

**Unit 2 A Refugee's Dreamland**

<b>LEXICAL ITEM</b>	<b>SYNONYM/DEFINITION</b>	<b>GREEK TRANSLATION</b>
tuck away	Keep hidden	Καταχωνιάζω, κουκουλώνω
crimson	Cherry (colour)	βυσσινί, γκρενά
pygmy	Dwarf, small	πυγμαίος
flee	escape, run away from danger	δραπετεύω
cascade	Flow with force	Κατρακυλώ, πέφτω με ορμή
embrace	Hug, cuddle	Αγκαλιάζω, περιθάλπω
refugee	a person who flees to a foreign country or power to escape danger or persecution	πρόσφυγας
languish	fade away, deteriorate, become weak or dispirited	ατονώ, αποδυναμώνομαι, χάνω το κουράγιο μου
in limbo	in a forgotten or ignored place, state, or situation/ in an uncertain or undecided state or condition	σε αναμονή (περιμένοντας), σε εκκρεμότητα
slope	Side of a mountain or hill	πλαγιά
craggy	Uneven, rocky, bumpy	Ανώμαλος, βραχώδης
cling to	Adhere, grip	Προσκολλώμαι, αρπάζομαι
settle	establish in residence	εγκαθίσταμαι
in proportion to	related in size, number, or amount to	Σε αναλογία με
integrate	Mix, put together, incorporate, fit in	Ενσωματώνομαι, εντάσσομαι
labourer	Manual worker	εργάτης
communal	Collective, shared, common	Κοινοτικός, κοινός
gravel		χαλίκια
immeasurably	Infinitely, incalculably	Αμέτρητα, απροσδιόριστα, απίστευτα
fabric of daily life		Κοινωνικός ιστός καθημερινής ζωής
in contrast	Versus, as opposed to	αντιθέτως
confident	assured	Σίγουρος, γεμάτος αυτοπεποίθηση
slaughter	Massacre, killing	σφαγή
establish	found	Ιδρύω, καθιερώνω
depressed	Unhappy, miserable	Σε κατάθλιψη, δυστυχισμένος
depopulation	Evacuation	Πληθυσμιακή αραίωση
corrugated	ridged	Αυλακωτός, τσίγκινη λαμαρίνα
drain away	Deplete, use up	Αποστραγγίζω, αργοσβήνω, χάνομαι (μεταφορικά)
inject money	bring in, introduce	διαθέτω, διοχετεύω χρήματα
potential	Prospective, possible	Πιθανός, δυνατότητα, προοπτική

expertise	Expert skill or knowledge	Εξειδίκευση, εξειδικευμένη γνώση
permanent	Stable, lasting	Μόνιμος, σταθερός
diversity	Variety, range	Ποικιλία, πολυπολιτισμικότητα
mainstay	Central component, prop, cornerstone	Στήριγμα, πυλώνας, ακρογωνιαίος λίθος
genuine	Sincere, honest	Αυθεντικός, γνήσιος
compassionate	Showing kindness and understanding	Συμπονετικός, συμπάσχων
encounter	Run into, cope with, to come upon face-to-face	Αντιμετωπίζω αντίπαλο, διαχειρίζομαι
shatter	Smash to pieces	Σπάω σε κομμάτια
humane	Kind and caring, compassionate	ανθρώπινος
board up	To cover or enclose with wooden planks	Σφραγίζω, περικλείω με σανίδες

There is very little difference between **immigrant and emigrant** semantically; both words refer to a person who leaves one country in order to move to another (generally for a permanent or significant stay). The main difference is that **immigrant is used in reference to the country moved to, and emigrant is used in reference to the country moved from.**

There are several ways of remembering how to distinguish between these words: **people are emigrants when they leave their country of origin, and immigrants when they arrive at their destination, or an emigrant is given an additional M when moving to a new country.**

