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ΠΕΡΙΓΡΑΦΗ ΚΑΙ ΠΡΟΔΙΑΓΡΑΦΕΣ ΤΩΝ ΕΞΕΤΑΣΕΩΝ ΤΟΥ ΚΡΑΤΙΚΟΥ ΠΙΣΤΟΠΟΙΗΤΙΚΟΥ ΓΛΩΣΣΟΜΑΘΕΙΑΣ ΓΙΑ ΤΗΝ ΑΓΓΛΙΚΗ ΓΛΩΣΣΑ

ΕΠΙΠΕΔΟ Β (B1 + B2) ΔΙΑΒΑΘΜΙΣΜΕΝΟ ΤΕΣΤ ΣΤΗΝ ΑΓΓΛΙΚΗ						
ΕΝΟΤΗΤΑ	ΤΥΠΟΣ ΕΡΩΤΗΜΑΤΩΝ / ΔΟΚΙΜΑΣΙΩΝ	ΑΡΙΘΜΟΣ ΕΡΩΤΗΜΑΤΩΝ / ΔΟΚΙΜΑΣΙΩΝ		ΒΑΘΜΟΛΟΓΙΑ		ΧΡΟΝΟΣ (ΛΕΠΤΑ ΤΗΣ ΩΡΑΣ)
				ΜΕΓΙΣΤΗ	ΕΛΑΧΙΣΤΗ	
Κατανόηση γραπτού λόγου και γλωσσική επίγνωση (Reading comprehension and language awareness)	Επιλογή	50	60	50	B1: 7,5	85
	Συμπλήρωση	10			B2: 15	
Παραγωγή γραπτού λόγου και γραπτή διαμεσολάβηση (Writing and mediation)	Ημιελεύθερη παραγωγή	4	25	50	B1: 9 B2: 18	85
Κατανόηση προφορικού λόγου (Listening comprehension)	Επιλογή	15			B1: 7,5	20 - 30
	Συμπλήρωση	10	B2: 15			
Παραγωγή προφορικού λόγου και διαμεσολάβηση (Oral production and mediation)	Ημιελεύθερη παραγωγή	3	40	—	20 - 25 (για κάθε ζεύγος εξεταζομένων)	

ΧΡΗΣΙΜΕΣ ΟΔΗΓΙΕΣ

Reading comprehension and language awareness

Οι εξεταζόμενοι πρέπει να προσπαθήσουν να απαντήσουν σε όλα τα ερωτήματα και να δώσουν ΜΙΑ απάντηση για κάθε ερώτημα. Επιπλέον, πρέπει να μεταφέρουν όλες τις απαντήσεις τους στο ΑΠΑΝΤΗΤΙΚΟ ΕΝΤΥΠΟ 1 (ANSWER SHEET 1) που θα τους δοθεί.

Writing and mediation

Οι εξεταζόμενοι πρέπει να απαντήσουν σε όλα τα ερωτήματα γράφοντας τα κείμενά τους με στυλό στο ΕΝΤΥΠΟ 2 (NOTEBOOK) που θα τους δοθεί. Επίσης, δεν πρέπει να αναφέρουν μέσα ή κάτω από τα παραγόμενα κείμενα το όνομά τους.

Listening comprehension

Οι εξεταζόμενοι πρέπει να προσπαθήσουν να απαντήσουν σε όλα τα ερωτήματα και να δώσουν ΜΙΑ απάντηση για κάθε ερώτημα. Μετά τη λήξη του ηχητικού, δίνονται πέντε λεπτά στους εξεταζόμενους ώστε να αντιγράψουν τις απαντήσεις τους στο ΑΠΑΝΤΗΤΙΚΟ ΕΝΤΥΠΟ 3 (ANSWER SHEET 3) που θα τους δοθεί.

ΠΕΡΙΓΡΑΦΗ ΕΝΟΤΗΤΩΝ

- Στην πρώτη ενότητα οι εξεταζόμενοι καλούνται να απαντήσουν σε 60 ερωτήματα/δοκιμασίες κατανόησης γραπτού λόγου και γλωσσικής επίγνωσης και συγκεκριμένα σε ασκήσεις πολλαπλής επιλογής, επιλογής σωστού/λάθους, αντιστοίχισης, εύρεσης σειράς, συμπλήρωσης μέσω επιλογής, συμπλήρωσης σύντομης απάντησης, συμπλήρωσης κενών βάσει των συμπραζομένων (cloze), σύνδεσης προτάσεων ή παραγράφων, συμπλήρωσης σταυρόλεξου ή λύσης «σπαζοκεφαλιάς».
- Στη δεύτερη ενότητα οι εξεταζόμενοι καλούνται να συντάξουν 4 γραπτά κείμενα (βάσει οδηγιών ή/και με αφορμή ξενόγλωσσο ή ελληνόγλωσσο κείμενο).
- Στην τρίτη ενότητα οι εξεταζόμενοι καλούνται να απαντήσουν σε 25 ερωτήματα/δοκιμασίες κατανόησης προφορικού λόγου και συγκεκριμένα σε ασκήσεις αντιστοίχισης εικόνων, πολλαπλής επιλογής και συμπλήρωσης σύντομης απάντησης (μία - δύο λέξεις).
- Στην τέταρτη ενότητα, που ελέγχει την παραγωγή προφορικού λόγου και την προφορική διαμεσολάβηση, οι εξεταζόμενοι καλούνται να περάσουν 3 δοκιμασίες. Η πρώτη δοκιμασία ονομάζεται 'Συνέντευξη' καθώς ο/η κάθε υποψήφιος/α καλείται να απαντήσει σε ερωτήσεις που αφορούν την προσωπική, κοινωνική και σχολική/φοιτητική ή επαγγελματική του/της ζωή. Η δεύτερη δοκιμασία ονομάζεται 'Μονόλογος' καθώς ο/η κάθε υποψήφιος/α καλείται να παράγει συνεχή προφορικό λόγο με αφορμή οπτικά ερεθίσματα και ερωτήματα που του/της θέτει ο εξεταστής. Η τρίτη δοκιμασία ονομάζεται 'Διαμεσολάβηση' καθώς ο/η κάθε υποψήφιος/α καλείται να μεταφέρει στην αγγλική γλώσσα πληροφορίες που περιλαμβάνει ένα ελληνικό κείμενο, σύμφωνα με τα ερωτήματα που του/της θέτει ο εξεταστής. Ο εξεταστής θα θέσει σε κάθε υποψήφιο/α ένα ερώτημα επιπέδου B1 και ένα επιπέδου B2. Να σημειωθεί ότι οι εξεταζόμενοι προσέρονται ανά δύο, ακόμη και όταν δεν προβλέπεται να συνομιλήσουν μεταξύ τους.

