστάσεων δείτε την ιστοσελίδα του Ίδρυματος www.eugeniofound.edu.gr ή τηλεφωνήστε στο 210-9469600.

Íδρυμα Ευγενίδου: Λεωφόρος Συγγρού 387, Παταιό Φάληρο
Weekend activities for children

ΙΣΤΟΡΙΑ ΤΗΣ ΕΝΔΥΜΑΣΙΑΣ

Τα εκπαιδευτικά προγράμματα στο Μουσείο Ιστορίας της Ελληνικής Ενδυμασίας έχουν ήδη ξεκινήσει. Το πρόγραμμα «Splash!» για όσους πηγαίνετε στο νηπιαγωγείο, το «Ενδυμασίες σε κάδρο» για όσους πηγαίνετε Λ' - Γ' δημοτικού, το «Φαινόμενα το δικό μου πορτρέτο» για όσους πηγαίνετε Δ' - ΣΤ' δημοτικού και το «Έκοντας για καμμά την παπά σας μπούτα... καθημερικά!» για τους μεγαλύτερους, στο γυμνάσιο και ήψικειο. Αν σάς ενδιαφέρει να τα παρακολουθήσετε με την τάξη σας, ενημερώστε τους δασκάλους σας ώστε να επικοινωνήσουν με το Μουσείο.

Μουσείο Ιστορίας της Ελληνικής Ενδυμασίας: Δημοκρίτου 7, Κολωνάκι, τηλ. 210-3629513

ΖΩΓΡΑΦΙΚΗ ΚΑΙ ΠΑΡΑΜΥΘΙΑ

Ο ήλιος είναι πάντα κακός πρώην στις ιστορίες. Αν θέλετε να μάθετε την απάντηση και πηγαίνετε στο νηπιαγωγείο, Α', Β' και Γ' δημοτικού επισκεφτέτε το Κέντρο Πολιτισμού «Ελληνικός Κόσμος» την επόμενη Κυριακή 16 Νοεμβρίου. Στο πρόγραμμα «Ταξίδι στην παραμυθένσαρα από τότε μέχρι τώρα!» θα γνωρίζετε παραμύθια και ήρωες αλήθεια και θα βάλετε τη δική σας πινελιά σας ιστορίες τους. Οι μεγαλύτεροι μαθητές, Δ', Ε' και ΣΤ' δημοτικού, μπορείτε να ξεκινήσετε το ταξίδι σας στο «Εκπαιδευτικό εργαστήρι Ζωγραφικής». Θα δοκιμάσετε διάφορα υλικά και τεχνικές ζωγραφικής, θα μοίραστε για τις τάσεις και τις καθημερινές δημιουργίες και θα στηρίζετε το δικά σας έργο τέχνης. Αύριο, Κυριακή 9 Νοεμβρίου, στον «Ελληνικός Κόσμο» περιμένουν όσους είστε νήπια ή μαθητές της Α' και Β' δημοτικού οι πιο γνωστοί «Ηρωες του σήμερα και των χρόνων» στο σιμώνιο εκπαιδευτικό πρόγραμμα. Θα μάθετε πώς είναι τα κοινά χαρακτηριστικά τους και γιατί κάποιοι από αυτούς, αν και άστεγοι, παραμένουν αδάνατοι! Οι μεγαλύτεροι, Γ' όγι ΣΤ' δημοτικού, μέσα από διασκεδαστικά παιχνίδια και τεχνικές θα μάθετε πώς να αναπτύξετε τις δυνατότητες της μνήμης σας στο πρόγραμμα «Μνήμη και μνημονικό... θέλει κόλπο να το βρει!» Για το πρόγραμμα της 9ης Νοεμβρίου κατέστη 212 2540000 και πήλπηκρολογήστε 0608 ή απευθείας 210 2540608. Για το πρόγραμμα της 16ης Νοεμβρίου πήλπηκρολογήστε 0609 ή 212 2540000.)

Κέντρο Πολιτισμού «Ελληνικός Κόσμος»: Πειραιώς 254, Ταύρος, τηλ. 212-2540000

ΟΙ ΕΡΕΥΝΗΤΕΣ, Η ΚΑΘΗΜΕΡΙΝΗ, 2011
Δημιουργήστε ένα «ασφαλές διαδίκτυο»

Σήμερα τα παιδιά έχουν εισήλθε σε επαφή με το Internet από πολύ νεαρή ηλικία, καθώς έχουν πρόσβαση από το σπίτι, το σχολείο, τους φίλους, τα κινητά τηλέφωνα, αλλά και από δημόσιους χώρους. Προκειμένου να επιτρέψετε στα παιδιά σας να χρησιμοποιούν το Internet χωρίς επιλέξοντας αντιμετώπιση που βρεθεί αντιμέτωπο με αυτόν τον κίνδυνο, είναι απαραίτητο να δημιουργούν οι παιδιά σας ασφαλές διαδικτυακά περιβάλλονα.

Ορισμένα βασικά βήματα για την ορθή και ασφαλή χρήση του Internet είναι να:

1. Ενημερώστε το παιδί σας για πιθανούς κινδύνους, ώστε να αντιδρά σωστά σε περίπτωση που βρεθεί αντιμέτωπο με ύποπτο περιεχόμενο.
2. Βάλτε κανόνες για τη χρονική διάρκεια και τη συμπεριφορά του παιδιού στο διαδίκτυο.
3. Αναπτύξτε σχέση εμπιστοσύνης με το παιδί σας, ώστε να μοιραστεί μαζί σας ό,τι το προβληματίσει.
4. Καταγράφετε τις τοποθεσίες που επισκέπτεται το παιδί σας και το χρόνο περιήγησης σε κάθε μία από αυτές.
5. Δημιουργήστε μαζί με το παιδί σας ένα ψεύτικο όνομα αντί για το πραγματικό του.
6. Εξηγήστε του ότι δεν πρέπει να αποκαλύπτει τα προσωπικά του στοιχεία ή πληροφορίες για την οικογένειά του, τους φίλους του και τη διεύθυνση κατοικίας του. Συμβουλέψτε το να επικοινωνεί μόνο με ανθρώπους με οποιοδήποτε γνωστή ηλεκτρονική διεύθυνση.
7. Καθημερινά θα πρέπει να παρακολουθείτε τη συμπεριφορά του παιδιού και να προβληματίσετε αν παρατηρήσετε χαμηλές πρόκληση, δέχετε περισσότερα από φόβους και αποφασίζετε να αλλάξετε τον υπολογιστή.
8. Χρησιμοποιείτε μεγάλα και δύσκολα password, τα οποία θα πρέπει να αλλάζετε σε σταδιακά χρονικά διαστήματα.
9. Μη φυλάτε τους κωδικούς σας σε κοινή θέα και μη τους αποκαλύπτετε σε τρίτους.

Δημιουργήστε υπεύθυνος χρήστη διαδικτύου

Η πλοήγηση στο διαδίκτυο κρύβει κινδύνους αντίστοιχους με αυτούς κάθε κοινωνίας. Είναι απαραίτητο να αναπτύξετε για το παιδί σας ένα ασφαλές διαδικτυακό περιβάλλον.

Το διαδίκτυο είναι μια κοινωνία ανθρώπων. Υπάρχουν πιθανότητες για το παιδί να παρατηρήσει φαινόμενα αντικοινωνικής συμπεριφοράς, όπως την δημιουργία χαρτονιών αντικοινωνικής συμπεριφοράς, ή την ανάκληση συναντήσεων ή συνομιλίας εγκληματικής φυσικής προσωπικότητας.

