

PART A - CHOICE ITEMS

ACTIVITY 1

Read the text below and choose the best answer (A, B, or C) for items 1a-6a.

- 1a. The writer, Alison, mainly uses language in the email that is  
A. formal. B. informal. C. scientific.
- 2a. Alison is communicating with  
A. a classmate. B. a relative. C. a friend in another country.
- 3a. Alison suggests that fermented food is  
A. a brand-new idea. B. eaten in different countries C. most popular in Korea.
- 4a. Alison suggests people eat kimchi because it is  
A. like an orange. B. very sweet. C. good for you.
- 5a. Alison suggests that she  
A. wants to try kimchi. B. has already tried kimchi. C. doesn't like kimchi
- 6a. The expression 'Eating healthy foods is obviously the way to go' refers to that Alison feels  
A. we should eat healthily. B. we should eat what we want. C. we must choose wisely.

Send To... Eleni\_k@gmail.com CC... Subject: From Alison

Hi Theoni.

Thanks for the package. I love the socks you sent! I'm glad you are ok and school is going well. In the UK we are having really cold weather. We even had snow this week. I can't wait for it to start to warm up! This winter has gone on too long.

We've been doing a really interesting project in class for the last couple of weeks. The focus is on health and well-being. I'm really interested in how we can improve our diet. I told my mum about it and she has started to adapt what we eat at home. It's about trying to add more fermented foods to our meals.


Apparently eating some fermented foods each day really helps good bacteria in your stomach. Did you know that feta cheese and Greek yoghurt are both examples of fermented food? It just means food that has bacteria or yeast added to it when it's produced. I knew Greek food was good – oh, and I love it!

I also learned about kimchi. I'd never heard of it before. It's a traditional Korean side dish of salted fermented vegetables. It's been around for hundreds of years. It's become very popular all over the world. People like it for its flavour – plus it has a reputation for being good and healthy. It's made from cabbage, spring onions, carrots, ginger, garlic, and chili flakes. It's bright orange! It's got a sort of sour, salty, savoury taste and is often quite hot!

My favourite way to eat it is a cheese and kimchi toastie. Am attaching a picture of a cheese toastie I made the other day. You can see the orange kimchi. I also had smoked salmon and pickled cucumber on toast too!

Maybe you can try some kimchi too. Eating healthy foods is obviously the way to go! Anyway, I need to run and help with dinner. Will be in touch soon.

Alison x



ATTENTION

- Try to answer all the questions.
- Mark your answers on Answer Sheet 1 [ΑΠΑΝΤΗΤΙΚΟ ΕΝΤΥΠΟ 1].
- Provide ONE answer for each item.
- You have **85 minutes** to complete this part of the exam.

Read the short texts about people's favourite sports in Greece and choose the best word (A-H) to fill in items 7a-12a. Use each word only once. There are two words you do not need to use.

<b>A.</b>	participated	<b>B.</b>	considered	<b>C.</b>	won	<b>D.</b>	emerged
<b>E.</b>	established	<b>F.</b>	watched	<b>G.</b>	asked	<b>H.</b>	permitted

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# Popular participatory sports in Greece

A poll in Greece **7a** \_\_\_\_\_ people to name the top five favourite sports they like to participate in. In fourth place was water polo and in fifth place was volleyball.

Read about the top three sports below. It seems polls about favourite sports for people around the world are quite varied with hockey, swimming and badminton also featuring alongside football.

## Football

As in most countries around the globe, the most popular sport in Greece is football. It is overseen by the Hellenic Football Federation, which was **8a** \_\_\_\_\_ in 1926. The national team made history in 2004, being crowned UEFA EURO Champions.

## Basketball

The second most popular sport in Greece is **9a** \_\_\_\_\_ to be basketball. Most neighbourhoods in Greece have basketball courts for local people to play on. Basketball has always been part of Greek sports traditions. A lot of people love to watch and play basketball. The country, which was one of the eight founding members of FIBA in 1932, has been quite successful in this sport.

The Greek national basketball team is ranked amongst the top 10 teams worldwide because they have **10a** \_\_\_\_\_ the European Championship twice. Some of the greatest NBA players, especially Giannis Antetokounmpo, come from Greece. Also, the national league is one of the most competitive ones in all of Europe.