**Unit 3 On Duty**

LEXICAL ITEM	SYNONYM/DEFINITION	GREEK TRANSLATION
gendarme	policeman	Χωροφύλακας, αστυνομικός
siege	to assault with the intent of conquering by force	Πολιορκία, πολιορκώ
Claim	Say, declare	Ισχυρίζομαι, δηλώνω
culminate	to reach the highest point	κορυφώνομαι
hostage	a person seized by force	όμηρος
Petty (ασήμαντος) crime	Minor offence	πλημμέλημα
State prosecutor		εισαγγελέας
radicalism	denotes political principles focused on altering social structures through revolutionary or other means and changing value systems in fundamental ways.(Wikipedia)	ριζοσπαστισμός
proximity	closeness	εγγύτητα
Carry out	Execute, realize	Διεξάγω, πραγματοποιώ
Interior minister	Secretary of State	Υπουργός εσωτερικών
obtain	Gain, achieve	Αποκτώ, κερδίζω
monitor	Watch, keep an eye on	Παρακολουθώ με ψηφιακά μέσα
Under surveillance	Close watch	Υπό παρακολούθηση
outskirt	the outer parts of a town or city	Περίχωρα αστικής περιοχής
riots	Uprising, unrest	ταραχές
Military barracks		Στρατώνες
Police squad barracks		Θάλαμος αστυνομικής ομάδας, εγκαταστάσεις αστυνομικής μονάδας
Security forces		Δυνάμεις ασφαλείας
Gunman	Carrying a gun	Σκοπευτής, οπλοφόρος
bullet		σφαίρα
Puncture	Pierce, stab	Διαπερνάω, τρυπώ
lung		πνεύμονας
Wound (verb)	injure	πληγώνω
Open fire	start shooting	Ανοίγω πυρ
Storm (verb)	Attack suddenly	Κάνω έφοδο, επιτίθεμαι αιφνιδιαστικά
Volunteer (verb)	freely offer to do sth	Προσφέρομαι εθελοντικά
swap	exchange	ανταλλαγή
assault	Attack	επίθεση
Release (verb)	Let go	(Απ)ελευθερώνω
In solitary confinement		Στην απομόνωση

watchlist	a list of persons in need of close surveillance	Λίστα παρακολούθησης υπόπτων
convict	Find guilty	καταδικάζω
Commit an attack		Κάνω, εξαπολύω επίθεση
intelligence		Υπηρεσία πληροφοριών
Serve time in prison		Εκτίω ποινή στη φυλακή
civilian	a person who is not a member of the Police or Armed Forces	πολίτης
Self-sacrifice	giving up what you want/need for the sake of a cause or other people's good	αυτοθυσία
allegiance	Loyalty, commitment	Υποταγή, πίστη, αφοσίωση
simulation	Reproduction	προσομοίωση
Gravely	seriously	σοβαρά
Virtue	Merit, value	αρετή
Merit (verb)	deserve	αξίζω
Sang froid	Ability to remain calm in a dangerous or difficult situation	Αυτοέλεγχος, αυτοκυριαρχία
Lieutenant-colonel		Αντισυνταγματάρχης

Πηγές:

<https://www.merriam-webster.com/dictionary/>,

<https://dictionary.cambridge.org>,

<http://www.wordreference.com>,

<https://www.collinsdictionary.com>,

<https://el.glosbe.com>

<https://www.wordreference.com>

**Μια εξαιρετική απόδοση του ποιήματος του Καβάφη (σελ. 25) στην αγγλική γλώσσα**

Honor to those who in the life they lead  
define and guard a Thermopylae.  
Never betraying what is right,  
consistent and just in all they do  
but showing pity also, and compassion;  
generous when they are rich, and when they are poor,  
still generous in small ways,  
still helping as much as they can;  
always speaking the truth,

yet without hating those who lie.

And even more honor is due to them  
when they foresee (as many do foresee)  
that in the end Ephialtis will make his appearance,  
that the Medes will break through after all.

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**Translated by Edmund Keeley/Philip Sherrard**

## UNIT 4 - Vincent Van Gogh

Lexical item	Synonym/Definition	Greek translation
<b>to blaze</b>	to burn fiercely or brightly/to light up	φλέγομαι, λαμποκοπώ
<b>to flame</b>	to suddenly become hot and red with emotion	Καίγομαι, δυναμώνω, φουντώνω
<b>to swirl</b>	to whirl, to twirl	στροβιλίζομαι, περιστρέφομαι
<b>hue</b>	Shade of colour	απόχρωση
<b>haze</b>	blur, obscurity	ομίχλη, θολούρα
<b>amber</b>		κεχριμπάρι
<b>grain</b>		δημητριακά, σπόρος
<b>weathered</b>	weather-beaten	ανεμοδαρμένος, σκαμμένος, ταλαιπωρημένος
<b>to soothe</b>	to make smn feel calmer or less worried	καταπραΰνω, ηρεμώ, μετριάζω
<b>sanity</b>	having a healthy mind	πνευματική/ψυχική υγεία, λογική
<b>ragged</b>	old and torn	κουρελιασμένος
<b>to sketch</b>	draw without many details	σχεδιάζω, ιχνογραφώ
<b>daffodil</b>		ασφόδελος, νάρκισσος
<b>thorn</b>		αγκάθι
<b>breeze</b>	a gentle wind	ελαφρύ αεράκι
<b>vantage point</b>	a position or standpoint from which something is viewed or considered	Σκοπιά, προοπτική, σημείο υπεροχής/πλεονεκτικής θέσης
<b>absinthe</b>	a strong alcoholic drink that is green and has a bitter taste	αψέντι
<b>sprig</b>	the small stem of a bush or plant	κλαράκι
<b>to depict</b>	portray, represent	απεικονίζω
<b>modest</b>	self-effacing, unpretentious	σεμνός, λιτός
<b>stark</b>	apparent and obvious	λιτός, απέριτος
<b>legacy</b>	property you gain after smn dies, sth that remains from an earlier time.	κληρονομιά, κληροδότημα
<b>sentimental</b>	emotional	συναισθηματικός
<b>grandeur</b>	the quality of being impressive and beautiful	μεγαλείο
<b>compassionate</b>	sympathetic	συμπονετικός