10. Συζητήστε με το παιδί σας τους κινδύνους που μπορεί να υπάρχουν όταν επισκέπτονται chat rooms - διαδίκτυους χώρους συνάντησης - ή blogs - διαδίκτυα ιντερνετ. Εάν συμμετέχετε σε τέτοια sites, θα πρέπει να επικοινωνείτε μόνο με ανθρώπους με οποιοδήποτε γνωστή ηλεκτρονική διεύθυνση.
11. Εξηγήστε του ότι δεν πρέπει να αποκαλύπτει τα προσωπικά του στοιχεία ή πληροφορίες για την οικογένειά του, τους φίλους του και τη διεύθυνση κατοικίας του. Συμβουλέψτε το να επικοινωνεί μόνο με ακατάλληλες προσωπικές προσωπικές πληροφορίες.
12. Εάν κάποιος άγνωστος του ζητήσει μέσω email τη διεύθυνση του σπιτιού ή του σχολείου του, το παιδί θα πρέπει να αποδεχτείτε αυτό το μήνυμα σε το περιβάλλον του διαδικτύου.
13. Καθημερινά θα πρέπει να παρακολουθείτε τη συμπεριφορά του ανθρώπου σας και να προβληματιστείτε αν έχει επικοινωνήσει με άνθρωπους που έχει μεταφέρει μήνυμα μέσω email. Εάν του ζητήσει μέσω email τη διεύθυνση του σπιτιού ή του σχολείου του, το παιδί θα πρέπει να αποδεχτείτε αυτό το μήνυμα σε το περιβάλλον του διαδικτύου.
ACTIVITY 1

1.1 Read the text and choose the best answers (A, B, or C) for items 1-2.

1. The writer
   A. advises readers to work fewer hours.
   B. criticizes people who overwork.
   C. explains that people who work too hard may need help.

2. The writer is probably someone who
   A. is trying to relax more.
   B. enjoys working a lot.
   C. is trying to work harder.

‘Workaholics anonymous’ is for real. Membership is free and the only qualification you need is the wish to stop working all the time. My favourite thing about it is that they also have meetings online and by phone for people who are too busy to turn up in person!

Workaholic

What’s so wrong with being a workaholic anyway? At least it’s better-paid than being addicted to more dangerous habits. Instead of getting you into debt, it gets you promotion, extra money and more interesting work. Aren’t these things what most people want? Like many who work late into the night, I am a workaholic and proud of it. I know it’s not very healthy, but it is preferable to being lazy. It’s the latter who are likely to develop more dangerous addictions.

But there is a difference between those who are workaholics because they love their work and can relax at some point and those who are workaholics because they have nothing better to do.

I once saw a colleague get promoted to a job she was not ready for and she began to work around the clock to cover up for the fact that she didn’t know what she was doing. The more hours she worked, the worse things became. In six months, she had a nervous breakdown.

Anyway, the point is you have to know whether being a workaholic is good for you and those around you. If you can manage to be a bit of a workaholic and yet still lead an ordinary life outside work, you’re fine. If not, maybe you need help.

1.2 Read the text again and choose the best answers (A, B, or C) for items 3-6.

3. Workaholics meetings are for people who
   A. are too busy.
   B. want to work less.
   C. enjoy working hard.

4. The members of Workaholics Anonymous
   A. do not have face-to-face meetings.
   B. can talk to each other on the internet.
   C. are too busy to talk to each other.

5. The writer thinks lazy people
   A. have a serious addiction problem.
   B. are luckier than workaholics.
   C. are in greater danger than workaholics.

6. The writer says that one of his colleagues worked very hard
   A. but was not effective.
   B. and was always upset.
   C. and got a lot done.
**ACTIVITY 2**

Match the underlined words (items 7-11) with words or phrases having a similar meaning in this context (options A-F). There is one option you do not need.

<table>
<thead>
<tr>
<th></th>
<th>A. join</th>
<th>B. receive</th>
<th>C. see</th>
<th>D. need</th>
<th>E. give</th>
<th>F. test</th>
</tr>
</thead>
</table>

**Becoming a blogger**

What is a ‘blog’? Well, it is an abbreviated word for weblog—a journal in which people can publish their thoughts and opinions on the Internet. Anyone can start a blog. It’s straightforward and, in a lot of cases, free.

### Steps

1. Find a blogging site. Most of these sites don’t (7) require much technical know-how.
2. Once you (8) sign up, you see a set of ready-made layouts and schemes. Select one. Then add your name, interests, images, etc.
3. Add buttons, images, guest maps, comment boxes for readers' input.
4. Decide on whether or not you want your blog to be private or public. Most blog sites (9) offer you the choice to protect your work so that only those you approve of can (10) view what you've written.
5. After you’ve set up your blog, write a few posts to (11) try out your blog and make any changes to the layout or style. At first, it will seem tough to know what to write, but once you get into a routine of daily blogging, you will find it gets easier.

**ACTIVITY 3**

Read the text below and for each gap (12-16) choose the best option (A-F). Use each option once only. There is one option you do not need.

<table>
<thead>
<tr>
<th></th>
<th>A. from</th>
<th>B. for</th>
<th>C. beyond</th>
<th>D. at</th>
<th>E. after</th>
<th>F. of</th>
</tr>
</thead>
</table>

The ancient agora in Thessaloniki was the administrative centre of the city during the Roman period. It was built (12)____ the end of the second century AD on the site (13)____ an older agora. In the fifth century, the government moved it to Galerius’ Palace. In the sixteenth century, Jews (14)____ Spain came to live in the area. The main entrance to the agora was on Olympou Street (as it is called today). The agora had a row of shops along today’s Philippou Street. Some statues of the Muses were found near the ruins of a building, so the building was probably a theatre.

(15)____ the fire of 1917, the site was going to be used for the new law courts but it became an archeological site and the name was changed from “Plateia Dikastirion” [Law Courts Square] to “Plateia Archaia Agoras” [Ancient Agora Square].

Today, the area of the agora known as the Odeon is used (16)____ cultural events such as concerts, plays and exhibitions.
ACTIVITY 4

4.1 Read the text about body language and choose the best answer (A, B, or C) for items 17-18.

17. The main aim of this text is to
   A. introduce the reader to body language.
   B. help the reader get a better job.
   C. show why handshakes are important.

18. The writer says that body language
   A. is less important than words.
   B. is the best form of communication.
   C. tells us a lot about what people are like.

Body Language: Basics

How you move and gesture says as much about you as what comes out of your mouth.

A firm or a limp handshake?

Jenny Smith, 34, an assistant vice-president at a bank in New York, was interviewing candidates for a position which required a person with good people and communication skills.

One candidate in particular stood out, but not in a good way. While she could have been very intelligent, her body language sent out very different messages. Her handshake was more of a finger shake, her eye contact was weak.

To Jenny, what the candidate said didn’t matter because her body language said everything: she wasn’t suitable for the position. The candidate may have been quite appropriate, but she didn’t manage to get that across. So our body language may not do us justice. But there are some signals which are very common and are worth a thousand words.

For example, a handshake can say much more than ‘hello, nice to meet you’. The most important part of a handshake is palm-to-palm contact. It’s even more important than how strong your handshake is. The palm-to-palm contact makes people seem honest: it seems to say ‘I am sincere’. A weak handshake – when the palms don’t touch – makes you seem unfriendly, insincere.

But people sometimes use body language to give each other the wrong impression. Somebody who has a firm handshake may be pretending to be sincere, and somebody with a weak handshake may just be a bit shy and nothing more.

Body language can also be overdone. While eye contact gives an impression of friendliness, too much eye contact or eye contact which is too intense can make people feel uncomfortable.
4.2 Read the text again and choose the best answers (A, B, or C) for items 19-25.

19. A firm handshake is considered rather positive, whereas a limp handshake is considered negative.
   A. This is correct.           B. It’s the other way around.           C. According to the text, this is wrong.

20. Jenny Smith, who’s mentioned in the text, is
   A. a good communicator.      B. an employer.                          C. an expert in body language.

21. The candidate for the job failed because
   A. she wasn’t clever enough.  B. she said the wrong things.           C. she had bad body language.

22. When you shake someone’s hand you should
   A. say ‘hello’ at the same time. B. hold their hand tight.             C. make good contact with their hand.

23. If someone has a firm handshake
   A. they must be sincere.     B. they may be friendly.              C. they are not honest.

24. When can eye contact be a problem?
   A. When it is too friendly.  B. When it lasts too long.              C. When we do not feel relaxed.

25. According to the text, our body language
   A. may give other people the wrong impression.                      B. tells other people what we are really like.  C. shows other people what we are thinking.

ACTIVITY 5

5.1 Read the text below quickly and choose the best answer (A, B, or C) for items 26-28.

26. The text was written in order to
   A. trace the history of education in Africa.                       B. sensitize people to a problem.                C. highlight the problems in London schools.

27. The writer appears
   A. critical.                                                       B. neutral.                                      C. positive.

