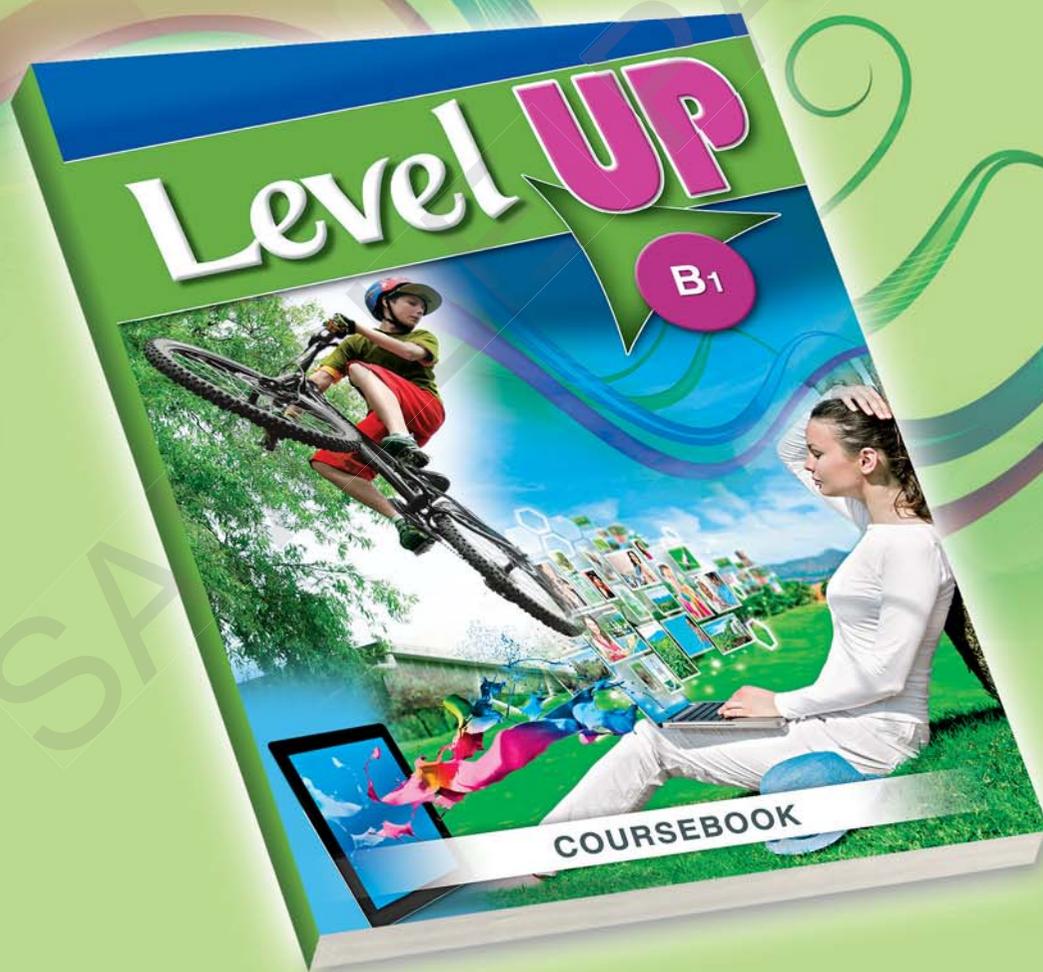


C. N. GRIVAS

Level UP

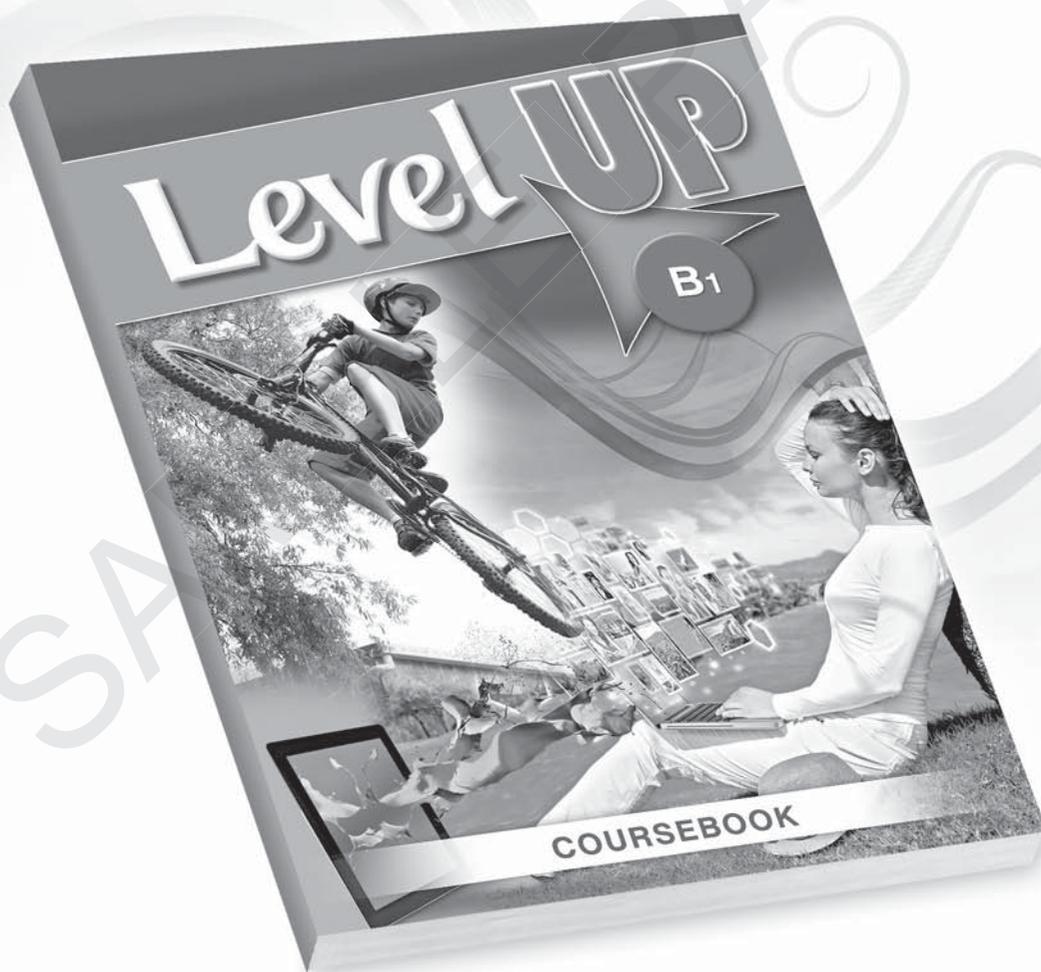
B1



COMPANION

Level UP

B1



COMPANION

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SAMPLE PAGES

PRONUNCIATION TABLE

Consonants			Vowels				
Symbol	Keyword	Phonetics	Symbol	Keyword	Phonetics		
p	pen	/ pen /	short	ɪ	bit	/ bɪt /	
b	back	/ bæk /		e	bed	/ bed /	
t	ten	/ ten /		æ	cat	/ kæt /	
d	day	/ deɪ /		ɒ	dog	/ dɒg /	
k	cat	/ kæt /		ʌ	cut	/ kʌt /	
g	get	/ get /		ʊ	put	/ pʊt /	
f	fat	/ fæt /		ə	about	/ ə'baʊt /	
v	van	/ væn /		i	happy	/ 'hæpi /	
θ	thin	/ θɪn /		u	actuality	/ .æktʃu'æləti /	
ð	this	/ ðɪs /		long	i:	sheep	/ ʃi:p /
s	see	/ si: /	ɑ:		father	/ 'fɑ:ðə /	
z	zoo	/ zu: /	ɔ:		four	/ fɔ: /	
ʃ	shoe	/ ʃu: /	u:		boot	/ bu:t /	
ʒ	vision	/ 'vɪʒn /	ɜ:		bird	/ bɜ:d /	
h	hat	/ hæt /	diphthongs		eɪ	make	/ meɪk /
tʃ	chain	/ tʃeɪn /			aɪ	lie	/ laɪ /
dʒ	jam	/ dʒæm /			ɔɪ	boy	/ bɔɪ /
m	man	/ mæn /			əʊ	note	/ nəʊt /
n	now	/ naʊ /			aʊ	now	/ nəʊ /
ŋ	sing	/ sɪŋ /		ɪə	real	/ riəl /	
w	wet	/ wet /		eə	hair	/ heə /	
l	let	/ let /		ʊə	sure	/ ʃʊə /	
r	red	/ red /		uə	actual	/ 'æktʃuəl /	
j	yes	/ jes /		ɪə	peculiar	/ pi'kju:liə /	

' / shows main stress

/ . / shows secondary stress

Abbreviations = Συντομεύσεις

v = verb (ρήμα)

n = noun (ουσιαστικό)

idm = idiom (ιδιοματισμός)

phr v = phrasal verb
(περιφραστικό ρήμα)

prep = preposition (πρόθεση)

adj = adjective (επίθετο)

adv = adverb (επίρρημα)

der = derivative (παράγωγο)

opp = opposite (αντίθετο)

e.g. = for example (για παράδειγμα)

usu. = usually (συνήθως)

esp. = especially (ιδιαίτερος)

etc. = et cetera (και τα λοιπά)

sb = somebody (κάποιος)

sth = something (κάτι)

1 Leisure

Remember boxes have been included at the end of each section to help students remember words that have already been taught.

(page 5)

- 1.1 **leisure** /'leɪzə/ (n) = time when you don't have to work or study and can do things you like / ελεύθερος χρόνος
If students didn't have so much schoolwork, they would have more leisure.
Der: **leisurely** (adv)
- 1.2 **online** /ˌɒnˈlaɪn/ (adv) = on the Internet / στο Διαδίκτυο
A lot of people now do their shopping online.
- 1.3 **board game** /'bɔːd geɪm/ (n) = επιτραπέζιο παιχνίδι
- 1.4 **hang out** /ˌhæŋ ˈaʊt/ (phr v) = spend a lot of time somewhere / συχνάζω κάπου
Where do young people usually hang out?
- 1.5 **shopping mall** /'ʃɒpɪŋ mɔːl/ (n) = εμπορικό κέντρο
I always find whatever I want at the shopping mall, because there is a large variety of shops.
- 1.6 **chat** /tʃæt/ (v) = talk; send messages online / μιλάω, συνομιλώ, ανταλλάσσω γραπτά μηνύματα με κπ σε πραγματικό χρόνο (συν. στο Διαδίκτυο)
Kim has been on Facebook all evening chatting with her friends.
Der: **chat** (n)
- 1.7 **communicate (with)** /kə'mjuːnɪkeɪt/ (v) = επικοινωνώ (με)
Teenagers often feel they can't communicate with their parents.
Der: **communication** (n)