ΠΡΟΔΙΑΓΡΑΦΕΣ - ΑΞΙΟΛΟΓΗΣΗ

- Το σύνολο των ερωτημάτων κάθε ενιαίου διαβαθμισμένου τεστ επιτρέπει την εξασφάλιση 200 μονάδων από τις οποίες οι μισές προέρχονται από ερωτήματα του χαμηλότερου επιπέδου δυσκολίας (B1) και οι υπόλοιπες από ερωτήματα του υψηλότερου επιπέδου δυσκολίας (B2). Για την εξαγωγή των αποτελεσμάτων λαμβάνονται υπόψη τα εξής όρια βαθμολογίας: επιτυγχάνει στις εξετάσεις ο/η υποψήφιος/α που συγκεντρώνει τουλάχιστον το 60% της μέγιστης δυνατής βαθμολογίας, δηλαδή 120 μονάδες (60% του 200) για το B2 επίπεδο και 60 μονάδες (60% του 100) για το B1 επίπεδο, υπό την απαραίτητη προϋπόθεση ότι έχει επιτύχει την ελάχιστη βαθμολογία, δηλαδή το 30% της μέγιστης δυνατής βαθμολογίας για κάθε ενότητα χωριστά, με εξαίρεση την τέταρτη. Για την ενότητα 4 δεν υπάρχει ελάχιστο επιτρεπτό όριο βαθμολογίας. Αυτό σημαίνει πως η άθροιση των βαθμών που εξασφάλισε ο εξεταζόμενος γίνεται ακόμη κι αν στην ενότητα 4 ο βαθμός είναι μικρότερος του 30% της μέγιστης δυνατής βαθμολογίας αυτής της ενότητας.
- Κατά συνέπεια, σε πρώτη φάση ελέγχεται, για όλους τους εξεταζόμενους, μήπως σε κάποια από τις ενότητες 1, 2 και 3 πέτυχαν βαθμολογία μικρότερη από την ελάχιστη που είναι 7,5 μονάδες στην πρώτη ενότητα, 9 μονάδες στη δεύτερη ενότητα και 7,5 μονάδες στην τρίτη ενότητα. Στην περίπτωση αυτή οι εξεταζόμενοι θεωρούνται απορριπτέοι, δηλαδή δεν τους χορηγείται πιστοποιητικό γλωσσομάθειας.
- Συμπερασματικά, μετά τους παραπάνω ελέγχους, αν κανείς συγκεντρώσει:
 - A) έως και 59 μονάδες, δεν εξασφαλίζει πιστοποιητικό,
 - B) από 60 έως και 119, εξασφαλίζει πιστοποιητικό B1
 - Γ) από 120 έως και 200, εξασφαλίζει πιστοποιητικό B2

Κρατικό Πιστοποιητικό Γλωσσομάθειας
State Certificate of Language Proficiency



LEVEL B
(B1 & B2)

Practice Test 1

SUPER COURSE

ELT PUBLISHING

MODULE 1 Reading comprehension and
language awareness

MODULE 2 Writing and mediation

MODULE 3 Listening comprehension

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

- 3a.** Many of the people dancing
A. are not young, but elderly. **B.** have visited Greek villages. **C.** settled in California in the 60s and 70s.
- 4a.** The most unusual thing about the dancers is that
A. they are very good at Greek dancing. **B.** they are not of Greek descent. **C.** most of them speak Greek fluently.
- 5a.** According to the writer, when Greeks see foreigners dancing, they
A. get offended. **B.** urge them on. **C.** are frequently surprised.
- 6a.** Some of the dancers have
A. relatives living in Greece. **B.** managed to learn some Greek. **C.** Greek roots.

ACTIVITY 2

Read the text and fill in gaps 7a-13a with the best option (A-H). Use each option only once. There is one option you do not need.

A.	by	B.	off	C.	before	D.	of
E.	up	F.	both	G.	to	H.	in

Protein is an essential nutrient for the human body. It is one **(7a)** D. of the building blocks of body tissue and can also serve as a fuel source. Dietary sources of protein include **(8a)** F. both animals and plants: meat, dairy products, fish and eggs, as well as grains, legumes and nuts.

Our bodies use protein in lots of ways. In fact, protein is so important to our bodies that it is needed and used even **(9a)** C. before we are born.

Protein's biggest job is to build up, maintain and replace the tissues in our bodies. Our muscles, organs, even some of our hormones are made **(10a)** E. up mostly of protein.

Yet protein helps our bodies **(11a)** H. in other ways, too. It helps to produce haemoglobin, the substance in red blood cells that carries oxygen to every part of the body. Protein even makes antibodies, the cells that fight **(12a)** B. off disease. And when you scrape your knee, protein comes **(13a)** G. to the rescue yet again - it's what helps make cuts and scrapes heal.

ACTIVITY 3

Read the text and choose the best word (A-H) to fill in items 14a-19a. Use each word only once. There are two words you do not need.

A.	Cover	B.	Serve	C.	Fry	D.	Add
E.	Remove	F.	Allow	G.	Let	H.	Break

TASTY SPICY BURGER RECIPE

Ingredients

- 1 kg minced beef
- 2 tablespoons fresh parsley
- 2 tablespoons vinegar
- 5 tablespoons breadcrumbs
- 2 teaspoons salt
- 1 teaspoon pepper
- 1 teaspoon chilli powder
- 1 egg
- half cup of water
- 1 medium onion, finely sliced
- 1 large tomato, finely sliced
- 4 large lettuce leaves
- 4 slices of cheese
- 4 hamburger buns
- olive oil or butter
- mustard

Instructions

Put the minced beef in a large mixing bowl and mix in the breadcrumbs, salt, pepper, chilli powder, parsley and vinegar.

(14a) H. Break the egg into a mug, beat, pour in the water and mix well together.

(15a) D. Add the egg and water mixture to the meat. Mix thoroughly. If too dry, mix in a little more water. If too wet, mix in some more breadcrumbs.

(16a) A. Cover the mixing bowl with tinfoil and place in refrigerator for at least one hour.

(17a) E. Remove hamburger mixture from refrigerator, shape 4 equal-sized patties by hand.

(18a) C. Fry patties on a low heat with a little olive oil or butter until they are cooked right through.

(19a) B. Serve with mustard, sliced tomato, a slice of cheese, onion and lettuce leaves in the buns.



ACTIVITY 4

Read the text and decide if the statements below (20a-25a) are True (A), False (B) or Not stated (C).



Homeschooling

Homeschooling is when a child is educated exclusively at home rather than at a private or public school.

Homeschooling is legal in many countries. However, making the decision to teach your child or children at home is usually very difficult and not to be taken lightly. It is a personal decision that no one can make for you, but maybe we can help you think it through.

Consider the following:

Commitment

(21a) Homeschooling tends to take up a lot of time in your day. It is more than just sitting down with books for a couple of hours. There are lessons to prepare, essays to grade, experiments to do, projects to assign, field trips to go on, extracurricular activities to supervise ... the list goes on and on.