28. The best title for the text would be

Some years ago I was in Zimbabwe, visiting a friend who was a teacher. He was there "to help Africa", as he put it, but what he found in his school shocked him. The school consisted of four large brick rooms side by side, each with nothing more than a blackboard and a few pieces of chalk. There were no textbooks or no exercise books, and the former headmaster had gone off with the few funds the school had had.
The pupils’ ages ranged from six to 26, because some who did not get schooling as children were there to make it up. Some pupils walked many miles every morning, rain or shine and across rivers. The girls had to fetch water and cook before they set off for school and when they got back. They struggled to do homework because there was no electricity in the villages; you can't study easily by the light of a burning log.

But what I noticed most was a real desire to learn and a longing to read. The school 'library' was half a room with nothing more than an encyclopedia and a few old paperbacks. Each of these had been read and re-read a thousand times, and they wanted more. "Please send us books when you get back to London," one man said. "They taught us how to read but we have no books." Everybody I met, everyone, begged for books.

Some time later I gave a talk at a school in North London, a very good school with beautiful buildings and gardens. The children there had a visit from some well-known person every week: these might be fathers, relatives, even mothers of the pupils; a visit from a celebrity was not unusual for them.

Afterwards I asked the teachers how the library was, and if the pupils read. I heard what I always hear when I go to such schools and even universities. "You know how it is," one of the teachers said. "A lot of the boys have never read at all, and the library is only half used."

Sadly, we do know how it is. We are in a culture where it is common for young men and women, who have had years of education, to know nothing of the world, to have read nothing, knowing only some speciality or other, for instance, computers. We are in the middle of a revolution brought on by computers and the internet and TV. It is an amazing revolution, but it is also dangerous. The internet has already seduced a whole generation with its stupidities, so that even quite reasonable people can become addicted and find it hard to cut free. But perhaps more importantly, the internet has stopped a whole generation from reading books.

Until recently, everyone would respect learning, education and our great treasure-house of literature, going back to the Egyptians, the Greeks, the Romans. It is all there, this wealth of literature, to be discovered again and again. But if we ever lost all interest in these books, it would be as if they didn't exist. And then how impoverished, how empty we would be.
5.2 Read the text again carefully and choose the best answer (A, B, or C) for items 29-35.

29. The writer's friend was shocked by
   A. the lack of resources.  
   B. the lack of teachers.  
   C. the attitude of the other teachers.

30. The students at the school
   A. varied considerably in age.  
   B. all had part time jobs.  
   C. were unable to do any homework.

31. The library at the school in Zimbabwe
   A. was rarely used by the students.  
   B. had very few books.  
   C. did not allow students to take books out.

32. How did the students at the London school feel about the writer's visit?
   A. They wanted to hear more about Zimbabwe.  
   B. They were enthusiastic about attending her talk.  
   C. They were not particularly excited.

33. When she heard about the library in the London school, the writer was
   A. shocked.  
   B. disappointed.  
   C. not surprised.

34. The writer is particularly angry about the effects of
   A. TV.  
   B. computers.  
   C. the internet.

35. The writer feels we would be impoverished if we
   A. spent less money on education.  
   B. no longer studied ancient cultures.  
   C. were no longer interested in reading.

ACTIVITY 6

For items 36-41, read the extracts from websites provided by an internet search engine. Match the extracts with the topics of the websites (options A-G). There is one option you do not need.

<table>
<thead>
<tr>
<th></th>
<th>A. A hotel</th>
<th>B. What's on TV</th>
<th>C. Cheap flights</th>
<th>D. Clothes</th>
<th>E. Financial advice</th>
<th>F. Sports</th>
<th>G. Weather</th>
</tr>
</thead>
<tbody>
<tr>
<td>36.</td>
<td>The award-winning Copthorne Tara is nestled close to many tourist attractions offering comfortable accommodation. Check for best rates and make online reservations today.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>37.</td>
<td>Large female chain offering the latest styles of the season and fashion essentials in sizes 8–22. Tall, petite and maternity available at selected ...</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>38.</td>
<td>Martin Lewis's free site saves you money. Beat the system on credit cards, shopping, special offers, mortgages, council tax, interest rate payments, ...</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>39.</td>
<td>Current conditions and forecasts for the UK and the world. Includes background material about climate change, glossary, calculators, ...</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>40.</td>
<td>Offers live match reports and breaking news along with player interviews, features and columnists.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>41.</td>
<td>Schedules for all major channels, including features, film review database, guide to digital technology and reminder function.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
ACTIVITY 7

7.1 Read the text below and choose the best option (A, B, or C) for items 42-43.

42. According to the text, the organisation is offering courses
   A. for grown ups.  
   B. for people who did not do well at school.  
   C. for graduates.

43. Each course lasts for about
   A. one week.  
   B. two months.  
   C. nine months.

Welcome!
We run weekly courses for adults of all ages with few or no qualifications. All courses are accredited with AASET. All courses run over an 8 week term.

Ruskin College
Free weekly courses
September 2007 - June 2008

44. COURSE 1: Introduction to the Internet
   9 30 AM – 12 30 PM
   Tutor: Anne Norville

Would you like to book a cheap flight or holiday on the computer? Would you like to look for information or send friends an email?
Then take this short course and learn how to set up an email account, use some of the features of the program and surf for information. You will learn how to download files and print web pages or just save the information. This will be a relaxed, gentle course – just what you have been looking for.
No previous computer experience is necessary, but if you have some, great!

45. COURSE 2: Exploring Literature
   10 am – 12 noon
   Tutor: Penny Gypps

Are you a keen reader? Do you have an interest in all things 'wordy'? Would you like to learn how to appreciate what you are reading more fully? If so, this course is for you.
The course will offer you an insight into the world of books including the following:
* A look at the common themes – why love and hate will never go out of fashion
* And exploration of the 'tricks' of the poetic trade – find out what an oxymoron really is
* A chance to put your newly-found knowledge down on paper – it's your choice – since creative or practical tasks can be chosen.

46. COURSE 3: Philosophy for Beginners
   2 pm – 4 pm
   Tutor: Jane McArthur

We will discuss and analyse topics such as:
   How can philosophy help us in our practical day-to-day lives?
   What does a really powerful argument look like?
   What are the principles of ethically acceptable behaviour?
   Do we really know what we claim to know?
   What can we learn from the history of great thinkers?
You can also suggest topics for discussion yourselves. No prior knowledge is required.

7.2 Read the text again carefully and choose the best answer (A, B, or C) for items 44-46.

44. According to the text, Course 1
   A. will move at a fast pace.  
   B. is more suitable for computer experts.  
   C. will be easy to follow.

45. The writer says 'it's your choice' in describing Course 2 because some of the participants might
   A. not want to write.  
   B. not be able to remember things.  
   C. not want to share ideas.

46. The text suggests that the students on Course 3
   A. should not be complete beginners.  
   B. can choose some of the subjects to talk about.  
   C. will discuss the main issues without a tutor.
**ACTIVITY 8**

Read this extract from a letter. For each gap in items 47-50 choose the best option (A-H). Use each option only once. There is one option you do not need.

A. refundable  B. departing  C. received  D. returned  E. reserved

**Dear Jane**

Apartment 2 - 16 Rue de la Prod'Homie - 66190 - Collioure - France

Thank you very much for your travelling booking form with the 25% deposit of £230.00. I confirm that Prud'Homie has now been (47) _______ for you and your family arriving on the 16/08 and (48) _______ on the 23/08, and that I have updated the website accordingly.

Please, can you send the final balance of £890.00 by the 12/07, which is 6 weeks before your arrival date? Included in this price is the (49) _______ bond of £150. When I have (50) _______ the funds, I will be in touch with you with further information about the town and your apartment.

Thank you for booking Prud'Homie and I look forward to hearing from you.

Best wishes

Angela

**ACTIVITY 9**

Change the words in Column A so that they can complete sentences 51-55 in Column B below.