- 1.8 **text message** /'tekst ˌmesɪdʒ/ (n) = γραπτό μήνυμα (στο κινητό τηλέφωνο)
If you can't phone me, just send a text message.
- 1.9 **cheat** /tʃi:t/ (v) = do sth that is not honest in order to win (e.g. in a game) / 'κλέβω', κάνω ζαβολιά
He always cheats, so no one wants to play with him.
Der: **cheater** (n), **cheating** (n)

READING

(pages 6 and 7)

- 1.10 **article** /'ɑːtɪkl/ (n) = piece of writing in a newspaper or magazine / άρθρο
I read an interesting article about life in the future.
- 1.11 **screen** /skri:n/ (n) = οθόνη
I dropped my mobile phone and broke the screen.
- 1.12 **event** /ɪ'vent/ (n) = sth that happens / γεγονός
What was the most important event of the year for you?
- 1.13 **take place** /teɪk 'pleɪs/ (idm) = happen / γίνομαι, λαμβάνω χώρα
The party will take place on 15 October.

- 1.14 **whole** /həʊl/ (adj) = full; complete / ολόκληρος
They spent the whole day at the beach.
- 1.15 **participant** /pɑː'tɪsɪpənt/ (n) = person who takes part in sth / συμμετέχω
All the participants in the race were wearing red hats.
Der: **participate** (v), **participation** (n)
- 1.16 **opinion** /ə'pɪnjən/ (n) = what you think about sb/sth / γνώμη
What's your opinion about school exams?
- 1.17 **to be honest** /tə bi 'ɒnɪst/ = για να είμαι ειλικρινής
To be honest, I don't really like John.
- 1.18 **(be) keen on** /ki:n ɒn/ = like sth very much / μου αρέσει πολύ κτ
He's very keen on tennis and plays at least once a week.
- 1.19 **take part** /teɪk 'pɑːt/ (idm) = participate in sth / συμμετέχω, παίρνω μέρος
My friend is getting ready to take part in the next Olympic Games.
- 1.20 **it makes a nice change** /ɪt meɪks ə 'naɪs tʃeɪndʒ/ = είναι μια ωραία αλλαγή
It makes a nice change to leave the city and go to the countryside.
- 1.21 **(there is) no way** /ˌnəʊ 'weɪ/ (idm) = definitely not; never / με τίποτα, με κανέναν τρόπο, αποκλείεται
I'm working late today. There is no way I can drive you to the airport.
- 1.22 **a load of rubbish** /ə ləʊd əv 'rʌbɪʃ/ = αβυσσίες, χαζομάρες
I don't believe anything you said. It's all a load of rubbish.
- 1.23 **see the point of sth** /siː ðə pɔɪnt əv/ = understand the reason for sth / βλέπω τον λόγο (να γίνει κτ)
I don't see the point of spending so much money on a dress you're only going to wear once.
- 1.24 **I mean** /aɪ 'miːn/ (idm) = used to explain or correct sth you have just said / θέλω να πω
This is ridiculous! I mean, why should my brother be allowed to go and not me?
- 1.25 **on my own** /ɒn ˌmaɪ ˈəʊn/ (idm) = alone; without anyone else / μόνος μου
I stayed home on my own when my parents went to the cinema.
- 1.26 **go round** /gəʊ 'raʊnd/ (phr v) = visit sb for a short time (usu. at their house) / πηγαίνω (να δω κτ)
Why don't we go round and see Alan tonight?
- 1.27 **join in** /dʒɔɪn 'ɪn/ (phr v) = participate / συμμετέχω, παίρνω μέρος
She watched the other children playing, but didn't want to join in.