## Athletics

The third most popular sport in Greece is track-and-field athletics, which are the oldest forms of organized sport – having **11a** \_\_\_\_\_ out of the most basic human activities—running, walking, jumping, and throwing. In ancient Greece, athletics developed as “a way of communicating that brings a great sense of connection between people.” It **12a** \_\_\_\_\_ individuals to elevate their position in society, train for combat, represent their city-state, and to earn respect among their peers. In modern Greece, athletes have won 29 medals at the Olympic Games and 19 medals at the World Championships in Athletics.

### ACTIVITY 3

Read the text and fill in the gaps 13a-19a with the best option. Use each word only once. There is one option you do not need to use.

A.	above	B.	from	C.	under	D.	on
E.	across	F.	before	G.	around	H.	by



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## Coastal erosion on the increase in 2023

Huge storms **13a** \_\_\_\_\_ the world are causing coastal erosion at a faster pace than ever **14a** \_\_\_\_\_. In February, New Zealand suffered the worst storms in their history. Many houses close to the sea were lost causing distress and suffering for many people. In the UK this year **15a** \_\_\_\_\_ the east coast of the country the erosion has led to buildings falling into the sea and houses needing to be demolished.

The famous Jurassic coastline pictured **16a** \_\_\_\_\_ on the south coast of the UK is under threat too. In the middle of the photo, you can see a pile of rocks that have fallen **17a** \_\_\_\_\_ the cliffs onto the beach. The Jurassic coastline is a World Heritage Site and is famous for the ancient rocks and fossils that are found there.

Coastal erosion is causing the wearing away and breaking up of rock along the coast. Powerful and destructive waves erode the coastline in a number of ways: sometimes air becomes trapped in holes and cracks on a cliff face. When a wave breaks, the air is trapped **18a** \_\_\_\_\_ water which weakens the cliff and causes erosion.

There can be little doubt that it is the change in weather **19a** \_\_\_\_\_ our planet that is causing the coastal erosion we are facing. In many countries governments are building sea defences to try and slow the erosion and protect the land.

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**ACTIVITY 4**

Read the article below about a Greek woman and decide if statements 20a-25a are True (A), False (B) or Not Stated (C).


STATEMENTS		A	B	C
		TRUE	FALSE	NOT STATED
<b>In this article, the writer suggests or states that:</b>				
<b>20a</b>	women across the world are making a difference.			
<b>21a</b>	the challenges of the last few years have made people realise how important their lives are.			
<b>22a</b>	Christina should have received an award from the President of the Hellenic Republic for her amazing achievements.			
<b>23a</b>	Christina started her climbing journey at age 11.			
<b>24a</b>	Christina is really looking forward to her next challenge.			
<b>25a</b>	Christina is not working now but focussing on maintaining her fitness.			


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## An amazing achievement

International Women's Day on the 8 March is celebrated all over the world. Greece, like so many countries, has examples of many women who are making a difference whether it's in politics, science, education, archaeology, philanthropy, business or sport. This past year it celebrated the achievements of the Greek mountaineer, Christina Flampouri.



The last few years have been challenging for us all, but as a result most of us have come to realise we need to seize the moment and live our lives to the fullest, enjoying as much as we can while we can.

It is true that most people get caught up in their daily routines and their family and work responsibilities, but there are always real-life success stories happening around us, that remind us that things can be possible if we put our mind to it.

A special example of a person – who does exactly what she loves and who has achieved something few others have – is Christina Flampouri. She is a Greek mountain climber who has received global recognition and praise for her courage and determination. She started climbing in 2014 and today, at the age of 31, she has managed to become one of the only 70 women in the world, who have successfully conquered the seven tallest peaks in all of the seven continents. Let's just think about what that means. Between 2016 and 2020, a mere five years, Christina climbed the highest mountains in Africa, Europe, Asia, Oceania, Antarctica, and North & South America. In achieving that goal, in May 2019, she climbed the highest peak in the world, Mount Everest in Nepal, Asia. Her final challenge was in January 2020 when she climbed Mount Vincennes, the highest mountain in Antarctica.