<table>
<thead>
<tr>
<th>COLUMN A</th>
<th>COLUMN B</th>
</tr>
</thead>
<tbody>
<tr>
<td>person</td>
<td>51. She has a very pleasant _______.</td>
</tr>
<tr>
<td>intelligent</td>
<td>52. He writes with _______ and humour.</td>
</tr>
<tr>
<td>different</td>
<td>53. What's the _______ between talent and genius?</td>
</tr>
<tr>
<td>strong</td>
<td>54. He has twice the _______ of someone his age and half the body fat.</td>
</tr>
<tr>
<td>honest</td>
<td>55. Remember that _______ is the basis of every healthy relationship.</td>
</tr>
</tbody>
</table>
ACTIVITY 10

Find the missing words (56-60) in the puzzle by completing sentences about household gadgets and equipment. One letter is given.

WORD PUZZLE

56. These clothes are still wet. Why don’t you put them in the __________?
57. Your trousers look creased – why don’t you give them an __________?
58. After supper, put the plates and glasses straight into the __________-washer.
59. I’ve got some dirty clothes – shall I put them in the __________ machine?
60. The carpet looks dusty – could you go and fetch the vacuum __________?

<p>| | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>56.</td>
<td>R</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>57.</td>
<td>I</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>58.</td>
<td>D</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>59.</td>
<td></td>
<td></td>
<td>G</td>
<td></td>
<td></td>
</tr>
<tr>
<td>60.</td>
<td></td>
<td></td>
<td>E</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
ACTIVITY B1.1
The magazine “Psychology” has invited its readers to write about unpleasant experiences. Write a text to be published in the magazine (80 words) describing your worst day at school. Use the text another reader has written about his worst day at work as a model. Sign as Chris Alexiou (not with your real name).

Having a bad day...

Maybe we should be talking about Thursday 13th, rather than Friday 13th. Last Thursday I had my worst day at work. For starters, I forgot to set my alarm clock and got to work 45 minutes late. I missed an important appointment and had to go to the manager’s office to explain things. Then, my computer broke down, I lost most of my files, and I had to redo work I had taken weeks to finish! So, should we say Friday 13th or Thursday 13th?

Mark Thompson

My worst day at school was

_____________________________
_____________________________
_____________________________
_____________________________
_____________________________
_____________________________
_____________________________
_____________________________
_____________________________

Chris Alexiou

ACTIVITY B2.1
Imagine you work for an international company that has decided to encourage its employees to work from home and has invited them to express their opinion on the issue. Write your letter (100 words) to the company manager explaining why you think working from home is not a good idea. The following notes can help you. Sign as Alex Nicolaou (not with your real name).

HINTS

몃Visits/calls from family/friends
ካNo colleagues/isolation
澎Neighbourhood noise
ACTIVITY B1.2

Imagine you have just visited the Museum of Greek Children’s Art with your family. Your pen-friend, James, who is interested in art, is coming to Greece this summer with his parents. Using the text from the ad below, write an email message to him (80 words), saying why he should visit the museum. Sign as Marios or Maria (not with your real name).

ACTIVITY B2.2

Your English friend, Jean, and her family have just visited Athens and they would like to go to the Acropolis Museum with you. Using the text from the announcement below, write an email message to your friend (100 words) saying that you like the idea, and recommending what you can see and do at the museum. Sign as Chris (not with your real name).
ACTIVITY 1

Listen to items 1-4 and choose the best photo (A-F). There are two photos you do not need.

1. A. □  B. □  C. □  D. □  E. □  F. □
2. A. □  B. □  C. □  D. □  E. □  F. □
3. A. □  B. □  C. □  D. □  E. □  F. □
4. A. □  B. □  C. □  D. □  E. □  F. □

A. 
B. 
C. 
D. 
E. 
F. 

Listen again and check your answers.
ACTIVITY 2
Read items 5-7. Listen and choose the best answer (A, B, or C) for each item.

5. What you are listening to is
   A. a speech.                B. an anecdote.                C. a news item.

6. Where were the professors when they heard the announcement?
   A. On the train.            B. On the platform.           C. In the waiting room.

7. Why were the professors at the station?
   A. To meet a friend.        B. One of them had to travel.  C. To have coffee.

Listen again and check your answers.

ACTIVITY 3
Read items 8-10. Listen and choose the best answer (A, B, or C) for each item.

8. What's the purpose of Margaret's call to Diana?
   A. To tell her about her daughter's wedding.
   B. To tell her she's come back from Aberdeen.
   C. To apologize for being unable to come to dinner.

9. What is the purpose of this telephone call?
   A. They want Nicolas to take part in a survey.
   B. They want Nicolas to sign up for the library.
   C. They want Nicolas to run for office.

10. Why does Jane call Bill?
    A. She wants him to take her to the hospital.
    B. She wants him to take care of her daughter.
    C. She wants him to help her with some clients.

Listen again and check your answers.

ACTIVITY 4
Read items 11-12. Listen and choose the best answer (A, B, or C) for each item.

11. What we are listening to is a
    A. debate.                  B. an informal discussion.   C. an interview.

12. The speakers are talking about
    A. giving your phone number to a stranger.
    B. going out on a first date.
    C. a man the female speaker met.

Listen again and check your answers.
Read items 13-15. Listen and choose the best answer (A, B, or C) for each item.

13. The woman talking thinks it’s wrong
   A. to eat meat.  
   B. to expect a man to pay on a date.  
   C. to impose your opinion.

14. The male speaker
   A. agrees with the woman.  
   B. has a different opinion.  
   C. seems disinterested.

15. The male speaker says
   A. meat is bad for you.  
   B. he is against cruelty to animals.  
   C. he doesn’t like the taste of meat.

Listen again check your answers.

**ACTIVITY 5**

Listen and fill in items 16-20 with the right word.

**EX.** An encyclopaedia

16. ____________________________
17. ____________________________
18. ____________________________
19. ____________________________
20. ____________________________

Listen again and check your answers.

**ACTIVITY 6**

Listen and fill in items 21-25 with the right word.

**EX.** Menu

21. ____________________________
22. ____________________________
23. ____________________________
24. ____________________________
25. ____________________________

Listen again and check your answers.
In the kitchen

1. Childs making spaghetti
2. Parents teaching their child to bake
3. Family preparing Christmas dinner
4. Family baking cookies together
5. Elderly man enjoying dinner with a woman
6. Woman enjoying a meal with a dog
Hobbies

Activity 2
### Μέτσοβο

Το Μέτσοβο είναι ένας ορεινός προορισμός για όλες τις εποχές: ολόκληρο τον χρόνο, δροσερά και απολαυστικό το καλοκαίρι, πολύχρωμο το φθινόπωρο, μαγευτικό το χειμώνα!

Σεκινήστε την περιήγησή σας στον ξεχωριστό αυτό τόπο από το Λαογραφικό Μουσείο. Ένα υπέροχο αρχοντικό που κτίστηκε με την προσωπική φροντίδα του Ευάγγελου Αβέρωφ για τον ίδιο τον Τούστα έχει μετατραπεί σε ένα μουσείο το οποίο αφιερώνεται την καθημερινή ζωή των αστικών της Ηπείρου κατά τον 18ο και 19ο αιώνα. Μοναδικές αγοραφαίες, χαλία και τοπικές ενδυμασίες πλαισιώνουν αντικείμενα που μαρτυρούν τις λεπτομέρειες της καθημερινότητας. Πώς τηγανίζουν σαυράι οι Ηπειρώτες; Πώς σιδέρουν οι πλούσιες της εποχής στα παθίδια τους; Όλες οι απαντήσεις στις προθήκες του μουσείου και στις αναλυτικές διηγήσεις του ξενοδόχου που σας υποδέχεται στην είσοδο.

Ο Κοντά στην πλατεία του Μετσόβου βρίσκεται η Πινακοθήκη του Ιδρύματος Αβέρωφ. Ένας χρόνος τέχνης που θα του ζήλευσαν πολλές πρωτεύουσες. Η μόνιμη έκθεση της είναι ένα πανόραμα της ελληνικής ζωγραφικής των δύο τελευταίων αιώνων: Λύκαρος, Βολανάκης, Προσαλένης, Ιακωβίδης, Παρθένης, Μαλέας, αλλά και Μόραλης, Σορόγκας, Τέτσης, Φασιάνος. Μέσα στα όρια και τα... άγρια bouvá! Πέραν της μόνιμης έκθεσης, η Πινακοθήκη διοργανώνει πολύ σημαντικές περιοδικές εκθέσεις, ενώ ταυτοχρόνως λειτουργεί και ένα παιδικό καλλιτεχνικό γερασμένη. Ενημερωθείτε μόλις φτάσετε για το πρόγραμμα της, είναι μία εμπειρία που δεν πρέπει να χάσετε!