Personal sacrifice

(21a) The homeschooling parent has little personal time. If care is not taken to set aside time for yourself, it is easy to start neglecting your own personal needs. You will basically be with your children 24/7.

Financial strain

You can practise homeschooling very inexpensively; however, it requires that the teaching parent will not have a (23a) job outside the home.

Socialisation

More attention will have to be given to help your children get together with other children, since they won't be spending usual classroom time with their peers.

Household chores

Housework and laundry still have to be done, but they probably won't get done first thing in the morning. If you're a stickler for a spotless house, you might be in for an unpleasant surprise. Not only does housework need to be let (25a) go at times, but homeschooling itself also creates clutter.

STATEMENTS		A	B	C
		TRUE	FALSE	NOT STATED
20a.	It is becoming more and more popular to educate children at home.			✓
21a.	Homeschooling your child can be extremely time-consuming.	✓		
22a.	Homeschooled children have plenty of time for leisure activities.			✓
23a.	Parents who homeschool their children usually have two jobs.		✓	
24a.	Homeschooled children form strong relationships with children of their age.			✓
25a.	It is easy to keep homeschooling households neat and tidy.		✓	

ACTIVITY 5

Read the text and choose the best answer (A, B or C) for items 26a-32a.

Welcome to
Angela's Blog

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Posted: December 15th

Hi, everybody. My name's Angela Howard and I'm a nurse. Seeing that this is my first post, I'd like to tell you a few things about myself ... my past, my present, and what I'd like to do in the future.

When I was only six years old, I would break off the legs of my dolls and toy animals so that I could bandage them up. Then, when I was in primary school, I volunteered to take care of wounded animals at an animal shelter in my town. Every Saturday morning, I would go down to the shelter to clean and bandage their wounds. By the time I was in high school, I knew that the nursing profession was the one for me. My mother, on the other hand, wanted me to follow in her footsteps and become a veterinary surgeon, so she was always pushing me to get better grades at school. (26a)

To be honest, I wasn't a top student at high school. I didn't do very well in biology, and physics and maths weren't my best subjects either. I quite liked chemistry and geography, though, but I wasn't very good at them. I had to study really hard to pass my college entrance exams. Fortunately, the many hours I spent studying paid off and I managed to get accepted by a nursing college. (27a)

I really enjoyed my time at nursing college and made a lot of friends there. I lived in the college dormitory, which was very close to the college itself. I wanted to help my parents with the finances, so I got a part-time job as a waitress at a restaurant near the college. I somehow saved enough money to get myself a decent second-hand car. My college friends and I would go away together in it during our summer holidays. What a blast we had! (28a)

As soon as I finished college, I applied for a nursing job at a hospital. I was accepted and assigned to the light trauma ward. My job's very interesting and I meet all kinds of people every day. I spend most of my day bandaging up twisted or sprained ankles and broken arms. These injuries are either caused by road accidents or work-related accidents. I also have to deal with a lot of sports injuries involving children. For example, I treat a lot of injured legs, arms and wrists of children that play football, volleyball and basketball. (29a)

My work also involves helping the doctors with their patients. Nurses have to monitor the patients' progress and medical information around the clock. The records we keep must be very accurate and detailed in case there's an emergency and the doctors need to act quickly. Every morning, we have to make sure that all the equipment and instruments are working, and that there are enough supplies and medicines for the day. (30a)

(31a) Each day as a nurse brings something new and exciting. I am never bored with my work. One day, though, I want to leave the safety of the hospital and join 'Doctors Without Borders', a volunteer organisation. My dream is to go to Africa in order to help sick and starving children in some of the most underprivileged countries in the world. To do this, I need to find a financial sponsor to fund part of my trip. Any ideas anyone? (32a)

26a. Angela's mother

A. manages an animal shelter.

B. wanted Angela to become a nurse.

C. is a veterinary surgeon.

27a. With regard to high school,

A. chemistry was Angela's favourite lesson.

B. Angela struggled to get good grades.

C. Angela believes it was the best time of her life.

- 28a.** What did Angela do with the money she saved from working part-time?
A. She bought a car with it. **B.** She spent it during her summer holidays. **C.** She used it to pay for her accommodation.
- 29a.** What takes up most of Angela's working day?
A. sending job applications **B.** keeping accurate records **C.** treating patients
- 30a.** The patients' medical information and progress must be recorded
A. at all times of the day or night. **B.** when the equipment and instruments are out of order. **C.** in case there are no medicines or supplies.
- 31a.** Angela says that her job is
A. dangerous. **B.** stimulating. **C.** relaxing.
- 32a.** In the future, Angela would like
A. her job to be less demanding. **B.** to do volunteer work in poor countries. **C.** a job with higher pay.

ACTIVITY 6

Read the text and fill in gaps 33a-38a with the best option (A-H). Use each option only once. There are two options you do not need.

A.	believed	B.	ancient	C.	documents	D.	substantial
E.	participation	F.	released	G.	founded	H.	diseases

THE ORIGINS OF HEALING

In Greek mythology, sickness and death first affected the human race when Pandora, the first woman, unknowingly **(33a)** **F. released** all the evils of humanity into the world when she opened a large jar. According to the myth, only hope remained to comfort mankind. However, Greeks of the fifth and fourth centuries BC decided hope was not enough. They began to observe and investigate the causes of **(34a)** **H. diseases** in an attempt to discover ways to alleviate or even cure them.

Among the physicians of the **(35a)** **B. ancient** world, none is more famous than Hippocrates, who is thought to have **(36a)** **G. founded** a medical school on the island of Kos in the eastern Aegean Sea. Although it is now **(37a)** **A. believed** that most of the so-called Hippocratic writings were written by his students or by later physicians, these **(38a)** **C. documents**, which examine such subjects as pathology, physiology, embryology, gynaecology and surgery, mark the beginnings of systematic medical inquiry in Greece.



ACTIVITY 7

Match the utterances (items 39a-45a) with the professionals (options A-H). Use each option only once. There is one option you do not need.

A.	car mechanic	B.	accountant	C.	engineer	D.	driving instructor
E.	train driver	F.	hairdresser	G.	air-traffic controller	H.	chemist

39a.	<i>"If you concentrate, you shouldn't have problems at intersections."</i>	D
40a.	<i>"The most difficult thing about designing these bridges is to support the weight equally."</i>	C
41a.	<i>"When the tracks haven't been cleaned, the wagons can easily get derailed."</i>	E
42a.	<i>"When mixed, these two compounds form a flammable gas."</i>	H
43a.	<i>"This type of problem with engines often arises when the wrong type of petrol has been put in."</i>	A
44a.	<i>"In this tower we can monitor both runways simultaneously - whatever the weather."</i>	G
45a.	<i>"Now don't forget to apply conditioner after each wash. It'll add body and shine."</i>	F

ACTIVITY 8

Read the text and choose the best answer (A, B or C) for items 46a-50a.