Christina lives in the western suburbs of Athens and works for a large company full-time. To achieve what she has, she must have faced and overcome challenges that many of us have never considered. To become the first and only Greek woman who has managed to set foot on the seven highest peaks in every continent of the world is an astonishing achievement. She is an inspiration to us all.



## ACTIVITY 5

Read the text below and choose the best answer (A, B or C) for items 26a-31a (next page).

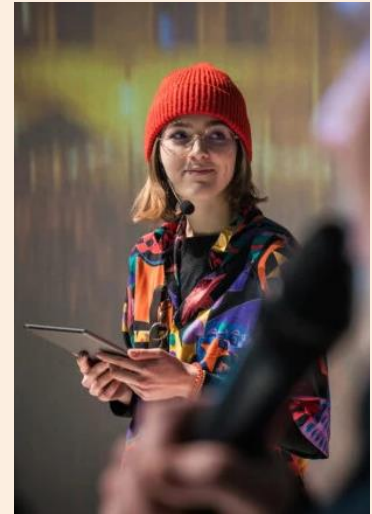


# Lublin in February – Things to do this winter in the European Youth Capital 2023

Get to know Lublin – The first Polish European Youth Capital! You might have not yet heard about this charming city which is the industrial and cultural centre for Southeastern Poland, but hey – you will hear a lot more about Lublin during this year.

February in Lublin, the European Youth Capital 2023, has kicked off with an out-of-this-world-event, the LubJam2023 gaming experience happening on 3-5 February. Imagine you have only 48 hours to design and launch a new software product. Challenge accepted. Young people from Lublin joined the 48-hour game jam to figure out how they can become game developers on their own.

Shall we move from gaming right to the business? Why not? As from 6 February, young people can submit their applications for the inter-university Lublin UP contest for the best business idea. This joint initiative is endorsed by the Lublin Municipal Office, the WeDo Foundation, and the Union of Lublin Universities. The contest will identify the best business concepts and ideas presented by the students of Lublin universities.



## Connecting with education & culture



Another exciting opportunity for the young people from Lublin is the Youth Inspires Districts programme. From 8 February until 13 March, everyone under 30 can submit ideas on innovative cultural initiatives. The winning concepts will be implemented in Lublin's Neighbourhoods thanks to freshly allocated funds. This cultural programme is open to all citizens aged 13-30 who live, study, or work in Lublin.

Early March will also be the best time to sign up for the Enterprising Youth project. Lublin-based schools that wish to enter the initiative should apply between 1-7 February. Later on, between 8-13 February, elementary schools are invited to register their interest in the Enterprising Kids project run in cooperation with the Maria Curie-Skłodowska University.



## From sports to culture

Between 16-19 February, Lublin will host the final games of the Suzuki Polish Basketball Cup and the opening of the long-distance Swimming Championships. This pool event known as AQUA Lublin will attract 250 competitors from the leading swimming clubs in the region. Those who prefer to train the brains over the body should enter a King Chess series of games organised by the Lublin Chess Club.



Moving on from sports to culture, February in Lublin will also be rich in cultural events, such as the National Contest for Young Vocalists. The city will also offer a lot of training opportunities, starting with the follow-up to the Leadership course in citizenship education and entrepreneurship organised with the Future Makers Forum.

Last but not least, the Lublin's European Youth Capital team cares a lot about young people's mental health. The city does not ignore the needs of professionals working with young people, either. The municipality will hold a conference in February, to talk about mental health and well-being challenges covering Behavioural Addictions among school students.

*'Of course, all events and initiatives under the European Youth Capital logo welcome international participants, too! It is our priority to keep the door open to everyone,'* added Lublin's team.



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26a. What is the main purpose of the article?

- A to review and persuade.      B to promote and inform.      C to criticise and dismiss.

27a. The language and tone of the article on the website is

- A aimed at parents.      B aimed at decision makers.      C aimed at young people.

28a. According to the article, the event began with

- A an opportunity to create a software product.      B a call to propose a business deal.      C a chance to participate in a sporting event.

29a. According to the article, events which focused on new ideas for the benefit of local communities were aimed at

- A teenagers and young adults.      B people of any age.      C families with young children.