Μια παρασκευή μία βόλτα στον Αβέρωφο Κήπο, με την εκκλησία της Αγίας Παρασκευής στο μέσον του, στον οποίο φτυεύονται και φροντίζονται αντιστροφωτευτικά δείγματα όλης της χλωρίδας της Πίνδου.

---

### Γαστρονομικός παράδεισος

Το καφενείο και τα εστιατόρια του Μέτσοβα προσφέρουν την πιο γευστική της Χίου! Το γεύμα μπορεί να σας ανακαλύψει την περιοχή και να σας ενθαρρύνει στη σπάνια εστίαση. Τα γεύματα είναι απολαυστικά και τα προϊόντα είναι ισχυρά με την παραδοσιακή φυλή της Ελλάδας.

---

### Πώς θα φτάσετε

#### Εδαφικά:
- Αυτό το σχεδιάζει ένα δύο επιλογές: Μέσω Τρικάλων, (Ευρωπαϊκή Οδός Αθηνών-Λαμίας, Δομοκός, Καρδίτσα, Τρίκαλα, Καλαμπάκα,), 415 χιλιόμετρα και περίπου 6 ώρες οδήγησης. Σεπτέμβρη επιλογή, μέσω Ιωαννίνων (Ευρωπαϊκή Οδός Αθηνών-Πατρών, Río - Αντίρριο, Ιωαννίνα), 490 χιλιόμετρα και περίπου 6 ώρες οδήγησης.

#### Με το KTEL υπάρχουν οι εξής επιλογές:
- Αθήνα – Τρίκαλα με αντικατάσταση Μέτσοβο, πληροφορίες στο KTEL Τρικάλων, τηλ. 24310 73131.
- Αθήνα – Ιωαννίνα, με αντικατάσταση Μέτσοβο, πληροφορίες στο KTEL Ιωαννίνων, τηλ. 28510 26280.

#### Αεροπορικά:
- Υπάρχουν καθημερινές πτήσεις για τα Ιωαννίνα της Ολυμπιακής και της Αγίας, με διάρκεια μίας ώρας. Από τα Ιωαννίνα το Μέστοβο απέχει 30 λεπτά αεροπορικώς.
## Ασφαλές πικνίκ

- Απαραίτητα είδη για το πικνίκ σας, το εμφανισμένο νερό και τα αναψυκτικά. Ακόμη πιο απαραίτητο το δροσερό κρασί και το θερμό με το ζεστό καφέ. Προσοχή στα περισσότερα από ένα πικνίκ. Μην διατρήσετε ξανά σε ψυγείο, τρόφιμα που έχουν σταθεί έξω από αυτό για 4 ή παραπάνω ώρες.

- Φροντίστε να έχετε μαζί σας χαρτοπετσέτες, μιορμάντλα, ρολά χαρτί και νερό για χρήση καθαριότητας.

- Προσοχή στην καθαριότητα των χεριών σας, στην εξοχή, όταν τα φέρνετε σε επαφή με το φαγητό. Υγρά μαντιλάκια ή απολυμαντικό για τα χέρια που δεν χρειάζονται νερό, είναι απαραίτητα εφόδια για τη σάκα του πικνίκ.

- Προσοχή στον ήλιο. Δέστε στο κεφάλι των παιδιών φωτεινά μαντήλια και φορέστε κι εσείς τα δήμοφα ψάθινα κατέλεις σας. Όσο δροσερός κι αν είναι ο θερμός, η παρατεταμένη έκθεση του κεφαλιού στον ήλιο μπορεί να προκαλέσει ηλίαση.

- Προσοχή στα φαγητά που περιέχουν αλλαντικά, κρέας, ύφασμα, θαλασσανά, γαλακτοκομικά προϊόντα ή σάλτσες με βάση τα αυγά όπως μαγειρέσια. Μεταφέρετε τα με ασφάλεια μέσα σε φορητό ψυγείο με μόνωση και εδικές πλακίσκες.

- Αποφύγετε τα ωμά φαγητά.

- Φροντίστε όλα τα κρεατικά, που θα καταναλώσουν σε ένα πικνίκ, να είναι καλά μαγειρεμένα και όχι με το κόμητο.

- Μην αφήσετε τα φαγητά να σταθούν κάτω από ξεστό ήλιο για περισσότερο από 1 ώρα. Μην καταναλώσετε τροφές που έχουν σταθεί εκτός ψυγείου για περισσότερο από 4 ώρες.
ACTIVITY 1

Read the text below and decide if statements 1-6 are True (A), False (B), or Not Stated (C).

Some facts about rice

- The first rice was probably grown in East and South Asia as long as 15,000 years ago, when people began to settle in river deltas where they found wild rice.
- Today, rice is grown practically everywhere, except the Antarctic! It is cultivated on flooded and on dry land, in the tropical rain forests of Africa and in the arid deserts of the Middle East, on coastal plains and on the Himalayan mountains.
- In the year 2003, the world produced about 589 million tons of paddy rice of which the vast majority - 534 million tons - is grown in Asia.
- It takes between 3 and 6 months for a rice plant to reach maturity, depending on variety and location.
- The amount of rice people eat varies. In Myanmar, people eat an average of half a kilogram of rice every day. The average European consumes much less, only about 3 kg per year.
- Rice is the national dish in three of the world’s biggest countries: China, India and Indonesia.
- Rice is used for many purposes, apart from eating. It is used for making straw and rope, paper, wine, crackers, milk, beer, cosmetics, packing material, and even toothpaste.
- Brown rice is unpolished whole grain rice.
- Compared with white rice, brown rice is more nutritious because it contains bran, which is a source of fibre, oils, B vitamins, and important minerals, which are all good for you.

STATEMENTS

1. The text informs us about the origin of rice.
2. Rice can be grown anywhere on earth.
3. Most of the world’s rice is grown in Asia.
4. There are thousands of kinds of rice.
5. Rice needs at least three months to grow.
6. In China they eat more rice than in any other country in the world.
**ACTIVITY 2**

Match the underlined words in the text above (items 7-11) with the best synonym (A-F). There is one option you do not need.

<table>
<thead>
<tr>
<th>A. came</th>
<th>B. carried out</th>
<th>C. talked to</th>
<th>D. happened</th>
<th>E. made known</th>
<th>F. created</th>
</tr>
</thead>
</table>

**SPECIAL OLYMPICS Hellas**

**The 20th anniversary**

Special Olympics Hellas celebrated its 20th anniversary this year. The President of the Hellenic Republic Karolos Papoulias attended the ceremony on Monday at 6.30 p.m., at the “Peace and Friendship” Stadium in Neo Faliro. He [7] addressed the 2,007 athletes and wished them strength and courage not only for the games but for all the other important moments of their lives.

The athletes, [8] arrived from every corner of Greece and Cyprus to compete in the games which [9] took place in Marathon, Rafina, Nea Makri, Athens and Piraeus. Supporting them were their parents, their coaches and the Special Olympics volunteers.

As Special Olympics Hellas President Yanna Angelopoulou [10] announced at a big press conference on Wednesday, “this anniversary and the events bring us face to face with heroes. The 2,007 athletes of the Panhellenic Special Olympics are the real heroes of life!”

The games were [11] held with the support of the 5,000 Greek individuals and companies that responded to the telethon, the TV ‘marathon’, organized by ERT, a state television station.

**ACTIVITY 3**

Read the text below and for each gap (12-16) choose the best option (A-F). There is one option you do not need.