- 1.28 **personally** /'pɜːsənəli/ (adv) = used when giving your own opinion about sth / προσωπικά
Personally, I found the book extremely boring.
Der: **personality** (n), **person** (n), **personal** (adj)
- 1.29 **last** /lɑːst/ (v) = manage to remain in the same situation although it's difficult / κρατώ, αντέχω
I'm afraid he won't last very long in this job.
- 1.30 **a bit of (a sth)** /ə bɪt əv/ (n) = λίγο (σε μικρό βαθμό)
The new girl at school has been a bit of a mystery to all of us.
- 1.31 **addict** /'ædɪkt/ (n) = sb who is very interested in sth and spends a lot of time doing it / κάποιος που είναι εθισμένος σε κτ
My brother is a computer game addict – he plays all day long.
Der: **addicted** (adj), **addictive** (adj), **addiction** (n)
- 1.32 **series** /'sɪəriːz/ (n) = σειρά (τηλεοπτική)
My favourite TV series is 'Friends'.
- 1.33 **struggle** /'strʌɡl/ (v) = have difficulty in coping with sth / δυσκολεύομαι (με κτ)
I'm really struggling with maths this year.
- 1.34 **give up** /ɡɪv 'ʌp/ (phr v) = stop trying to do sth / τα παρατάω
I can't find the answer. I give up.

(page 8)

- 1.35 **social** /'səʊʃl/ (adj) = relating to activities in which people meet for pleasure / κοινωνικός
The end-of-year party is the university's most popular social event.

(page 9)

- 1.36 **polite** /pə'laɪt/ (adj) = showing good manners and respect / ευγενικός
Everyone likes Timothy because he is such a polite young man.
Der: **politely** (adv)
Opp: **impolite**

- 1.37 **argue** /'ɑːɡjuː/ (v) = disagree with sb and speak angrily to them / τσακώνομαι, καβγαδίζω
The two friends always argue about where to go.
Der: **argument** (n)
- 1.38 **sort** /sɔːt/ (n) = kind / είδος
What sort of music do you like?
this sort of thing = τέτοια πράγματα
- 1.39 **horror film** /'hɒrə .fɪlm/ (n) = film designed to frighten people / ταινία τρόμου
Young people should not be allowed to watch horror films as they might have bad dreams.
- 1.40 **website** /'websaɪt/ (n) = ιστότοπος, δικτυακός τόπος
You can find all the information you need on the company's website.
- 1.41 **appointment** /ə'pɔɪntmənt/ (n) = arrangement to meet or visit sb at an agreed time / ραντεβού
I had a toothache, so I made an appointment to see my dentist.
- 1.42 **belong (to)** /bɪ'lɒŋ/ (v) = be owned by sb / ανήκω σε
This house belongs to my grandparents.

REMEMBER 1

- manage** /'mænɪdʒ/ (v) = καταφέρνω
- plan** /plæn/ (v) = σχεδιάζω
- activity** /æk'tɪvəti/ (n) = δραστηριότητα
- unbelievable** /ˌʌnbɪ'liːvəbl/ (adj) = απίστευτος
- turn off** /tɜːn 'ɒf/ (phr v) = σβήνω, κλείνω (π.χ. τηλεόραση, φως)
- turn on** /tɜːn 'ɒn/ (phr v) = ανάβω, ανοίγω (π.χ. τηλεόραση, φως)
- anyway** /'eniweɪ/ (adv) = τέλος πάντων

1 SIMPLE PRESENT (Απλός Ενεστώτας) **2 PRESENT CONTINUOUS** (Ενεστώτας Διαρκείας)

1 Simple Present (He **works**, **Does** he **work**?, He **doesn't work**)

Χρησιμοποιείται για:

- 1 μια πράξη που συμβαίνει **κάθε μέρα, συνήθως, μερικές φορές, πάντοτε** κλπ.

*I usually **go** to the cinema on Saturdays.*

***Do** you **study** hard?*

*It **doesn't snow** very often in Athens.*

- 2 μια πράξη που είναι προγραμματισμένη να γίνει στο **μέλλον**, κυρίως όταν μιλάμε για **προγράμματα, δρομολόγια** κλπ.

*The concert **starts** at nine.*

*The boat **leaves** at seven tomorrow morning.*

ΠΡΟΣΞΕΤΕ:

1 Όταν το **have** είναι κύριο ρήμα, σχηματίζει ερώτηση και άρνηση με **do / does**.

He **has** breakfast / lunch / a shower / fun κλπ

Does he have breakfast / lunch ...?

He **doesn't have** breakfast / lunch ...

2 Χρησιμοποιούμε συχνά **επιρρήματα συχνότητας** (always, usually, often, sometimes, seldom / rarely, hardly ever, never) με τον **απλό ενεστώτα**. Μπαίνουν **πριν** τα κύρια ρήματα αλλά **μετά** τα βοηθητικά και το **'to be'**. Στις σύντομες απαντήσεις μπαίνουν **πριν** το βοηθητικό ρήμα.

He **always** takes the train to work.

Nick is **often** late for school.

'Do you **usually** read books in your free time?' 'No, I **hardly ever** do.'

② **Present Continuous** (They **are sleeping**, **Are they sleeping?**, They **aren't sleeping**)

Χρησιμοποιείται:

1 για μια πράξη που συμβαίνει (είναι σε εξέλιξη) **τώρα**, αυτήν τη στιγμή που μιλάμε ή αυτήν την εποχή / περίοδο.

Is it raining outside?

I'm studying for my English exam these days.

2 για μια πράξη που έχουμε προγραμματίσει να κάνουμε στο **κοντινό μέλλον**.

My friends and I **are going** shopping this weekend.

3 με το **always** για να πούμε ότι κάτι συμβαίνει **πάρα πολύ συχνά** ή για να δείξουμε **ενόχληση**.

Grandpa **is always giving** me money.

Why **are you always shouting** at me?

ΠΡΟΣΞΕΤΕ:

Τα ρήματα που εκφράζουν **κατάσταση** και **όχι πράξη** δεν χρησιμοποιούνται σε χρόνους διαρκείας. Τέτοια ρήματα είναι: **have** (= έχω, κατέχω), **know, think, believe, like, hate, want, need, belong** (= ανήκω), **remember, forget, understand** (= καταλαβαίνω), **look** (= φαίνομαι), **taste** (= έχω γεύση), **smell** (= μυρίζω, έχω μυρωδιά), **see, hear** κλπ.

What **do we need** from the supermarket? [**οχι**: What ~~are we needing~~ ...]