30a. According to the article, the events in February offered

- A a limited range of choices.      B mainly outdoor events.      C a diverse range of happenings.

31a. The article concludes by suggesting that events are

- A only open to people from Lublin.      B open to people from other countries.      C open to young people from Europe only.

**ACTIVITY 6**

Read the text and fill in gaps 32a-36a with the best option (A-H). Use each option only once. There are three options you do not need.

A. towed	B. lowered	C. afforded	D. required
E. destined	F. built	G. excluded	H. became

CONTEMPORARY ARCHITECT MAGAZINE

FRIDAY, May 5, 2023

# Tiny houses



Photo & creator: Alfie Venner Woodcock

Are tiny houses a part of the solution to the housing crisis in the UK and in other countries in Europe and further afield? It is becoming increasingly difficult for young people, in their 20s and 30s, to be able to buy their own home. House prices in large cities have risen so much that it has almost **32a** ..... a generation from getting on the housing ladder.


Tiny houses are often about the same size as the containers we see on lorries and ships. They are often on wheels so they can be **33a** ..... by car to a new place if necessary. It is clearly an advantage that you would probably spend a fair bit less on building a tiny house in comparison to a standard sized house, but there is no getting away from the fact you'd be downsizing. Storage space would be needed urgently and an efficient approach to managing your daily life would definitely be **34a** ..... One distinct advantage is you would have less cleaning to do!

In all likelihood, your tiny home would be somewhat more basic, and you'd be saying goodbye to luxuries such as spacious kitchens, bathrooms and living space. Basic necessities like plumbing would be a challenge, but at least most of your utility bills would be **35a** ..... Not all tiny houses are necessarily as small or portable as the one in the photo above. Many are **36a** ..... without wheels and are used as studios or offices in gardens. One huge advantage, when building a smaller wooden home in the countryside or by the sea, is that you can enjoy being at one with nature. Built from sustainable wood, they offer flexibility and are eco-friendly.

**ACTIVITY 7**

Match products and services in the texts below (37a-41a) with items A-F. There is one option you do not need.


A.	It can help especially where
B.	We have recently introduced a school day session
C.	When you face disaster
D.	If you're having any problems
E.	In some cases, a volunteer
F.	The programme aims to encourage


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## Products and services for...

### Befriending Service

Such services are available in many local authorities. They involve a volunteer “befriender” visiting an older person in their home for a cup of tea and a chat, or accompanying them on a trip, the theatre, etc. **37a** \_\_\_\_\_ may accompany the person to the hospital or doctor's appointments. Free telephone friendship services are also available so you can chat with someone over the phone from your own home.



### Holiday Club

We offer a ‘home from home’ environment during the School Holidays for youngsters to come and play, spend time with their friends, and engage in activities such as crafts, sports, and outdoor activities. **38a** \_\_\_\_\_ for those parents who normally work during school hours, as well as full day and half day sessions to suit individual needs. Find out more about us [www.berkeleyholiday.com](http://www.berkeleyholiday.com)

### Wellness Hub

The Healthwise Physical Activity referral scheme, run at local leisure centres, introduces individuals to the benefits of physical activity in order to help reduce risk factors for chronic disease and to manage existing medical conditions. **39a** \_\_\_\_\_ especially older people of all abilities to become and remain more physically active, helping to increase activity levels and improve health and well-being. If you are interested, your doctor will need to refer you. There is a small monthly cost involved.

### Hearing loss aids

If you have a hearing impairment, whether young or old, you could consider using assisted listening devices (ALDs) which can help amplify the sounds you want to hear. **40a** \_\_\_\_\_ there's a lot of background noise. ALDs can be used with a hearing aid or cochlear implant to help a wearer hear certain sounds better.

### Counselling

You might be experiencing problems at school, issues with your parents or generally not feeling like yourself. Counselling may help you talk about how you feel, separate from school and home life. It can help you get back to enjoying life. **41a** \_\_\_\_\_, whether it's depression and mental health concerns or issues with parents or people at school, talking to a counsellor can help.



**ACTIVITY 8**

8.1 Read the extract from a novel with the famous Belgian detective Hercule Poirot and choose the best answers (A, B, or C) for items 42a-44a.