In order to fully comprehend the notion of childhood stress, we must examine the definition and causes of stress. Stress ^{46a} is generally described as a response of the body to demands made on it when the overall equilibrium of the body is disturbed. Stress has also been described as the physiological and psychological responses of the body to a situation that is perceived as harmful.

^{47a} Stress responses involve both body and mind. The body responds according to how the mind interprets the stimulus and not to the stimulus itself; hence the variations in the way people seem to deal with potentially stressful situations. One person may have an indifferent attitude to a situation, whereas another may be highly stimulated by that same situation. The perception and interpretation of incoming information depend on each person's prior knowledge, experiences, culture and upbringing.

The older one gets, the more information and experience one has. Therefore, a situation will affect people of different ages in various ways. The demands on the body may be different, and the way the mind interprets it may be different, but the level of the stress could be the same.

What may seem unimportant to an adult can be extremely stressful to a child. The obvious stressors - death of a loved one, divorce or separation in the family, change in the home environment - are accepted causes of stress in children. Other recognisable factors are pressure to do well in school and anxieties during the transition to adolescence. But there are numerous other factors in a young person's life that could be perceived as threatening or harmful to them.

^{48a} Physical discomfort, for example, is one. As adults we may be in a better position to adjust our environment to suit our physical needs. Young people are not always at liberty to do that.

- 46a.** Stress can be defined as a
- A. disturbance of a balanced state.
 - B. reaction to a wrongly perceived threat.
 - C. physiological response to a positive stimulus.
- 47a.** When we find ourselves in a potentially stressful situation,
- A. most of us respond in a similar way.
 - B. the mind must first analyse the stimulus.
 - C. the body responds before the mind.
- 48a.** The example of 'physical discomfort' is used to show
- A. that children cannot change their environment as easily as adults.
 - B. how children can overcome threatening situations.
 - C. that children are not as stressed as adults.
- 49a.** The purpose of the text is to
- A. show how adults cause stress for children.
 - B. discuss various aspects of childhood stress.
 - C. describe the stress of adolescence.
- 50a.** The writer of this text is most likely
- A. a stressed parent.
 - B. an adolescent student.
 - C. a child psychologist.

Part B - SHORT ANSWERS

ACTIVITY 1

Use the correct form of the words in parentheses to complete items 1b-5b, as in the example.

All that Jazz!

Jazz music is said to have originated in New Orleans at the turn of the 20th century, although this unique, **(EX)** artistic **(art)** medium occurred almost simultaneously in Saint Louis, Kansas City and Chicago.

The roots of jazz can be traced to the blues, which evolved from West African black folk music, as it came into contact with European **(1b)** classical **(class)** music of the 19th century. Jazz music is among America's greatest **(2b)** cultural **(culture)** achievements and exports to the world community. As jazz spread around the world, it drew on **(3b)** different **(differ)** national, regional and local musical cultures, which gave rise to many distinctive styles.

Jazz unites people across the divides of race, religion and national boundaries. It has always made **(4b)** powerful **(power)** statements about **(5b)** freedom **(free)**, creativity and American identity, both in America and abroad.

ACTIVITY 2

Fill in the gaps with a word suitable for both sentences in each of the items below (6b-10b). The first letter of the word is given.

- 6b.** A. We will make a f i r e tonight and cook some sausages.
B. The boss will f i r e Christopher if he arrives late again.
- 7b.** A. You need a complete p a c k of cards to play this game.
B. Honey, would you like me to p a c k your suitcase for your business trip?
- 8b.** A. The construction workers were exhausted so they decided to take a short b r e a k.
B. How on earth does Jeremy manage to b r e a k his toys in such a short time?
- 9b.** A. This theatrical play consists of five a c t s.
B. He a c t s as if he is a computer expert, but he knows very little.
- 10b.** A. Take the glasses out of the dishwasher and p l a c e them carefully on the shelf.
B. Why don't you come over to my p l a c e after school?

Module 2 Writing and mediation

ACTIVITY 1

You are one of the reporters for the local magazine *Our City* and have been asked to write a short **article** (about 80 words) **presenting** Regency Zoo. The text below, written by another reporter for last month's issue, may help you.

OUR CITY
m a g a z i n e



Marine Land is next to Regency Zoo. It has many aquariums and a glass tunnel which visitors can walk through and see all sorts of fish. The ground floor has octopuses, crabs, lobsters, squid and colourful tropical fish. On the first floor, there's a huge aquarium that includes sharks and rays. The feeling is amazing as you look at the aquariums because you almost believe you can touch the fish. In the centre of Marine Land, there is a cafeteria, where visitors can have a drink or a snack. A visit to Marine Land is a great day out for both young and old.

ACTIVITY 2

Write an **article** (about 100 words) for your school magazine. Imagine that you have interviewed your classmates who visited Regency Zoo with you and have asked them which animal they liked best. In your article, **report** their opinions using some (or all) of the notes on the right, which you took when interviewing your classmates.

MONKEY:

- smart, playful, funny
- very active, jumps around
- loves bananas
- good company

ACTIVITY 1

REGENCY ZOO

Regency Zoo is a ten-minute walk from Central Park. The zoo has a wide variety of animals from all over the world. Stone paths around the zoo lead to the aquariums and the areas where the animals are kept. It's fun to see the giraffes with their long necks and watch the elephants taking a bath. Visitors will have a lovely day as they can relax at the cafeteria if they get tired. There's also a souvenir shop with interesting gifts for both young and old.



SUPER COURSE

ELT PUBLISHING

THE BEST ANIMAL IN THE ZOO

ACTIVITY 2

Visiting Regency Zoo was an exciting experience. All the animals were wonderful but the monkeys were the ones that drew my classmates' attention most. That's because monkeys are smart and playful. It was really exciting to watch them jump around and make funny faces or sounds. Some of my classmates had the chance to feed the monkeys bananas, while others tried to communicate with them using simple words and gestures. In their opinion, the monkey is the best animal in the zoo because it's not only funny, but also good company for people.

ACTIVITY 3

You have recently been a victim of cyberbullying but have managed to overcome the experience. Write an **email** (about 80 words) to your friend Justin, **informing** him about what must be done if the same thing happens to him. Use some of the ideas from the text below (the column on the left). Sign your email as Albert (not with your real name).