<table>
<thead>
<tr>
<th>A. early</th>
<th>B. rich</th>
<th>C. quickly</th>
<th>D. social</th>
<th>E. catchy</th>
<th>F. fluently</th>
</tr>
</thead>
</table>

**Shakira**

Shakira began her singing career in Colombia, where she was born and (12) became famous in Latin America in the (13) 1990s. Her first language is Spanish, but she also speaks (14) English and Portuguese. Shakira showed her talent as a teenager at school, where she sang rock and roll, as well as Latin and Arabic songs. Shakira is also well-known for her (15) work and especially her work for the poor. She has performed at a large number of charity concerts such as the Live 8. Shakira’s (16) ‘Waka Waka (This Time for Africa), was chosen as the official song for the 2010 FIFA World Cup.
ACTIVITY 4

4.1 Read the text below and choose the best answer (A, B, or C) for items 17-19.

17. Another title for this would be:
   A. From real books to e-books
   B. The power of the printed word
   C. Becoming a digital native

18. The aim of the text is to
   A. amuse the reader.
   B. express an opinion.
   C. report research.

19. What would the writer like readers to do after reading this text?
   A. Buy an e-book.
   B. Read a novel.
   C. Write a reply.

E-books are causing a lot of controversy about reading but the debate about the power of the written word goes back a long time. Here’s my take on the issue.

Before Gutenberg invented the printing press in 1440, few people actually read books. They were read to them. Then the printing press made it possible for anyone who could read to actually read books for themselves. Critics worried that people would no longer read aloud and that the wonderful experience of sharing books would die. Religious leaders feared that ordinary people who read the Bible for themselves might come up with their own opinions and would threaten their authority. Now we come to e-books. I admit I am a bit ignorant, technologically speaking, but I am thought by my more Neolithic friends to be almost a digital native!

Of course, I have a mobile phone and a laptop, but I don’t think it’s worth forking out a lot of money on another new toy. I do love to read, and am fascinated with the new digital reading devices on the market. But reading e-books is not for me. I am still reading novels the old-fashioned way.

Anyway, I’ve been thinking about what e-books and real books might mean for the way we read and I would like to share my views with you. I look forward to your input in the comments section.

4.2 Read the text again, and decide if statements 20-25 are True (A), False (B), or Not Stated (C).

<p>| STATEMENTS |</p>
<table>
<thead>
<tr>
<th>A. TRUE</th>
<th>B. FALSE</th>
<th>C. NOT STATED</th>
</tr>
</thead>
<tbody>
<tr>
<td>20. People have been discussing e-books for a long time.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>21. Printed books gave people more freedom.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>22. Books made people more critical of the church.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>23. The printing press created more jobs.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>24. The writer’s friends think he knows little about technology.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25. The author reads both e-books and real books.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
ACTIVITY 5

5.1 Read the text below and choose the best answer (A, B, or C) for items 26-28.

26. The writer of the text is most probably
   A. a journalist.  
   B. an ecologist.  
   C. a police officer.

27. The experience that the writer had is best described as
   A. educational.  
   B. exhausting.  
   C. disappointing.

28. The overall purpose of the text is
   A. to challenge and argue.  
   B. to amuse and entertain.  
   C. to describe and create interest.

Max was waiting for us in the woods. For a man who had been bitten by a boa constrictor only a week before - in the Amazon, not here in the south of England - he certainly seemed at ease with himself and the world. In fact, he had an inner calm, something that our noisy group could hardly claim.

"That," said Max gently, "was like a herd of elephants approaching." He looked up at the trees. "Notice how the birds have all stopped singing?" We stood in silence and slowly the birdsong resumed. "I want you all to go into the woods," Max went on. "Find a tree away from the others and sit down. Sit absolutely still. Relax. I'll call you in 20 minutes."

I took a grassy track through the trees and found a quiet spot and sat down. Within two minutes my breathing slowed. A squirrel ran up to me. I came back into focus. My hearing had become extra-sensitive. I could hear the wasps in the tree-tops, even a falling leaf. I was like a stone, completely still. I felt that I could stay like this forever. I was becoming a part of the woods.

Born in Zambia, Ian "Max" Maxwell worked in Kenya on poacher-defences, then later with the American Special Forces, the Shadow Wolves, a team entirely manned by Native Americans. On the Mexican border, they track drug smugglers and illegal immigrants. "They taught me to track fast," he says of that period in his life. "And treat the people we caught with compassion."

Now living in Cornwall, on the south coast of England, he's become the man police turn to when there's a murder enquiry in the woods, or a fugitive out there. He also runs Shadowhawk, a Devon-based company that teaches tracking to anyone who is interested.

My own moment of peace in the wood ended when Max's distant voice called: "Come on in!" We moved back quietly, without quick movements, and Max nodded. "That's better - now you're ready to track." Max took us down to a stream and then along the bank. He showed us the tracks of all sorts of animals - deer, badgers, otters, even a rat. These marks were the start of trails, each one a story we might follow.

After our three-hour session was over, I asked him whether tracking was as good in England as it was in Africa. "Absolutely," he said. "It can change your life." Well, I have to admit, it was the first time I had sat still in a British wood for more than five minutes, and it had been a wonderful experience. So, I'm going to give it a try. The wilderness, I realise, doesn't have to be in Africa: there's one right on the doorstep.
5.2 Read the text again carefully and choose the best answer (A, B, or C) for items 29-35.

29. The ‘noisy group’ consisted of people
   A. going hunting in the woods.  
   B. following the same direction in the woods. 
   C. visiting from South America.

30. Max pointed out to the group that
   A. they were talking too loudly.  
   B. they had disturbed the wildlife. 
   C. they were damaging the woodland environment.

31. After sitting under the tree, the writer started to
   A. breathe more deeply.  
   B. focus more. 
   C. hear more clearly.

32. Where did Max develop his tracking skills?
   A. In Kenya.  
   B. In the USA. 
   C. In Mexico.

33. Shadowhawk is a company that
   A. helps police with murder enquiries. 
   B. tracks missing people. 
   C. runs training courses.

34. Max nodded
   A. because they had learned something. 
   B. because everyone in the group had returned. 
   C. to show them the direction of the stream.

35. After his experience, the writer says he
   A. wants to try tracking in Africa. 
   B. intends to continue tracking. 
   C. will visit many different British woods.

ACTIVITY 6

For items 36-41, match the short extracts with the different types of magazine (options A-H). There is one option you do not need.

<table>
<thead>
<tr>
<th></th>
<th>A. Celebrity magazine</th>
<th>B. Computer magazine</th>
<th>C. Fashion magazine</th>
<th>D. Food magazine</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>A gardening magazine</td>
<td>F. Music magazine</td>
<td>G. School newsletter</td>
<td>H. Travel magazine</td>
</tr>
</tbody>
</table>

36. Among this week’s off-runway action was a ceremony honouring retiring maestro Valentino. The designer, who had just presented his last ever haute couture show, received the honour from the mayor of Paris …

37. Cyberbullying is a growing trend that is more harmful than typical playground bullying because your home is no longer your refuge. You escape the classroom only to find text messages and emails from your tormentors when you arrive home.

38. Elsewhere in Europe, the rail network is also forging ahead, with a new high-speed line in eastern France and the terrific overnight service to Barcelona.

39. No one would have applauded the 37-year-old actress’ success more loudly than her former Shameless co-star and husband James McAvoy, who's currently riding high in Hollywood with Oscar-tipped World War II drama Atonement.

40. This is my signature dish; we sell at least 30 portions a night. It’s a real special-occasion dish, which can be prepared well in advance.

41. The optical drive is not integrated, but in all else—especially battery life--this business portable is top-notch.
ACTIVITY 7

Read the text below and choose the best option (A, B, or C) for items 42-46.

42. Which section mentions a cheap place to stay in October?
   A. Dalmatian Coast, Croatia.  
   B. Reclining, Mykonos.  
   C. Island hopping, The Aeolians.

43. Which section mentions an activity holiday?
   A. Dalmatian Coast, Croatia.  
   B. Reclining, Mykonos.  
   C. Shopping, St Tropez.

44. Which section mentions a particular restaurant?
   A. Reclining, Mykonos.  
   B. Island hopping, The Aeolians.  
   C. Shopping, St Tropez.

45. Which section mentions a place that is too hot in the summer?
   A. Dalmatian Coast, Croatia.  
   B. Reclining, Mykonos.  
   C. Shopping, St Tropez.

46. Which section mentions a place that has no cars?
   A. Dalmatian Coast, Croatia.  
   B. Island hopping, The Aeolians.  
   C. Shopping, St Tropez.