I'm sorry. I **don't understand**. [**οχι**: ...~~I'm not understanding~~.]

This pizza **tastes** delicious.

Μερικά από αυτά τα ρήματα μπορούν να χρησιμοποιηθούν σε χρόνους διαρκείας αλλά η έννοια αλλάζει.

ΣΥΓΚΡΙΝΕΤΕ: I **think** he's a great singer. (= νομίζω, πιστεύω)

I'm **thinking** of buying a new phone. (= σκέφτομαι)

Look here and tell me what you **see**. (= βλέπω)

I'm **seeing** the dentist this evening. (= επισκέπτομαι, έχω ραντεβού με)

Are you seeing Peter tonight? (= συναντώ)

Don **has** a new bike. (= έχω, κατέχω)

We're **having** chicken for dinner. (= τρώω)

EXERCISES

1 Choose the correct word to complete the sentence.

- 1 There is an interesting **article** / **series** about penguins in this month's *National Geographic*.
- 2 He always tries to **chat** / **cheat** when we play cards.
- 3 Come and **join in** / **give up** the dancing – it's fun.
- 4 My grandmother is a television **screen** / **addict** – she watches TV all day long.
- 5 Without a job, he **struggles** / **belongs** to pay his bills.
- 6 Young people often **hang out** / **go round** at cafés.
- 7 My parents always **communicate** / **argue** about which programme to watch on TV.
- 8 John wants to **take place** / **take part** in the next marathon race.
- 9 Helen made a(n) **appointment** / **participant** to see her dentist this afternoon.
- 10 I wish I had more **leisure** / **event** time to do things I like.

2a Match the columns.

- 1 a load of
- 2 board
- 3 shopping
- 4 on my
- 5 text

.....
.....
.....
.....
.....

- a mall
- b own
- c rubbish
- d message
- e games

b Now use the combinations from a to fill in the gaps.

- 1 Yesterday, Wendy went to the to buy a pair of jeans.
- 2 None of what he said is true. It's all
- 3 I did the job Nobody helped me.
- 4 She didn't phone her friend but sent her a to tell her where to meet.
- 5 My friends come to my house sometimes and we play

LANGUAGE DEVELOPMENT

(page 10)

- 1.43 **chess** /tʃes/ (n) = σκάκι
- 1.44 **backgammon** /'bækɡæmən/ (n) = τάβλι
- 1.45 **individual sports** /ˌɪndɪˈvɪdʒuəl ˌspɔːts/ (n) = ατομικά αθλήματα
Tennis is the only individual sport that I like.
- 1.46 **fighting sports** /'faɪtɪŋ ˌspɔːts/ (n) = μαχητικά αθλήματα
Of all the fighting sports, karate is my favourite.
- 1.47 **team sports** /'tiːm ˌspɔːts/ (n) = ομαδικά αθλήματα
Football is the most popular team sport in Greece.
- 1.48 **chill out** /tʃɪl ˈaʊt/ (phr v) = relax / χαλαρώνω, ηρεμώ
I like to chill out in front of the TV in the evening.
- 1.49 **try (sth) out** /traɪ ˈaʊt/ (phr v) = try sth to see what it is like, or to find out how good it is / δοκιμάζω (κτ)
I decided to try out the new recipe my grandmother gave me.
- 1.50 **take (sth) up** /ˌteɪk ˈʌp/ (phr v) = start a new activity / ξεκινώ (χόμπι, άθλημα κλπ)
'I'm thinking of taking up tennis. Do you want to join me?'
- 1.51 **be into** /bi ˈɪntə/ (phr v) = be interested in sth / μου αρέσει (να κάνω κτ)
I was really into skateboarding before I broke my leg.
- 1.52 **bungee jumping** /'bʌndʒɪ dʒʌmpɪŋ/ (n) = μπάντζι τζάμπινγκ, ελεύθερη πτώση από μεγάλο ύψος, με ελαστικό σκοινί δεμένο στα πόδια
- 1.53 **exciting** /ɪk'saɪtɪŋ/ (adj) = very interesting / συναρπαστικός
Life here is very dull; nothing exciting ever happens.
Der: **excite** (v), **excited** (adj), **excitement** (n)
- 1.54 **though** /ðəʊ/ (adv) = όμως
'Have you ever tried yoga?' 'No, I'd like to, though.'

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- 1.55 **collect** /kə'lekt/ (v) = (as a hobby) get and keep objects of the same kind because you think they are attractive or interesting / συλλέγω
My brother collects comic books, and he has so many of them.
Der: **collection** (n), **collector** (n)
- 1.56 **coin** /kɔɪn/ (n) = νόμισμα
Have you got any coins to use in this machine so that we can get tickets for the metro?
- 1.57 **effort** /'efət/ (n) = an attempt to do sth / προσπάθεια
I know you don't like him, but please make an effort to be friendly.
Der: **effortless** (adj), **effortlessly** (adv)
- 1.58 **jet skiing** /'dʒet ˌskiːŋ/ (n) = τζετ σκι
- 1.59 **have a go** /həv ə 'gəʊ/ (idm) = try sth / δοκιμάζω (να κάνω κτ)
I was scared of bungee jumping, but I finally decided to have a go.

- 1.60 **turn down** /ˌtɜːn ˈdaʊn/ (phr v) = χαμηλώνω (την ένταση)
Please turn down the music or the neighbours will start complaining.
- 1.61 **turn over** /ˌtɜːn ˈəʊvə/ (phr v) = change to another channel on TV / αλλαγή κανάλι
Can we turn over? The match is starting now.
- 1.62 **turn up** /ˌtɜːn ˈʌp/ (phr v) = δυναμώνω (την ένταση)
Turn up the radio; I love this song.
- 1.63 **for a while** /fə ə ˈwaɪl/ = για λίγο
Can you look after the baby for a while? I won't be long.
- 1.64 **disturb** /dɪ'stɜːb/ (v) = interrupt sb and not let them work, sleep, etc. / ενοχλώ
I didn't go in as I didn't want to disturb them.
Der: **disturbance** (n)
- 1.65 **hardly** /'hɑːdli/ (adv) = almost not / σχεδόν καθόλου, μόλις και μετά βίας
I was so tired I could hardly keep my eyes open.
- 1.66 **miss** /mɪs/ (v) = χάνω, δεν προλαβαίνω (π.χ. το λεωφορείο)
I have to go now, otherwise I'll miss the bus.
- 1.67 **lose** /luːz/ (v) = χάνω (σε αγώνα, χρήματα κλπ)
Our team is great! They are not going to lose.
Der: **loser** (n)
- 1.68 **beat** /bi:t/ (v) = νικώ, κερδίζω (αντίπαλο)
My father beat me at chess last night.
- 1.69 **win** /wɪn/ (v) = νικώ, κερδίζω (σε αγώνα, διαγωνισμό, κλπ)
Which team do you think is going to win?
Der: **winner** (n)

(page 12)