42a. Who is the narrator in this extract from the novel?

A An acquaintance of Hercule Poirot.

B The famous detective, Hercule Poirot.

C A man who intended to hire Hercule Poirot.

43a. The narrator is traveling

A from Dover.

B from Paris.

C from South America.

44a. The narrator had lived in London

A before the war.

B a long time ago.

C when Poirot was there.



## THE UNEXPECTED GUEST

Text A

I have met people who enjoy a channel crossing; men who can sit calmly in their deck chairs and, on arrival, wait until the boat is moored, then gather their belongings together without fuss and disembark. Personally, I can never manage this. From the moment I get on board I feel that the time is too short to settle down to anything.

I move my suitcases from one spot to another, and if I go down to the saloon for a meal, I bolt my food with an uneasy feeling that the boat may arrive unexpectedly whilst I am below. Perhaps all this is merely a legacy from one's short leaves in the war, when it seemed a matter of such importance to secure a place near the gangway, and to be amongst the first to disembark lest one should waste precious minutes of one's three or five days' leave.

On this particular July morning, as I stood by the rail and watched the white cliffs of Dover drawing nearer, I marvelled at the passengers who could sit calmly in their chairs and never even raise their eyes for the first sight of their native land. Yet perhaps their case was different from mine. Doubtless many of them had only crossed to Paris for the weekend, whereas I had spent the last year and a half on a ranch in the Argentine. I had prospered there, and my wife and I had both enjoyed the free and easy life of the South American continent, nevertheless it was with a lump in my throat that I watched the familiar shore draw nearer and nearer.

I had landed in France two days before, transacted some necessary business, and was now en route for London. I should be there some months—time enough to look up old friends, and one old friend in particular. A little man with an egg-shaped head and green eyes—Hercule Poirot! I proposed to take him completely by surprise. My last letter from the Argentine had given no hint of my intended voyage—indeed, that had been decided upon hurriedly as a result of certain business complications—and I spent many amused moments picturing to myself his delight and stupefaction on beholding me.

He, I knew, was not likely to be far from his headquarters. The time when his cases had drawn him from one end of England to the other was past. His fame had spread, and no longer would he allow one case to absorb all his time. He aimed more and more, as time went on, at being considered a “consulting detective”—as much a specialist as a Harley Street physician. He had always scoffed at the popular idea of the human bloodhound who assumed wonderful disguises to track criminals, and who paused at every footprint to measure it.

“No, my friend Hastings,” he would say, “we leave that to Giraud and his friends. Hercule Poirot's methods are his own. Order and method, and ‘the little grey cells.’ Sitting at ease in our own armchairs we see the things that these others overlook, and we do not jump to the conclusion like the worthy Japp.”

No; there was little fear of finding Hercule Poirot far afield.

On arrival in London, I deposited my luggage at a hotel and drove straight on to the old address. What poignant memories it brought back to me! I hardly waited to greet my old landlady “Enter, then,” cried a familiar voice from within.

8.2 On the basis of text A that you read, and text B below, decide if statements 45a-50a are True (A), False (B) or Not Stated (C).

Text B

&gt;

I strode in. Poirot stood facing me. In his arms he carried a small valise, which he dropped with a crash on beholding me.

"*Mon ami*, Hastings!" he cried. "*Mon ami*, Hastings!"

And, rushing forward, he enveloped me in a capacious embrace. Our conversation was incoherent and inconsequent. Eager questions, incomplete answers, messages from my wife, explanations as to my journey, were all jumbled up together.

"I suppose there's someone in my old rooms?" I asked at last, when we had calmed down somewhat. "I'd love to put up here again with you."

Poirot's face changed with startling suddenness.

"*Mon Dieu!* but what a *chance épouvantable*\*. Regard around you, my friend."

For the first time I took note of my surroundings. Against the wall stood a vast ark of a trunk of prehistoric design. Near to it were placed a number of suitcases, ranged neatly in order of size from large to small. The inference was unmistakable.

"You are going away?"

"Yes."

"Where to?"

"South America."

"What?"

"Yes, it is a droll farce, is it not? It is to Rio I go, and every day I say to myself, I will write nothing in my letters—but oh! the surprise of the good Hastings when he beholds me!"