ΕΦΗΜΕΡΙΔΑ ΤΩΝ **ΝΕΩΝ**

ΠΕΜΠΤΗ 3 ΟΚΤΩΒΡΙΟΥ



Η ΑΝΤΙΜΕΤΩΠΙΣΗ ΤΟΥ ΗΛΕΚΤΡΟΝΙΚΟΥ ΕΚΦΟΒΙΣΜΟΥ

Στις περιπτώσεις ηλεκτρονικού εκφοβισμού συνιστάται στο θύμα να μοιραστεί το γεγονός με τους γονείς του και να τους ζητήσει να βοηθήσουν. Δεν πρέπει να απαντήσει στον εκφοβισμό. Πρέπει να μπλοκάρει ηλεκτρονικά το θύτη, όπου αυτό είναι εφικτό. Να κρατάει αρχεία εκτυπώνοντας τα μηνύματα που λαμβάνει. Να δημιουργήσει νέο ηλεκτρονικό λογαριασμό καθώς και να αλλάξει τον αριθμό του κινητού του τηλεφώνου.

Ο ρόλος των γονέων είναι να προτρέψουν το παιδί τους να μιλήσει γι' αυτό που βιώνει και να το ενθαρρύνουν να μην απαντάει στον εκφοβισμό. Να τοποθετήσουν τον ηλεκτρονικό υπολογιστή σε σημείο που να είναι εκτεθειμένος, ώστε να παρακολουθούν όλες τις δραστηριότητες και να μπορεί να χρησιμοποιηθεί από όλη την οικογένεια. Να ενημερώσουν τον πάροχο διαδικτυακής σύνδεσης και την εταιρεία κινητής τηλεφωνίας για τον εκφοβισμό. Να αναφέρουν το πρόβλημα στην ιστοσελίδα κοινωνικής δικτύωσης του παιδιού, εφόσον προερχόταν από εκεί. Επιπλέον να αναζητήσουν συχνά το όνομα του παιδιού τους σε διαφορετικές μηχανές αναζήτησης (google κλπ) και να απευθυνθούν στη Δίωξη Ηλεκτρονικού Εγκλήματος.

Έχει διαπιστωθεί πως τα θύματα του ηλεκτρονικού εκφοβισμού έχουν αρκετά κοινά σημεία ως προς το προφίλ της προσωπικότητάς τους:

- Έχουν χαμηλή αυτοπεποίθηση και ίσως είναι άτομα εσωστρεφή και απομονωμένα, δεν έχουν αρκετούς φίλους.
- Υπολείπονται κοινωνικών δεξιοτήτων σε σύγκριση με τους συνομηλίκους τους και είναι πολύ υποχωρητικά.
- Έχουν αδύναμη φυσιογνωμία σε σχέση με αυτή του θύτη και φαίνονται ανίκανα να προστατεύσουν τους εαυτούς τους.
- Τείνουν να είναι ήσυχια, προσεκτικά, αγχώδη, ανασφαλή και ευαίσθητα.

Οι θύτες έχει βρεθεί πως μπορεί να:

- έχουν βιώσει οι ίδιοι τον εκφοβισμό και να τους αρέσει να γελούν με τους άλλους, να τους πληγώνουν και να επιβάλλονται.
- είναι υπερβολικά επιθετικοί και καταστροφικοί στην καθημερινότητά τους.
- προέρχονται από οικογένειες με εκθροικούς, απορριπτικούς και αδιάφορους γονείς.
- έχουν ασταθείς κανόνες πειθαρχίας στην οικογένεια, κάτι που διδάσκει στα παιδιά πως η βία και η επιθετικότητα αποτελούν λύση στα προβλήματά τους.

ACTIVITY 4

Using ideas from the text above (the column on the right), write an **article** (about 100 words) to post on your blog **describing** the characteristics of the victims of Internet abuse and cyberbullies.

WHEN WRITING IN YOUR NOTEBOOK, DON'T FORGET TO WRITE THE NUMBER OF EACH ACTIVITY

Activity 1

Activity 2

Activity 3

Activity 4

ACTIVITY 3

Hi Justin!

How are you? I was recently bullied online, so I'm writing to tell you what to do if you experience cyberbullying too.

Firstly, inform your parents immediately and do not respond to the cyberbully's messages. Keep a record of them and if possible, block the sender. You should also create a new online account and change your mobile phone number.

Your parents should check on your online activity and report the issue to your social network website. They should also contact your service provider and the authorities so that the cyberbully can be identified.

Bye for now,

Albert

CYBERBULLIES AND THEIR VICTIMS

ACTIVITY 4

Research has shown that victims of cyberbullying share common characteristics, while there are typical features among cyberbullies as well.

The victims are usually introverted people who lack social skills and have few friends. They also seem incapable of protecting themselves and tend to be quiet, insecure and sensitive.

Regarding cyberbullies, they may have been bullied themselves in the past and like to make fun of others.

They have probably been raised by hostile or indifferent parents without discipline, leading them to believe that problems can be solved through violence.

Be aware of the threat of Internet abusers and don't isolate yourself from family and friends. That way, you won't become a target.

SUPER
COURSE

ELI PUBLISHING

Module 3 Listening comprehension

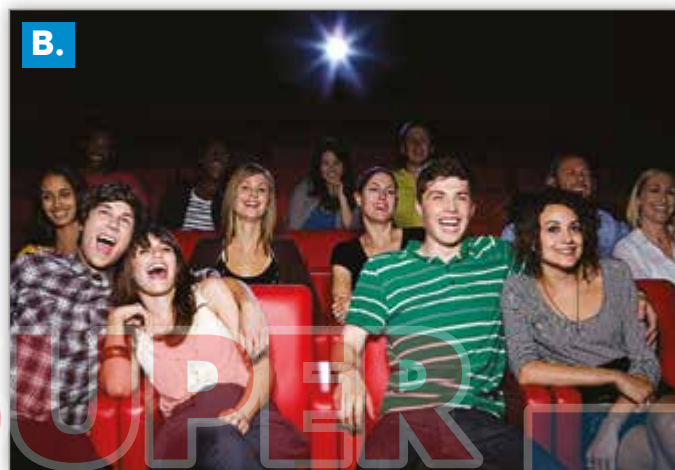
Part A - CHOICE ITEMS

ACTIVITY 1

Where are the speakers?

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

1.	F	2.	E	3.	B	4.	C
----	----------	----	----------	----	----------	----	----------



Listen again and check your answers.

ACTIVITY 2

A Strange Tale

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

- 5a.** What was strange about the fish that the woman caught?
A. the effect it had on her husband **B.** the fact that it spoke in a human voice **C.** the magical powers it seemed to give her
- 6a.** How did the fish react to the woman's last wish?
A. It told her to return home to her husband. **B.** It hesitantly granted her wish. **C.** It left without saying anything.
- 7a.** What could be considered the moral of the story?
A. Those who are patient get what they desire. **B.** Being too greedy leaves you with nothing. **C.** There are no such things as magical fish.

Listen again and check your answers.