- 1.70 **the washing up** /ðə ˌwɒʃɪŋ ˈʌp/ = το πλύσιμο των πιάτων
- 1.71 **favour** /'feɪvə/ (n) = χάρη
Der: **favourable** (adj), **favourite** (adj)
- 1.72 **bring round** /ˌbrɪŋ ˈraʊnd/ (phr v) = take sb/sth to sb's house / φέρνω (μαζί μου)
My friend will bring his new computer game round tonight so that we can play it together.
- 1.73 **suggest** /sə'dʒest/ (v) = tell sb your idea about what they should do, where they should go, etc. / προτείνω
I suggest that we go to the cinema. What do you think?
Der: **suggestion** (n)
- 1.74 **as soon as possible** /əz ˌsuːn əz ˈpɒsəbəl/ = όσο πιο σύντομα γίνεται, το συντομότερο δυνατό
I would appreciate a reply to my letter as soon as possible.
- 1.75 **offer** /'ɒfə/ (v) = provide sth that sb needs or wants / προσφέρω
The hotel offers a range of activities for young children.
Der: **offer** (n)
- 1.76 **contact** /'kɒntækt/ (v) = communicate with sb (e.g. by telephone or letter) / επικοινωνώ με κπ
If you need any more information, please contact me.
Der: **contact** (n)

EXERCISES

1 Fill in the correct phrasal verb in the appropriate form to complete the sentence.

turn down • chill out • try out • turn up • bring round • take up

- 1 A new sports centre opened up in the area and Brian went to it
- 2 The players were in their hotel rooms after the match.
- 3 Tammy swimming because she wanted to keep fit.
- 4 Please the TV; I've put the baby to bed.
- 5 Why don't you *One Direction's* new CD so we can listen to it?
- 6 He the radio to listen to the news.

2 Fill in the missing word.

- 1 I've never done that before. Let me have a
- 2 Please give us an answer as soon as
- 3 Carl read the newspaper for a and then went to bed.
- 4 Could you do me a and water my plants while I'm away?

3 Fill in the correct verb to complete the sentences.

collect • disturb • suggest • offer • contact

- 1 She closed her bedroom door because she didn't want anyone to her while she was studying.
- 2 If you're still not feeling well I that you go and see a doctor.
- 3 Three restaurants in the area vegetarian dishes.
- 4 If you have any questions, please our office.
- 5 Do you still stamps? I've got a couple to give you from Mexico.

SPEAKING / LISTENING

(page 13)

- 1.77 **What are you up to?** /ˌwɒt a: ju 'ʌp tu/ = Τι κάνεις;
Με τι ασχολείσαι;
'Hey, Kenny! What are you up to?'
'I'm doing my homework right now.'
- 1.78 **dull** /dʌl/ (adj) = boring / βαρετός, ανιαρός
It was a really dull party so we left early.
- 1.79 **the other night (evening, day, etc.)** /ðə ɪθə 'naɪt/ = τις προάλλες
I saw your cousin, Laura, the other day and she was asking about you.
- 1.80 **amazing** /ə'meɪzɪŋ/ (adj) = very good (usu. in an unexpected way) / καταπληκτικός
I think Whitney Houston was an amazing singer.
- 1.81 **can't stand** /kænt 'stænd/ (v) = don't like sth/sb / δεν αντέχω, δεν μου αρέσει (κπ/κτ)
I can't stand people telling me what to do.
- 1.82 **have a good laugh** /həv ə 'gʊd ɪɑ:f/ = διασκεδάζω
My friends and I had a good laugh at the fun park last Sunday.
- 1.83 **in fact** /ɪn 'fækt/ (idm) = μάλλον
I often stay at my friend's house overnight. In fact, I was there last night.
- 1.84 **no longer** /nəʊ ɪnʃgə/ (idm) = δεν ... πια
He no longer works here. He found another job.

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- 1.85 **outdoor** /aʊtdɔ:/ (adj) = happening, existing, etc. outside a building / υπαίθριος, εξωτερικού χώρου
The hotel has a huge outdoor pool.
Der: outdoors (adv)
Opp: indoor
- 1.86 **fed up** /fed 'ʌp/ (adj) = bored and unhappy about sth / μπουχτισμένος, απεισιχθής, που έχει βαρεθεί (κυρ. μια κατάσταση)
You look fed up. Is something wrong?
- 1.87 **all alone** /ɔ:l ə'ləʊn/ = ομόλογος
Don't sit there all alone. Come and sit with us.
- 1.88 **share** /ʃeə/ (v) = have the same opinion, feelings, ideas, etc. with sb else / μοιράζομαι, συμμερίζομαι
Not many people share his love of snakes.
- 1.89 **interest** /'ɪntrəst/ (n) = sth you enjoy and spend a lot of time doing / ενδιαφέρον
My interests are reading and listening to music.
Der: interest (v), **interesting** (adj), **interested** (adj)
- 1.90 **active** /'æktɪv/ (adj) = always busy doing things / δραστήριος
She's sixty-five but still very active.
active sports = αθλήματα με έντονη σωματική δραστηριότητα
Der: activity (n), **actively** (adv)
Opp: inactive

- 1.91 **main** /meɪn/ (adj) = most important / κύριος, βασικός
The main reason they moved to Greece was the weather.
Der: mainly (adv)
- 1.92 **difference** /'dɪfrəns/ (n) = διαφορά
There is a big difference between Greece and Canada.
Der: differ (v), **different** (adj), **differently** (adv)
- 1.93 **similarity** /sɪmɪ'lærəti/ (n) = ομοιότητα
Are there any similarities between the two paintings?
Der: similar (adj), **similarly** (adv)

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- 1.94 **synonym** /'sɪnənɪm/ (n) = συνώνυμο
'Small' and 'little' are synonyms.
Der: synonymous (adj)
- 1.95 **unusual** /ʌn'ju:zʊəl/ (adj) = uncommon / ασυνήθιστος
She has an unusual name and I can never remember it.
Der: unusually (adv)
Opp: usual
- 1.96 **trendy** /'trendi/ (adj) = fashionable / μοντέρνος
She's interested in fashion and always wears trendy clothes.
- 1.97 **rare** /reə/ (adj) = not seen, found, or happening very often / σπάνιος
It's rare for it to rain so much in June.
Der: rarity (n), **rarely** (adv)
- 1.98 **antonym** /'æntənɪm/ (n) = opposite / αντίθετο
The antonym of 'good' is 'bad'.
- 1.99 **common** /'kɒmən/ (adj) = usual / κοινός, συνηθισμένος
This is a common mistake; lots of kids make it.
Der: commonly (adv)
Opp: uncommon
- 1.100 **thrilling** /'θrɪlɪŋ/ (adj) = exciting / συναρπαστικός
Windsurfing is a thrilling sport.
Der: thrill (v/n), **thrilled** (adj)
- 1.101 **old-fashioned** /əʊld 'fæʃnd/ (adj) = not modern / παλιομοδίτικος
Those shoes are really old-fashioned; nobody wears them anymore.
- 1.102 **games console** /'geɪmz ˌkɒnsəʊl/ (n) = κονσόλα ηλεκτρονικών παιχνιδιών
- 1.103 **popular** /'pɒpjələ/ (adj) = liked by a lot of people / δημοφιλής
Rihanna is a very popular singer with millions of fans around the world.
Der: popularity (n)
Opp: unpopular
- 1.104 **among** /ə'mʌŋ/ (prep) = μεταξύ, ανάμεσα
Selena Gomez is among the most popular singers today.