"But when are you going?"

Poirot looked at his watch.

"In an hour's time."

"I thought you always said nothing would induce you to make a long sea voyage?"

Poirot closed his eyes and shuddered.

"Speak not of it to me, my friend. My doctor, he assures me that one dies not of it—and it is for the one time only; you understand, that never—never shall I return."

He pushed me into a chair.

"Come, I will tell you how it all came about.

*chance épouvantable*\* bad luck

STATEMENTS		A	B	C
		TRUE	FALSE	NOT STATED
45a	As the boat drew closer to the land, the man became calm and collected like many other passengers on the boat.			
46a	The man explains how much he had enjoyed his short stay in France.			
47a	The man is quite certain his friend Hercule Poirot will not be expecting him but will be very pleased nonetheless.			
48a	The man is unsure he will find Hercule Poirot with ease as he is always incredibly busy and travels a lot for his work.			
49a	The man suggests he used to live in the same house as Hercule Poirot.			
50a	After realising that Hercule Poirot is going to Rio, Hastings suggests that they travel to South America together.			

## ACTIVITY 1

**BLOG STARTER**

# Blogging What is a blog?

In short, a blog is a type of website that focuses mainly on written content, also known as blog posts. In popular culture we most often hear about news blogs or celebrity blog sites, but as you'll see in this guide, you can start a successful blog on just about any topic imaginable.

Bloggers often **1b** \_\_\_\_\_ from a personal perspective that allows them to connect directly with their readers. In addition, most blogs also have a “comments” section where visitors can correspond with the blogger. Interacting with your visitors in the comments section **2b** \_\_\_\_\_ to develop the connection between the blogger and the reader.

This direct connection to the reader is one of the main **3b** \_\_\_\_\_ of starting a blog. It allows you to interact and share ideas with other like-minded people. It also allows you to build trust with your readers. Having the trust and loyalty of your readers is important if you want them to follow your blog regularly.

The good news is that the internet is exploding with growth right now. More people than ever are online. This explosion in growth means more potential readers for your blog. In short, if you are thinking about starting a blog then there is no **4b** \_\_\_\_\_ time than right now.

## How to Start a Blog in 5 Steps



1. **Pick a blog name** Choose a descriptive name for your blog.
2. **Get your blog online** Register your blog and get hosting.
3. **Customise your blog** Choose a free blog design template and tweak it.
4. **Write and publish your first post** Share your thoughts with the world. The fun part!
5. **Promote your blog.** Get **5b** \_\_\_\_\_ people to read your blog with the proper marketing.

**Provide the best synonym for the underlined words below 6b-10b.**

## Robotics and medicine

The rise of automation and the replacement of workers by machinery is not something that should **(6b) necessarily** be viewed as new. It's an issue that is as old as the concept of technology itself, but it has really begun to become more prevalent in the last half-century or so as robots become capable of doing more varied types of work – not only for industry but also for science. For example, robotics experts have become **(7b) heavily** involved in the field of medicine. Many believe that an autonomous robot could soon be a regular member of any hospital's medical staff performing all sorts of duties even performing surgery.

And even if developments like that are further away than experts predict, doctor-controlled robots already have a massive presence in the medical field. Of course, it is **(8b) highly** unlikely that doctors would ever be replaced by robots, but it is a fact that robotics in medicine are already assisting doctors, nurses and ancillary staff.

(9b) **Effectively**, it means that the medical field is on the brink of sweeping changes that could mean better diagnostics, safer and less-invasive surgery, shorter waiting times, reduced infection rates, and increased long-term survival rates for everyone. And, (10b) **definitely**, this is something, to be excited about.

There is no question that automation and robots in the medical field are here to stay.

**ΣΑΣ ΥΠΕΝΘΥΜΙΖΟΥΜΕ ΟΤΙ ΠΡΕΠΕΙ ΝΑ ΜΕΤΑΦΕΡΕΤΕ ΟΛΕΣ ΤΙΣ ΑΠΑΝΤΗΣΕΙΣ ΣΤΟ ΕΝΤΥΠΟ 1**  
**ΤΕΛΟΣ ΜΗΝΥΜΑΤΟΣ**