ACTIVITY 3

Radio Events

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

- 8a.** The radio guest is not in favour of
A. the establishment of protest websites. **B.** any official contact with the British government. **C.** the removal of a particular radio service.
- 9a.** What caught the interest of the presenter while he was at the expo?
A. a book about wild horses **B.** wild horses roaming free **C.** well-fed rodeo horses
- 10a.** The speaker believes that the major difficulty facing England is
A. the collapse of the traditional family. **B.** its rising population. **C.** lack of housing.

Listen again and check your answers.

ACTIVITY 4

An Interview with a Musician

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

- 11a.** Jamie Cullum
A. is still a teenager. **B.** mixes pop music with jazz elements. **C.** has just signed a major record contract.
- 12a.** Jamie claims that he
A. never thought he'd become a professional musician. **B.** is disappointed by the promotion of his album. **C.** still hasn't decided if he's going to make a living from music.
- 13a.** As a young boy, Jamie
A. wasn't a member of a band. **B.** didn't listen to hip-hop music. **C.** was curious about music.
- 14a.** Jamie turned his attention to jazz because
A. his uncle had a bossa nova guitar. **B.** jazz musicians played the guitar very fast. **C.** his brother introduced him to it.
- 15a.** Jamie tries to create music
A. for jazz specialists. **B.** that everyone enjoys. **C.** for rock and roll lovers.

Listen again and check your answers.

Part B - SHORT ANSWERS

ACTIVITY 1

Listen and fill in items 1b-5b with the right word, as in the example.

What is the speaker talking about?	
EX.	The speaker is talking about a broken <u>arm</u> .
1b.	The speaker is looking for her <u>keys</u> .
2b.	The speaker has just bought a <u>dog/puppy</u> .
3b.	The speaker was given a <u>ring</u> .
4b.	The speaker is talking about a <u>book/novel</u> .
5b.	The speaker wants to buy some <u>clothes</u> .

Listen again and check your answers.

ACTIVITY 2

Listen and fill in items 6b-10b with the right word, as in the example.

	QUESTION	ANSWER
EX.	What type of show is this?	a <u>cooking</u> show
6b.	What is the speaker going to cook first?	<u>vegetable</u> lasagne
7b.	What can the dish be accompanied with?	a crunchy <u>salad</u> or steamed vegetables
8b.	What will the speaker prepare after the break?	<u>pancakes</u>
9b.	Which is the speaker's favourite filling?	dark <u>chocolate</u> and cherries
10b.	What ingredients are needed?	<u>eggs</u> , milk and self-raising flour

Listen again and check your answers.

PRACTICE TEST 1

Module 4 Oral production and mediation

ACTIVITY 1: INTERVIEW

(3 minutes each candidate)

Examiner to Candidate A:

- What do you usually do in your free time?
- If you could, what would you like to change in your daily routine and why?
- Do you have a big or a small family? Tell us a few things about your family.
- Do you like celebrating special occasions (e.g. Christmas, birthdays, etc.) with your family? Why or why not?

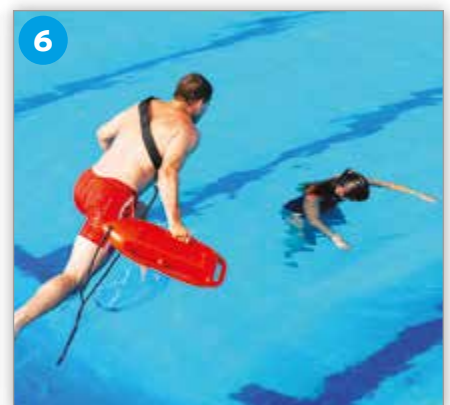
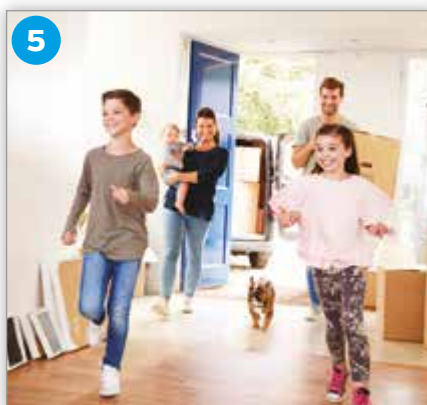
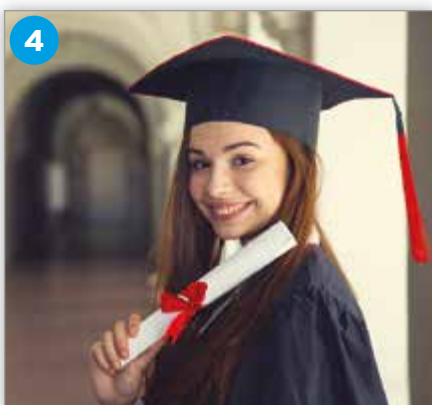
ACTIVITY 2: ONE-SIDED TALK

(3 minutes each candidate)

Examiner to Candidate A:

- Imagine you're one of the people in the photos on this page. Tell us who you are, where you are and what you are doing there.
- Photos 1 and 5 are from two days you will remember all your life. Tell us what happened on these days and how you felt then.

Unforgettable experiences



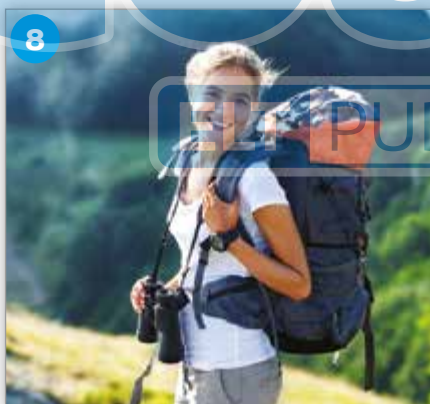
Examiner to Candidate B:

- Do you wake up early or late at weekends and why?
- If you could spend a day the way you wanted to, who would you spend it with and what would you do?
- What do you like to eat at home and what when you're out with friends?
- Do you enjoy cooking? Why or why not?

Examiner to Candidate B:

- Choose one of the photos on this page. Don't tell me which one it is. Describe it to help me guess which one it is.
- Imagine you took photo 8 (or 10). Tell us what the people in the photo were doing at that time and what they did later that day.

Alternative holidays



ACTIVITY 3: ORAL MEDIATION

(5 minutes each candidate)

Candidate A

- Read the text below and tell me two things you do in your daily life for the protection of the environment.
- Imagine you are going to give a talk in English at you local community centre about what people can do on a daily basis to protect the environment. Using information from the text below, tell us what points you will include in you talk.

Eco-friendly habits

6

Το περιβάλλον και πώς ο καθένας μας το επηρεάζει.

ΠΡΑΣΙΝΕΣ ΣΥΝΗΘΕΙΕΣ

Μάθε πώς 6 απλές καθημερινές συνήθειες μπορούν να συμβάλλουν στην προστασία του περιβάλλοντος!