EXERCISES

1 Write T for True or F for False.

- 1 If a job is **dull** it is boring.
- 2 When a film is **amazing** it is very bad.
- 3 If somebody's clothes are **trendy** they are modern.
- 4 If something is **common** it is usual.
- 5 If a coin is **rare** it is found everywhere.
- 6 If you are **fed up** you are happy.
- 7 When a match is **thrilling** it is exciting.
- 8 If a person is **active** they don't do very much.
- 9 When a singer is **popular** he is known and liked by a lot of people.
- 10 If somebody's clothes are **old-fashioned** they aren't modern.

2 Complete the dialogue with the phrases below.

outdoor • **up to** • **no longer** • **a good laugh** • **the other day** • **all alone**

Dave: Hi, Sid. What are you (1)

Sid: Oh, hi, Dave. I'm not doing much, really. I'm just playing on my laptop.

Dave: I haven't seen you for a long time. Did you go to Tim's birthday party (2)

Sid: Yes, I went and we had (3) I didn't see you there, though.

Dave: Well, I didn't go because I was ill. In fact, I stayed home (4) as both my parents and my brother were out.

Sid: That's too bad! Are you OK now?

Dave: Yeah, I'm all right. I (5) have a temperature or a cough.

Sid: I'm glad to hear that.

Dave: Since you're not doing much and it's a nice day, why don't we try out that new (6) café that opened up down the street?

Sid: That's a good idea. Let's go!

REAL WORLD

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- 1.105 **have the time of your life** /həv ðə ˌtaɪm əv jɔː ˈlaɪf/ (idm) = enjoy yourself a lot / περνάω υπέροχα, διασκεδάζω πολύ
I went bungee jumping on Sunday and I had the time of my life.
- 1.106 **ideal** /aɪˈdɪəl/ (adj) = perfect / ιδανικός
This island is ideal for a relaxing holiday.
Der: **ideally** (adv)
- 1.107 **teen** /tiːn/ (n) = person between 13 and 19 years old / έφηβος
This computer game is suitable for teens, not young children.
Der: **teenage** (adj), **teenager** (n)
- 1.108 **on end** /ɒn ˈend/ (idm) = continuously / συνεχώς
Tony often watches TV for hours on end.
- 1.109 **mainly** /ˈmeɪnli/ (adv) = κυρίως
A lot of tourists visit Greece, mainly in the summer months.
- 1.110 **up-to-date** /ʌp tə ˈdeɪt/ (adj) = modern; fashionable / μοντέρνος, σύγχρονος
Our school uses the most up-to-date computer equipment.
- 1.111 **available** /əˈvəɪləbl/ (adj) = that you can find, buy or use / διαθέσιμος
His latest book is now available in bookstores.
Der: **availability** (n)
- 1.112 **paintball** /ˈpeɪntbɔːl/ (n) = χρωματοσφαίριση, παιχνίδι όπου οι παίκτες πυροβολούν ο ένας τον άλλο με μπαλάκια που περιέχουν μπογιά
- 1.113 **completely** /kəmˈpliːtli/ (adv) = in every way that is possible; totally / απολύτως, τελείως
Are you completely sure about what you said?
Der: **complete** (v/adj)
- 1.114 **safe** /seɪf/ (adj) = not dangerous / ασφαλής
Is this water safe to drink?
Der: **safety** (n), **safely** (adv)
Opp: **unsafe**
- 1.115 **provide** /prəˈvaɪd/ (v) = give or make sth available / παρέχω
You don't have to bring a tent. The campsite can provide you with one.
Der: **provider** (n)
- 1.116 **safety** /ˈseɪfti/ (n) = state of being protected from danger / ασφάλεια
For your own safety, wear a seat belt when you're driving.
Der: **safe** (adj), **safely** (adv)
- 1.117 **equipment** /ɪkˈwɪpmənt/ (n) = all the things you need to do sth / εξοπλισμός
This shop sells all sorts of camping equipment.
Der: **equip** (v)
- 1.118 **shoot [shot – shot]** /ʃuːt/ (v) = πυροβολώ
The police shot at the criminal, but they missed him.
Der: **shot** (n)
- 1.119 **definitely** /ˈdefɪnətli/ (adv) = clearly; certainly; absolutely / αναμφίβολα, οπωσδήποτε
Rachel is definitely the best student in the class.
Der: **definite** (adj)
- 1.120 **highlight** /ˈhaɪlaɪt/ (n) = the most interesting or most exciting part of sth / το καλύτερο σημείο/τμήμα
Visiting The Pyramids was definitely the highlight of our trip.
- 1.121 **as far as I'm concerned** /əz fɑː əz aɪm kənˈsɜːnd/ = used when giving your opinion about sth / κατά τη γνώμη μου
As far as I'm concerned, Judy is a better tennis player than Bob.
- 1.122 **attraction** /əˈtrækʃn/ (n) = sth interesting or enjoyable that you can see or do / ατραξιόν, αξιοθέατο, πόθος έλξης
The Eiffel Tower is the most popular tourist attraction in Paris.
Der: **attract** (v), **attractive** (adj)
- 1.123 **head (for)** /hed/ (v) = go towards / κατευθύνομαι προς, πηγαίνω
This ship is heading for Crete.
- 1.124 **rollerblading** /ˈrɒləbleɪdɪŋ/ (n) = πατινάζ με πατίνια που έχουν μία μόνο σειρά ροδάκια
Der: **rollerblade** (v/n)
- 1.125 **BMX biking** /bɪː em eks ˈbaɪkɪŋ/ (n) = ποδηλασία σε ανώμαλο δρόμο
- 1.126 **range** /reɪndʒ/ (n) = variety of people or things / ποικιλία, γκάμα
The shop has a range of mobile phones to choose from.
Der: **range** (v)
- 1.127 **difficulty level** /ˈdɪfɪkəlti levəl/ = επίπεδο δυσκολίας
- 1.128 **lend** /lend/ (v) = allow sb to use sth that belongs to you, which they have to return later / δανείζω
Frank wants me to lend him my car for the weekend, but I don't really want to.
Opp: **borrow**
- 1.129 **overall** /ˌəʊvəˈɔːl/ (adj) = general / συνολικός, γενικός
My overall impression of our new teacher is positive.
- 1.130 **all in all** /ˈɔːl ɪn ˈɔːl/ (adv) = when everything is considered / γενικά, λαμβάνοντας τα πάντα υπόψη
All in all, the performance had been a great success.
- 1.131 **pretty** /ˈprɪti/ (adj) = very / αρκετά, πολύ
We had a pretty good time at my cousin's wedding last Saturday.
- 1.132 **entire** /ɪnˈtaɪə/ (adj) = whole / ολόκληρος
Yesterday, my friend and I went shopping for the entire day.
Der: **entirely** (adv)