---

**Dalmatian Coast, Croatia**

Yachts are expensive and environmentally unfriendly – the new eco-chic way to explore the Dalmatian coast is from your own sea kayak. Dubrovnik's medieval walls and the lovely harbours and deserted beaches of the Elafiti Islands are best viewed from a canoe. The temperature is far too high to be comfortable in the peak season, so you need to wait until it drops but the sea is still warm. Dubrovnik-based Adria Adventure offers sea kayak tours, and the Hotel Bellevue is the ideal place to stay in Dubrovnik.

---

**Island hopping, The Aeolians**

Sicily's magnificent seven islands regularly attract Oscar-winners like Robert de Niro and Russel Crowe, and are also Hollywood stars in their own right. Salina was the location for Il Postino, while Stromboli was chosen for Roberto Rossellini’s classic. September is the time to go island-hopping without the crowds, as the ferry companies are still operating and the tourists have gone. Don't miss Panarea, where the only way of getting around is on foot, and make sure you include Salina, the greenest island in the chain.

---

**Reclining, Mykonos**

Mykonos is back in fashion, but the notorious meltemi winds can be a real problem in high summer. Later in the season, they are much calmer and you can spend your time lying on the beach without being blasted by the sand. The best address is the Hotel Belvedere, but the best bargain is the Mykonos Grace, which is good value in September, but even better a month later.

---

**Shopping, St Tropez**

St Tropez is a nightmare in high season, but come the end of August, it soon returns to being the chic French Provencal fishing town of 1960s legend. You can wander through its narrow streets in peace and drop into its fashionable boutiques without the crowds. It's also much easier to get a meal at glamorous places such as Alain Ducasse's spoon, or to drop into bars like Nikki Beach for a drink. The best places to stay are the elegant La Ponche Hotel or Le Beauvallon, a 10 minute boat ride across the bay in St Maxime.
**ACTIVITY 8**

Fill in the gaps in items 47-50 with the best option (A - E). Use each option only once. There is one option you do not need.

<table>
<thead>
<tr>
<th></th>
<th>A. go</th>
<th>B. come</th>
<th>C. get</th>
<th>D. drop</th>
<th>E. bring</th>
</tr>
</thead>
</table>

47. I must have left it at your place. Let me know if you ________ across it.

48. The milk's started to ________ off. I'll go and get some more.

49. Do ________ by whenever you are in the neighbourhood. I’d love to see you.

50. At the beginning of next year we are going to ________ in a new management system.

**ACTIVITY 9**

Change the words in Column A so that they can complete sentences 51-55 in Column B below.

<table>
<thead>
<tr>
<th>COLUMN A</th>
<th>COLUMN B</th>
</tr>
</thead>
<tbody>
<tr>
<td>rain</td>
<td>51. The weather in England has changed. It’s not as ________ as it used to be.</td>
</tr>
<tr>
<td>lived</td>
<td>52. I know that you play the guitar beautifully, and that’s great. But, you’re not a professional, right? What do you do for a ________?</td>
</tr>
<tr>
<td>clothing</td>
<td>53. I can’t go to the interview in these ________! They’re dirty and shabby. They won’t take me seriously.</td>
</tr>
<tr>
<td>hunting</td>
<td>54. Some ________ kill animals just for fun. What kind of a hobby is that? I think it’s absolutely wrong.</td>
</tr>
<tr>
<td>fish</td>
<td>55. As we sat there, watching the ________ boats go off into the sunset, I felt so romantic!</td>
</tr>
</tbody>
</table>

**ACTIVITY 10**

For each pair of questions (56-60), choose ONE word that can make a compound noun to complete the sentence.

56. a) I've had ________ ache for a couple of days, so I’m going to see the dentist.
   b) This new ________ paste tastes really fresh and minty.

57. a) In the summer it's really hot so we need ________ conditioning.
   b) The letter will get there faster if you send it via ________ mail.

58. a) The ________ line in the newspaper said 'MORE SNOW CHAOS'.
   b) The ________ master of our school observes every teacher’s lessons regularly.

59. a) The tax changes will affect over 10 million ________ holds in this country.
   b) I hate cleaning and dusting - almost any form of ________ work, really.

60. a) I bought this new ________ water camera and took some great photos of fish.
   b) The trains in this city travel mostly ________ ground. You rarely see them.
**ACTIVITY B1.1**

You are one of the young reporters for the local magazine “Our Town” and have been asked to write a text (80 words) about your school, St Andrews, which you are very proud of. **Present your school**, using the library text below as a model.

**OUR PUBLIC LIBRARY**

Our public library sits on a cozy corner in the town. Built 3 years ago, it is a big and attractive building. On the ground floor, one can find books for children and adults while on the second floor there is a Learning Lab equipped with computers. Our library also includes music CDs, DVDs, videos and audio cassettes. There is space to browse amongst the bookshelves and always somewhere quiet to sit and read.

**ACTIVITY B2.1**

Write one more article about St Andrews School for the same magazine. Imagine that you have interviewed 15 students, who go to this school, and these students would like to see some changes made, so that their school becomes more modern. In your short article (100 words), report their views. Use the notes on the right. You took them when interviewing the students.

**NOTE PAD**

- A new gym
- A separate playground for younger students
- A computer lab with video projector
- Teachers who are friendlier and closer to students
### ACTIVITY B1.2

You had an exam at school and did very well. Write an email to your friend Kate (about 80 words) to tell her the good news and inform her about what you did before the exam because it helped you. Use some of the ideas from the text below (the column on the left). Sign as Alex.

---

#### Το κλειδί της επιτυχίας

<table>
<thead>
<tr>
<th>ΠΡΙΝ ΤΙΣ ΕΞΕΤΑΣΕΙΣ</th>
</tr>
</thead>
<tbody>
<tr>
<td>Τι κάνουμε το βράδυ πριν τις εξετάσεις;</td>
</tr>
<tr>
<td>Είναι πολύ σημαντικό να κοιμηθούμε καλά. Ένα ζεστό μπάνιο, ένα ζεστό τσάι, απαλή μουσική, λίγη κουβέντα στο τηλέφωνο με έναν καλό φίλο για κάτι ευχάριστο θα μας χαλαρώσουν.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ΚΑΤΑ ΤΗ ΔΙΑΡΚΕΙΑ ΤΩΝ ΕΞΕΤΑΣΕΩΝ</th>
</tr>
</thead>
<tbody>
<tr>
<td>Πώς οργανώνουμε την ώρα των εξετάσεων;</td>
</tr>
<tr>
<td>Διαβάζουμε τις οδηγίες προσεκτικά. Αν έχουμε άγνωστες λέξεις προσπαθούμε να μαντέψουμε τι σημαίνουν από τα συμφραζόμενα. Αν διαβάζοντας τις ερωτήσεις μας έρθει στο μυαλό κάτι σημαντικό, το σημειώνουμε στο πρόχειρο ενώ τη στιγμή για να μην το ξεχάσουμε μετά. Διαβάζουμε όλες τις ερωτήσεις σε κάθε τμήμα της εξέτασης πριν ξεκινήσουμε. Αρχίζουμε από τα εύκολα και προχωρούμε αργότερα στα δύσκολα. Οργανώνουμε το χρόνο μας και προποθετούμε το ρολόι μας σε σημείο που να μπορούμε να βλέπουμε την ώρα, χωρίς όμως να μας γίνει έμμονη ιδέα. Λέμε στον εαυτό μας: «Θα τα καταφέρω. Έχω προετοιμαστεί και θα γράψω καλά». Θαάνουμε στον προορισμό μας 10-15 λεπτά νωρίτερα για να μπορούμε να βλέπουμε την ώρα, χωρίς όμως να μας γίνει εμμονή ιδέα. Αφήνουμε σπάσιμο λίγο χρόνο στο τέλος για να διαβάζουμε ξανά τις απαντήσεις, να διορθώσουμε λαθάκια, κλπ.</td>
</tr>
</tbody>
</table>

---

### ACTIVITY B2.2

Your friends are preparing for exams. Use ideas from the text above (the column on the right) and write a message (about 100 words) to post on your blog to help them. Give them advice about what to do and what not to while taking an exam.
Listen to items 1-4 and choose the best photo (A-F). There are two photos you do not need.


Listen again and check your answers.
ACTIVITY 2
Read items 5-7. Listen and choose the best answer (A, B, or C) for each item.