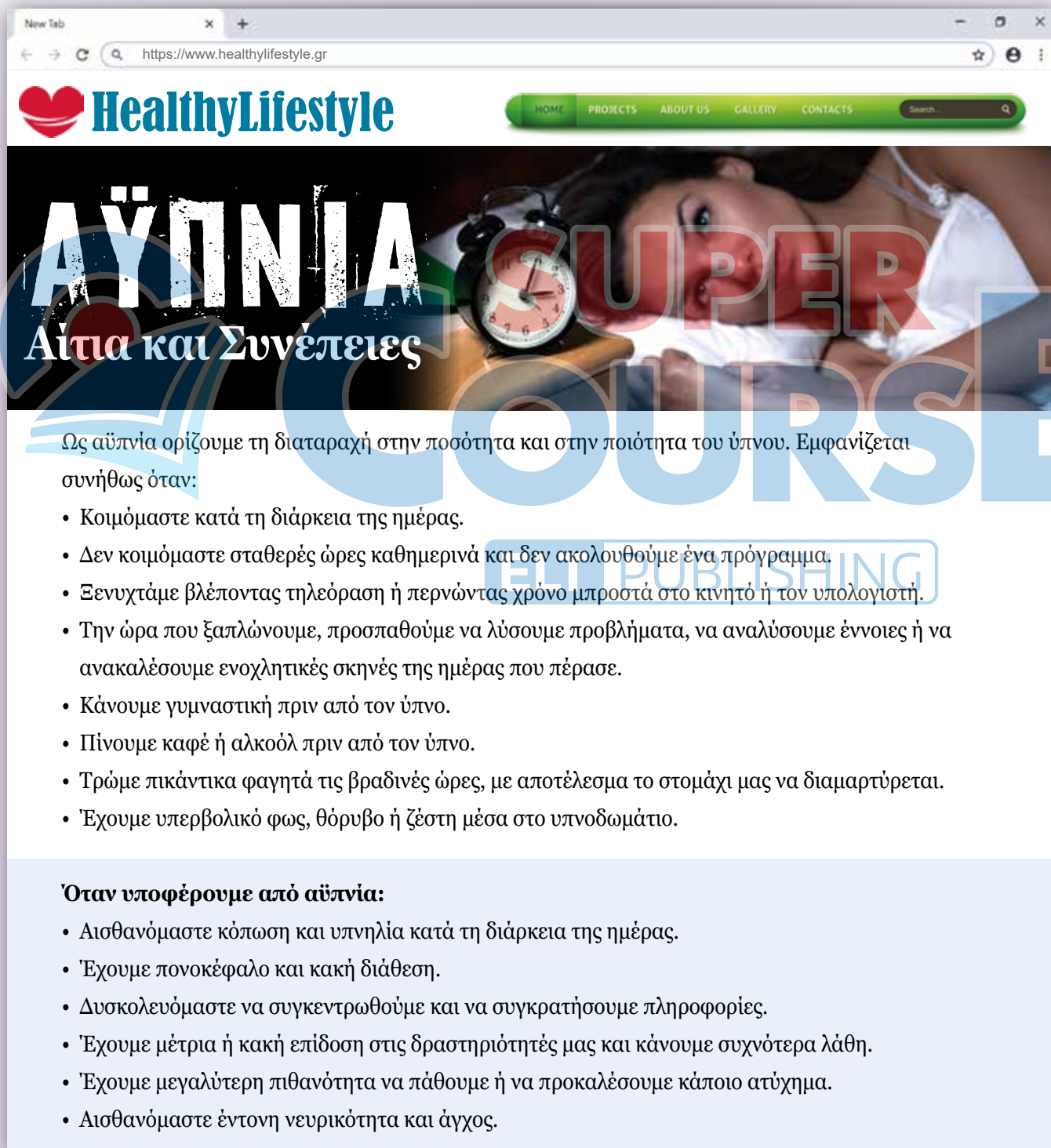
- 1 Συγκεντρώστε και ανακυκλώστε τα χαρτιά, όπως περιοδικά και εφημερίδες, στο σπίτι ή στο γραφείο σας!
- 2 Αντικαταστήστε τις απλές λάμπες με οικονομικές, οι οποίες καταναλώνουν 4 έως 5 φορές λιγότερη ενέργεια και διαρκούν 8 έως 15 φορές περισσότερο. Έτσι, και ενέργεια εξοικονομείτε και λιγότερο ρεύμα καταναλώνετε!
- 3 Προτιμήστε τις υφασμάτινες τσάντες για τα καθημερινά σας ψώνια, αφού τώρα πλέον όλα τα σούπερ μάρκετ σας δίνουν αυτήν τη δυνατότητα.
- 4 Αποφύγετε το συχνό άνοιγμα του φούρνου όταν μαγειρεύετε για να μην έχετε απώλεια ενέργειας.
- 5 Τοποθετήστε πάνω στο καπάκι της κατσαρόλας ένα κομμάτι βαμβάκι με λίγο ξύδι, για να μη μυρίζει άσχημα το σπίτι σας όταν μαγειρεύετε, αντί να ανοίγετε πολλές ώρες τον απορροφητήρα. Ή βράστε ένα κομμάτι φλούδας από λεμόνι μαζί με το φαγητό για να εξαφανιστεί κάθε μυρωδιά!
- 6 Εξοικονομήστε νερό κλείνοντας τη βρύση όταν πλένετε τα δόντια σας ή καθώς πλένετε τα πιάτα.



Candidate B

- Imagine I am having trouble sleeping at night. Using the information in the article below, tell me what I should avoid doing so that I can sleep better.
- Imagine you are a student and you are going to present a project on insomnia in class. Tell us which points you will include in your presentation.

Insomnia



Ως αϋπνία ορίζουμε τη διαταραχή στην ποσότητα και στην ποιότητα του ύπνου. Εμφανίζεται συνήθως όταν:

- Κοιμόμαστε κατά τη διάρκεια της ημέρας.
- Δεν κοιμόμαστε σταθερές ώρες καθημερινά και δεν ακολουθούμε ένα πρόγραμμα.
- Ξενυχτάμε βλέποντας τηλεόραση ή περνώντας χρόνο μπροστά στο κινητό ή τον υπολογιστή.
- Την ώρα που ξαπλώνουμε, προσπαθούμε να λύσουμε προβλήματα, να αναλύσουμε έννοιες ή να ανακαλέσουμε ενοχλητικές σκηνές της ημέρας που πέρασε.
- Κάνουμε γυμναστική πριν από τον ύπνο.
- Πίνουμε καφέ ή αλκοόλ πριν από τον ύπνο.
- Τρώμε πικάντικα φαγητά τις βραδινές ώρες, με αποτέλεσμα το στομάχι μας να διαμαρτύρεται.
- Έχουμε υπερβολικό φως, θόρυβο ή ζέστη μέσα στο υπνοδωμάτιο.