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- 1.133 **attract** /ə'trækt/ (v) = make sb interested in sth / προσελκύω
Which islands attract the most tourists in Greece?
Der: **attraction** (n), **attractive** (adj)
- 1.134 **complete** /kəm'pli:t/ (adj) = total / πλήρης, απόλυτος
There was complete silence during the exam.
Der: **completely** (adv)
Opp: **incomplete**
- 1.135 **equip** /i'kwɪp/ (v) = provide sb with the necessary things to do sth / εξοπλίζω, εφοδιάζω
We need to equip the school with new computers.
Der: **equipment** (n)
- 1.136 **marvellous** /'mɑ:vələs/ (adj) = extremely good, enjoyable, etc. / θαυμάσιος, έξοχος, υπέροχος
We had a marvellous time in Paros this summer.
- 1.137 **fashionable** /'fæʃənəbl/ (adj) = popular / της μόδας
Mini skirts are very fashionable this year.
Der: **fashion** (n)
Opp: **unfashionable**
- 1.138 **choice** /tʃɔɪs/ (n) = range of people or things that you can choose from / ποικιλία
There is a choice of six different desserts on the menu.
Der: **choose** (v)
- 1.139 **well-liked** /wel 'laɪkd/ (adj) = liked by many people / δημοφιλής
She had a great sense of humour and was well-liked by her classmates.
- 1.140 **variety** /və'raɪəti/ (n) = a lot of things of the same type that are different from each other in some way / ποικιλία
Although it is a small restaurant, it has a large variety of dishes.
Der: **various** (adj)
- 1.141 **water slide** /'wɔ:təslaɪd/ (n) = νεροτσουλήθρα

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- 1.142 **break out** /breɪk 'aʊt/ (phr v) = start suddenly (e.g. of war, fire, etc.) / ξεσπώ (π.χ. για πόλεμο, φωτιά κλπ)
World War II broke out in 1939.

- 1.143 **upload** /ʌp'ləʊd/ (v) = ανεβάζω (στο Διαδίκτυο)
Der: **upload** (n)
Opp: **download**
- 1.144 **view** /vju:/ (v) = watch / βλέπω, παρακολουθώ
Almost two million people viewed the first episode of the series.
Der: **view** (n), **viewer** (n)
- 1.145 **come up with** /,kʌm 'ʌp wɪð/ (phr v) = think of sth (e.g. idea, solution, etc.) / σκέφτομαι, βρίσκω (π.χ. ιδέα, λύση κλπ)
Who was it that came up with the idea for Facebook?
- 1.146 **create** /kri'eɪt/ (v) = make sth exist / δημιουργώ
The boy's behaviour is creating a lot of problems for the teacher.
Der: **creative** (adj), **creation** (n)
- 1.147 **become an instant success** /bɪkʌm ən 'ɪnstənt 'sʌkses/ = γίνομαι αμέσως επιτυχία
When the first Harry Potter book came out, it became an instant success.
- 1.148 **alone** /ə'ləʊn/ (adv) = without including anything else / μόνο
Our new furniture was very expensive; the sofa alone cost €4,000.
- 1.149 **user** /'ju:zə/ (n) = sb who uses sth / χρήστης
This booklet gives users all the information they need.
Der: **use** (v)
- 1.150 **billion** /'bɪljən/ (n) = the number 1,000,000,000 / δισεκατομμύριο
- 1.151 **... hours' worth of video** /'aʊəz wɜ:θ əv 'vɪdɪəʊ/ = βίντεο διάρκειας ... ωρών

REMEMBER - 2

- relax** /rɪ'læks/ (v) = χαλαρώνω
get hurt /,get 'hɜ:t/ = πληγώνομαι, χτυπάω
however /haʊ'evə/ (adv) = ωστόσο, παρόλα αυτά
crowded /'kraʊdɪd/ (adj) = γεμάτος (κόσμος)
amazed /ə'meɪzd/ (adj) = εκπληκτικός

1 SIMPLE PAST (Απλός Αόριστος) 2 PAST CONTINUOUS (Αόριστος Διαρκείας)

1 Simple Past (We **arrived** / **left**, **Did** we **arrive** / **leave**?, We **didn't** **arrive** / **leave**)

Χρησιμοποιείται για:

- 1 μια πράξη που έγινε στο παρελθόν. Ο χρόνος που έγινε η πράξη αναφέρεται ή εννοείται.
*'Look at my tablet. I **bought** it last week.' 'It's great. How much **did** it **cost**?'*
- 2 μια συνήθεια ή μια πράξη που επαναλαμβανόταν στο παρελθόν.
*I **liked** chips when I was little.*
*We **spent** all day at the beach while we were on holiday.*

used to

Μπορούμε να χρησιμοποιήσουμε **used to + απαρέμφατο** (= συνήθιζα να) αντί για simple past για **συνήθειες ή καταστάσεις του παρελθόντος**.

*They **used to go** camping every summer when they were young. (ή: They **went** camping ...)*

*She **used to be** a ballet dancer. (ή: She **was** a ballet dancer.)*

Η **ερώτηση** και η **άρνηση** σχηματίζονται συνήθως με το **did**.

*He **used to** live here.*

***Did** he **use to** live here?*

*He **didn't use to** live here.*

ΣΥΓΚΡΙΝΕΤΕ:

*I **used to go** to bed late. (= Συνήθιζα να πηγαίνω για ύπνο αργά.)*

*I'm **used to going** to bed late. (= Είμαι συνηθισμένος / Έχω συνηθίσει να πηγαίνω για ύπνο αργά.)*

2 Past Continuous (She **was cooking**, **Was she cooking?**, She **wasn't cooking**)

Χρησιμοποιείται:

1 για μια πράξη που γινόταν (ήταν σε εξέλιξη) σε μια συγκεκριμένη στιγμή στο παρελθόν. Στα Ελληνικά μεταφράζεται με **παρατατικό**.

*At nine o'clock last night, we **were watching** a film on TV.*

*She **was still cooking** when her children came home from school.*

*Lynn **was reading** a magazine while her brother **was chatting** to a friend.*

2 με το **always** για να πούμε ότι κάτι συνέβαινε **πάρα πολύ συχνά** στο παρελθόν ή για να δείξουμε **ενόχληση**.

*My grandma **was always baking** biscuits for us.*

*The two brothers **were always fighting** when they were little.*

⚠ *He **ran** in the park every morning when he was younger.*

*ή: He **used to run** in the park every morning when he was younger.*

[οχι: He was running in the park ...]