5. The woman speaking is probably
   A. a teacher. B. a manager. C. a doctor.

6. Where do you think the event is taking place?
   A. In an office. B. In a bar. C. In a restaurant.

7. What is the purpose of the conversation?
   A. A speaking test. B. A guided tour. C. An interview for a job.

Listen again and check your answers.

ACTIVITY 3
Read items 8-10. Listen and choose the best answer (A, B, or C) for each item.

8. This radio announcement is about a German athlete who won
   A. the Marathon. B. a long-distance race in Greece. C. a field race in Athens and Sparta.

9. This radio announcement is about

10. The international puppet and mime festival
    A. features productions from all over Europe. B. is hosted in Kilkis this year. C. will start on October 10th this year.

Listen again and check your answers.

ACTIVITY 4
Read items 11-15. Listen and choose the best answer (A, B or C) for each item.

11. Is there such a thing as the National Museum of Language?
    A. Yes and it’s in the heart of Washington DC. B. Yes, but the building, which in Seattle Washington, is not yet completed. C. Yes, there is one in the USA, but it hasn’t yet opened to the public.

12. What do museums usually exhibit?
    A. Artefacts of historical value. B. Physical things. C. Works of art.

13. What do visitors do in a language museum like this?
    A. Find out how the English language has developed. B. Discover all kinds of information about language. C. Explore how different languages work.
14. What will this museum eventually contain?
   A. Printed and electronic information about language.
   B. Books and journals about speech patterns.
   C. Interactive materials of spoken language.

15. What may be a very special experience in this museum?
   A. To be allowed to imitate speech from various languages of the world.
   B. To carry out language research with stored speech samples.
   C. To hear the accents and dialects of people from all over the world.

Listen again and check your answers.

**ACTIVITY 5**

Listen and fill in items 16-20 with the right word.

**EX. shorts**

16. __________________________
17. __________________________
18. __________________________
19. __________________________
20. __________________________

Listen again and check your answers.

**ACTIVITY 6**

Listen and fill in items 21-25 with the right word.

<table>
<thead>
<tr>
<th>QUESTIONS</th>
<th>ANSWERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>EX. Did August Wilson live a long time ago?</td>
<td>No. He’s a <strong>contemporary</strong> playwright.</td>
</tr>
<tr>
<td>21. Have his plays raised much controversy?</td>
<td>No, actually they have won several ________</td>
</tr>
<tr>
<td>22. When was his talent recognized?</td>
<td>Right after his ________ play.</td>
</tr>
<tr>
<td>23. What’s the title of his last play?</td>
<td>The ________ ________</td>
</tr>
<tr>
<td>24. What are some important concerns of the play?</td>
<td>The history of the ________ in the USA.</td>
</tr>
<tr>
<td>25. Do critics think that Wilson is worthy of the American theatrical tradition?</td>
<td>Some critics think he’s as ________ ________ Tennessee Williams and Arthur Miller.</td>
</tr>
</tbody>
</table>

Listen again and check your answers.
Give us a kiss

1

2

3

4

5

6
Έξι κανόνες για ασφαλείς βουτιές στη θάλασσα

Για να απολαύσετε τις χαρές της θάλασσας θα πρέπει να τηρείτε ορισμένους κανόνες, οι οποίοι θα καταστήσουν ασφαλή την κολύμβησή.

Ιδιού μερικά από αυτά που δεν πρέπει να ξεχνάμε

1. **Μην κολυμπάτε ποτέ με γεμάτο στομάχι.** Το γεμάτο στομάχι καθιστά το κολύμπι επικίνδυνο, ιδιαίτερα για τα παιδιά.

2. **Μην κολυμπάτε όταν αισθάνεστε αδιαθεσία.** Πολλά δυστυχήματα στη θάλασσα έχουν αντί το γεγονός ότι κάποιος μπήκε στη θάλασσα έχοντας κάποιο πρόβλημα (ζάλη, πονοκέφαλο, πυρετό, κ.λπ.).

3. **Μην αφήνετε ποτέ τα παιδιά να κολυμπούν χωρίς εποπτεία.** Αυτό ισχύει πολύ περισσότερο όταν τα παιδιά είναι μικρά και οι παραλίες άγνωστες.

4. **Κολυμπάτε πολύ προσεκτικά όταν βρίσκεστε σε άγνωστες θάλασσες.** Πολλά ατυχήματα προκαλούνται από βουτιές σε άγνωστα μέρη ή από κολύμπι σε περιοχές με απότομα βαθιά νερά, ρεύματα κ.λπ.

5. **Αποφεύγετε να κολυμπάτε σε απόμακρες παραλίες που δεν γνωρίζετε και ιδιαίτερα όταν δεν υπάρχουν στο χώρο και άλλα άτομα, τα οποία μπορούν να προσφέρουν κάποια βοήθεια σε ώρα ανάγκης.

6. **Αποφεύγετε το νυχτερινό κολύμπι.** Η κολύμβηση τη νύχτα, ακόμη και υπό το φως της πανσέληνης εγκαταστά σημαντικούς κινδύνους, αφού η ορατότητα είναι περιορισμένη και η επικοινωνία περιορίζεται μόνο στην ομιλία και τις φωνές.

Συγγραφείς: Αναστάσιος Σπανιδέας
Παθολόγος, M.D., FCCP, διδάκτωρ Πανεπιστημίου Αθηνών

http://www.healthview.gr/
Greek:

**ΕΧΕΤΕ ΔΙΑΤΡΟΦΙΚΟ ΙQ;**

Τέσσερα DOs για να αναβαθμίσετε έξυπνα το καθημερινό μενού σας:

**ΞΕΧΑΣΤΕ ΤΟ «ΣΗΜΑ ΚΑΤΑΤΕΘΕΝ»**

Όσοι αγοράζουν με κριτήριο τη μάρκα έχουν 13% λιγότερες πιθανότητες να τσεκάρουν τις θρεπτικές πληροφορίες που αναγράφονται στο προϊόν, από αυτούς που αγοράζουν διαφορετικές μάρκες προϊόντων. Οι βιομηχανίες αλλάζουν κατά καρφώς τις συνταγές τους κι έτσι μπορεί να παίρνετε παραπάνω θεομίδες, ξάχαρη και λίπος απ’ όσο νομίζετε, γι’ αυτό να κοιτάτε πάντα τις ενδείξεις πριν αγοράσετε.

**ΒΕΛΤΙΩΣΤΕ ΤΗ ΛΙΣΤΑ ΣΑΣ**

Χωρίστε τη λίστα σας σε κατηγορίες, όπως δημητριακά, ζωομαγκατό, φρούτα, αντί να γράφετε συγκεκριμένα αναλώσιμα. Αυτό που αποφασίζουν τι θα αγοράσουν όταν βλέπουν τα προϊόντα έχουν περισσότερες πιθανότητες να διαλέξουν υγιεινότερα πράγματα.

**ΒΑΛΤΕ «ΧΡΩΜΑ» ΣΤΗ ΔΙΑΤΡΟΦΗ ΣΑΣ**

Το κόκκινο και το κίτρινο τείνουν να σας ανοίγουν την όρεξη, γι’ αυτό συνηθίζουμε να στρεφόμαστε προς αυτές τις αποχώρεις. Σίγουρα οι ντομάτες και το καλαμπόκι είναι υγιεινά, αλλά μπορείτε να πάρετε ακόμα περισσότερες θρεπτικές και αντιοξειδωτικές ουσίες αν προσθέσετε μοβ (μελιτζάνες) και πράσινα (μπρόκολο) φαγητά στο μενού σας.

**ΣΗΚΩΘΕΙΤΕ ΑΠΟ ΤΟΝ ΚΑΝΑΠΕ**

Αλλάξτε συνήθειες. Σεφηροπλαστείτε τον τεράστιο δίσκο σας και καθήστε στο τραπέζι για κάθε σας γεύμα, χωρίς να βλέπετε τη λευκόραση. Όταν είστε μπροστά στην τηλεόραση, τρώτε πάντα περισσότερο, αφού η όρεξη παρατείνεται όταν μαςάτε με αποστόμωμη προσοχή. Αντί γι’ αυτό, συγκεντρωθείτε στην απόλαυση του φαγητού. Αυτό δεν είναι το ζητούμενο;