Όταν υποφέρουμε από αϋπνία:

- Αισθανόμαστε κόπωση και υπνηλία κατά τη διάρκεια της ημέρας.
- Έχουμε πονοκέφαλο και κακή διάθεση.
- Δυσκολεύομαστε να συγκεντρωθούμε και να συγκρατήσουμε πληροφορίες.
- Έχουμε μέτρια ή κακή επίδοση στις δραστηριότητές μας και κάνουμε συχνότερα λάθη.
- Έχουμε μεγαλύτερη πιθανότητα να πάθουμε ή να προκαλέσουμε κάποιο ατύχημα.
- Αισθανόμαστε έντονη νευρική και άγχος.

GLOSSARY

TEST 1

MODULE 1 - PART A

ACTIVITY 1

amazement έκπληξη
annual ετήσιος
audience κοινό
brochure (διαφημιστικό) φυλλάδιο
clap χειροκροτώ
community κοινότητα
cry ξεφωνητό, κραυγή
culture πολιτισμός, κουλτούρα
dance calls χορευτικά σήματα
descent καταγωγή
dress up φοράω παραδοσιακή στολή
drum χτυπάω
familiar γνωστός, συνηθισμένος
fit ταιριάζω
fluently άπταιστα, με ευχέρεια
foreigner αλλοδαπός, ξένος
frequently συχνά
gather συγκεντρώνομαι
hiss σφύριγμα, συριγμός
impact επιρροή, απήχηση
interact συναναστρέφομαι
manage καταφέρνω
mould καλούπι
notice παρατηρώ
offend προσβάλλω
onlooker θεατής
peninsula χερσόνησος
perform δίνω παράσταση
philhellene φιλέλληνας
product catalogue κατάλογος προϊόντων
relate αφηγούμαι
relative συγγενής
roots ρίζες, καταγωγή
run through διαδίδομαι σε
scene σκηνή, σκηνικό
settle εγκαθίσταμαι
swirl στρόβιλος
swish κούνημα με θρόισμα
traditional παραδοσιακός
urge sb on ενθαρρύνω κπ
whisper ψίθυρος
whistle σφύριγμα
wide ευρύς

ACTIVITY 2

antibody αντίσωμα
build up χτίζω, αναπτύσσω
building block δομικό στοιχείο, θεμέλιο
dairy product γαλακτοκομικό προϊόν
dietary διατροφικός
disease ασθένεια, -ες
essential απαραίτητος
fuel source πηγή ενέργειας
grains δημητριακά, σιτηρά
haemoglobin αιμοσφαιρίνη
heal θεραπεύω, -ομαι

include περιλαμβάνω
legumes όσπρια
maintain διατηρώ, συντηρώ
nutrient θρεπτικό συστατικό
produce παράγω
red blood cell ερυθρό αιμοσφαίριο, ερυθροκύτταρο
replace αποκαθιστώ
scrape γδέρνω / γδάρισμα
serve χρησιμεύω
substance ουσία
tissue ιστός

ACTIVITY 3

(hamburger) bun ψωμάκι (για χάμπουργκερ)
beat χτυπάω
breadcrumbs τριμμένη φρυγανιά
chilli powder τσίλι σε σκόνη
finely sliced κομμένος σε λεπτές φέτες
heat θερμοκρασία
ingredient συστατικό
instruction οδηγία
minced beef μοσχαρίσιος κιμάς
jug κούπα
parsley μαϊντανός
patty μπιφτέκι
pour ρίχνω, χύνω
tablespoon κουταλιά της σούπας
teaspoon κουταλάκι του γλυκού
thoroughly πολύ καλά
tinfoil αλουμινοχαρτό
vinegar ξίδι

ACTIVITY 4

24/7 24 ώρες την ημέρα, 7 μέρες την εβδομάδα
assign αναθέτω
be in for θα βρεθώ σε (για κτ δυσάρεστο)
clutter ακαταστασία, χάος
commitment δέσμευση
consider λαμβάνω υπόψη
educate εκπαιδεύω
exclusively αποκλειστικά
extracurricular εξωσχολικός
field trip εκπαιδευτική εκδρομή
financial strain οικονομική πίεση
get together βρίσκομαι
grade βαθμολογώ, διορθώνω
homeschooling κατ' οίκον εκπαίδευση
laundry μπουγάδα
legal νόμιμος
leisure ελεύθερος χρόνος
let go αφήνω
neat καθαρός, συμμαζεμένος
neglect αμελώ, παραμελώ
peer συνομήλικος
relationship σχέση
require απαιτώ
sacrifice θυσιά
set aside time βρίσκω/αφιερώνω χρόνο

socialisation κοινωνικοποίηση
spotless πεντακάθαρος
stickler σχολαστικός, κολλημένος
supervise επιβλέπω, επιτηρώ
take sth lightly παίρνω κτ απήφιστα, υποτιμώ
take up καταλαμβάνω (χρόνο)
tend συνθίζω, τείνω
think sth through σκέφτομαι κτ καλά/σοβαρά
time-consuming χρονοβόρος

ACTIVITY 5

accommodation στέγαση
accurate ακριβής
ankle αστράγαλος
application αίτηση
apply κάνω αίτηση
around the clock όλο το 24ωρο
bandage (up) επιδένω
break off σπάω, αφαιρώ
deal with αντιμετωπίζω
decent αξιοπρεπής
demanding απαιτητικός
detailed λεπτομερής
do well τα πηγαίνω καλά
Doctors Without Borders Γιατροί Χωρίς Σύνορα
dormitory εστία (σε πανεπιστήμιο)
emergency επείγον περιστατικό
entrance exams εισαγωγικές εξετάσεις
equipment εξοπλισμός
finances οικονομικά, οικονομικοί πόροι
financial sponsor χρηματοδότης, χορηγός
follow in sb's footsteps βαδίζω στα βήματα κπ
fund χρηματοδοτώ
have a blast περνάω υπέροχα
instrument εργαλείο, όργανο
light trauma ελαφρύ τραύμα
manage καταφέρνω / διευθύνω
medical ιατρικός
medicine φάρμακο
monitor παρακολουθώ, επιβλέπω
pay off βγαίνω σε καλό, αξίζω τον κόπο
profession επάγγελμα
progress πρόοδος
record αρχείο / καταγράφω
second-hand μεταχειρισμένος
sprained που έχει πάθει διάστρεμμα
starving υποσιτισμένος, πεινασμένος
stimulating συναρπαστικός
struggle παλεύω, προσπαθώ σκληρά
supplies προμήθειες
treat φροντίζω, θεραπεύω
twisted στραμπουληγμένος
underprivileged φτωχός, υποβαθμισμένος
veterinary surgeon χειρουργός κτηνίατρος