EXERCISES

1 Choose the correct word to complete the sentences.

- 1 Russell says he can't sleep unless it's dark.
 a completely b definitely
- 2 We had a(n) time at the theatre.
 a ideal b marvellous
- 3 Mum spent the morning cleaning the house.
 a overall b entire
- 4 The of the evening was when we had a face-to-face chat with the chef, Jamie Oliver, after dinner.
 a highlight b attraction
- 5 We will you with all the necessary equipment needed for the activity.
 a lend b provide
- 6 The skate park a lot of teenagers.
 a views b attracts

2 Do the crossword.

Across

- 2 This shop sells a large v..... of toys.
- 4 As far as I'm c....., the water slide was the most fun.
- 5 Information on different topics is a..... on the Internet.

The crossword puzzle grid is as follows:

- 1 Down: S (row 1, column 8)
- 2 Across: V (row 2, column 5)
- 3 Down: L (row 3, column 5)
- 4 Across: C (row 4, column 2)
- 5 Across: A (row 5, column 1)
- 6 Across: L (row 6, column 4)

Down

- 1 For your own s....., wear a helmet when you ride a motorcycle.
- 3 The skate park has a range of difficulty l.....
- 6 I went to the paintball park and had the time of my l.....

WRITING

(page 19)

- 1.152 **youth club** /'ju:θ klʌb/ (n) = κέντρο νεότητας, χώρος με διάφορες δραστηριότητες για νέους
- 1.153 **table tennis** /'teɪbl tenɪs/ (n) = πινγκ πονγκ
- 1.154 **crisps** /kɪsps/ (n) = πατατάκια
[Προσέξτε! **chips** = πατάτες τηγαντές]
- 1.155 **relaxed** /rɪ'læksɪd/ (adj) = calm, comfortable and informal / ήρεμος, χαλαρός
It's a small hotel with a relaxed atmosphere.
Der: **relaxing** (adj), **relaxation** (n)
- 1.156 **cool** /ku:l/ (adj) = great / ωραίος, τέλειος
You look really cool in that dress.
- 1.157 **formal** /'fɔ:məl/ (adj) = correct and suitable for important and serious situations / επίσημος
Newspaper articles are usually written in a formal style.
Der: **formally** (adv)
Opp: **informal**
- 1.158 **serious** /'sɪəriəs/ (adj) = σοβαρός
Stop laughing! This is a serious matter.
Der: **seriously** (adv)
- 1.159 **informal** /ɪn'fɔ:məl/ (adj) = suitable for when talking or writing to a friend / ανεπίσημος
A letter to a friend is written in an informal style.
Der: **informally** (adv)
Opp: **formal**
- 1.160 **hear from** /hɪə frəm/ (phr v) = receive news from sb / μαθαίνω νέα κάποιου
I haven't heard from him for ages; is he OK?
- 1.161 **How are you doing?** /haʊ a: ju: 'du:ɪŋ/ = Πώς τα πας;

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- 1.162 **sociable** /'səʊʃəbl/ (adj) = friendly and enjoying the company of other people / κοινωνικός
She is very sociable and has lots of friends.
Der: **sociably** (adv)
Opp: **unsociable**
- 1.163 **lively** /'laɪvli/ (adj) = (of a place) where a lot of things are happening / γεμάτος κίνηση και ζωή, έντονος
Paros has a very lively nightlife.
- 1.164 **busy** /'bɪzi/ (adj) = full of people and activity / με πολλή κίνηση και πολύ κόσμο
Shops are usually very busy at Christmas.
- 1.165 **peaceful** /'pi:sfəl/ (adj) = calm; quiet / γαλήνιος, ήρεμος, ήσυχος
It's very peaceful here by the lake.
Der: **peace** (n), **peacefully** (adv)

- 1.166 **DJ (disc jockey)** /,di 'dʒeɪ/ (n) = άτομο που βάζει μουσική σε κλαμπ, μπαρ κλπ
- 1.167 **suitable** /'su:təbl/ (adj) = right for a particular person, situation or purpose / κατάλληλος
This film isn't suitable for children under 13.
Der: **suit** (v), **suitability** (n)
Opp: **unsuitable**
- 1.168 **impressive** /ɪm'presɪv/ (adj) = that makes you admire it because it is very good, large, etc. / εντυπωσιακός
There are some very impressive buildings in Rome.
Der: **impress** (v), **impression** (n)
- 1.169 **calm** /kɑ:m/ (adj) = relaxed; not angry, nervous or upset / ήρεμος
Try to stay calm; don't start shouting.
Der: **calm** (v), **calmly** (adv)
- 1.170 **enormous** /ɪ'nɔ:məs/ (adj) = extremely big / τεράστιος, πελώριος
Their house is enormous; it's got eight bedrooms and four bathrooms.
Der: **enormously** (adv)
- 1.171 **incredible** /ɪn'kredəbl/ (adj) = extremely good or large / απίστευτος, απίθανος
They had an incredible time in Eurodisney.
Der: **incredibly** (adv)
- 1.172 **latest** /'leɪtɪst/ (adj) = the most recent or newest / ο πιο πρόσφατος, τελευταίος
She is very trendy and always wears the latest fashion.
- 1.173 **pass** /pɑ:s/ (v) = (of time) go by / (για τον χρόνο/την ώρα) περνάω
Time passes quickly when you're having fun.
- 1.174 **bowling alley** /'bəʊlɪŋ æli/ (n) = αίθουσα μπόουλινγκ

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- 1.175 **meet up with** /mi:t 'ʌp wɪð/ (phr v) = συναντιέμαι με κπ
I often meet up with my friends on Saturday evenings.
- 1.176 **tan** /tæn/ (n) = μαύρισμα (από τον ήλιο)
When she came back from Hawaii she had a great tan.
get a tan = μαυρίζω
- 1.177 **experience** /ɪk'spɪəriəns/ (n) = sth that happens or sth you do that has an effect on you / εμπειρία
It was a really frightening experience for the children when the dog chased them.
Der: **experience** (v), **experienced** (adj)
- 1.178 **special effects** /'speʃəl ɪ'fekts/ (n) = ειδικά εφέ
The special effects in Star Wars were absolutely amazing.
- 1.179 **mention** /'menʃn/ (v) = write or talk about sth / αναφέρω
Did he mention anything about what happened at the party yesterday?

EXERCISES

1 The words in bold are in the wrong sentence. Put them next to the correct sentence.

- 1 The shopping mall is **incredible** with over two hundred shops.
- 2 The atmosphere on the island is very **peaceful** in the summer with so many things happening.
- 3 He hates the noise of the city and often visits the countryside where it is **suitable**.
- 4 **Impressive** language is used when talking to a friend.
- 5 The musical was very **enormous** and everyone enjoyed it.
- 6 Those shoes are not **relaxed** for jogging. Go and change them.
- 7 They were enjoying the **lively** atmosphere by the lake in the countryside.
- 8 The children had an **informal** time at Disneyland.

2 Fill in the missing word to complete the sentence.

- 1 Hi, Terry. How are you ? It was really nice to from you.
- 2 I'm going to meet with my friends on Sunday. We are going to go to a alley for a few hours.
- 3 At the youth in my area you can play board games or table
- 4 I got a nice because I spent a whole month in Santorini.

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SAMPLE PAGES

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