<b>harvest</b>	the time of year when crops are cut and collected from the fields	θερισμός, συγκομιδή
<b>crop</b>	(the total amount collected of) a plant such as a grain, fruit, or vegetable grown in large amounts	καλλιέργεια, σοδειά
<b>to attain</b>	achieve, accomplish	καταφέρνω, πετυχαίνω ένα στόχο
<b>translucent</b>	opaque	ημιδιαφανής
<b>print</b>	copy of a painting, engraving	αντίγραφο, γκραβούρα
<b>to pay tribute to</b>	to praise someone or something publicly	αποτίνω φόρο τιμής
<b>stipple</b>		κουκίδα, ζωγραφική με κουκίδες
<b>appealing</b>	attractive, luring	ελκυστικός
<b>to a certain extent</b>	up to a point	ως ένα βαθμό
<b>introspective</b>	examining and considering your own ideas, thoughts, and feelings, instead of talking to other people about them	ενδοσκοπικός, συνεσταλμένος
<b>to cherish</b>	take pleasure in sth, appreciate	απολαμβάνω, λατρεύω
<b>amply</b>	abundantly, sufficiently, adequately	επαρκώς
<b>to lack</b>	be short of, be deficient in	έχω έλλειψη ή ανεπάρκεια σε κάτι
<b>to document</b>	to record information in an official form	τεκμηριώνω, καταγράφω
<b>in earnest</b>	seriously	στα σοβαρά
<b>to split over</b>	come apart	χωρίζω
<b>insight</b>	a clear, deep, and sometimes sudden understanding of a complicated problem or situation, or the ability to have such an understanding	διορατικότητα, οξυδέρκεια, γνώση
<b>looseness</b>	sloppiness, carelessness	προχειρότητα, χαλαρότητα
<b>keen mind</b>	sharp, eager	οξύ πνεύμα, μυαλό
<b>divergence</b>	Disparity, deviation	απόκλιση
<b>to favour</b>	support, give an advantage	ευνοώ, δείχνω προτίμηση για κάτι
<b>beholder</b>	viewer, spectator	θεατής, παρατηρητής
<b>to set apart</b>	to make smn or sth different and special	διακρίνω, διαχωρίζω
<b>volatile</b>	likely to change emotional state very suddenly	εκρηκτικός, ευέξαπτος, ασταθής

<b>to pursue</b>	follow, chase. (if you pursue a plan, activity, or situation, you try to do it or achieve it, usually over a long period of time)	επιδιώκω, καταδιώκω
<b>tortured</b>	tormented	βασανισμένος
<b>to undermine</b>	to make sth or smn weaker/less effective	υπονομεύω, υποσκάπτω
<b>lucidity</b>	to think clearly or express yourself clearly	διαύγεια σκέψης, έκφρασης
<b>to found</b>	set up, establish	ιδρύω
<b>ultimately</b>	eventually, in the end	τελικά
<b>to alternate</b>	vary, swap	εναλλάσσω
<b>portion</b>	segment, part	μερίδα, μέρος
<b>to aggravate</b>	make worse, exacerbate	επιδεινώνω/ομαι
<b>approximately</b>	about, around	κατά προσέγγιση
<b>impassioned</b>	passionate	παθιασμένος
<b>vibration</b>	Periodic movement back and forward	δόνηση
<b>absorbed in</b>	Wrapped up, engrossed in	απορροφημένος
<b>spiritual essence</b>		πνευματική ουσία
<b>recognition</b>	Receiving credit/respect	αναγνώριση
<b>to preserve</b>	conserve, safeguard	διατηρώ, συντηρώ, διαφυλάττω
<b>on the contrary</b>	saying or showing the opposite	αντιθέτως
<b>hedge</b>		Φράχτης με θάμνους
<b>to long for</b>	crave for, yearn	επιθυμώ βαθιά, διακαώς
<b>elm tree</b>		φτελιά
<b>meadow</b>	grassland	λιβάδι, αγρός με λουλούδια
<b>tidings</b>	news, information	τα νέα, οι ειδήσεις
<b>dusk</b>	twilight, nightfall	σούρουπο
<b>disillusioned</b>	disheartened, disappointed	απογοητευμένος
<b>to penetrate</b>	move into, go through, see through	διαπερνώ
<b>moors</b>	upland, open and uncultivated land	χερσότοποι, ακαλλιέργητες εκτάσεις
<b>to retire</b>	withdraw, give up work	αποσύρομαι, παίρνω σύνταξη
<b>immaculate</b>	perfect, spotless	άμεμπτος, αψεγάδιαστος
<b>to throw off</b>	get rid of	αποτινάσσω, ξεφορτώνομαι
<b>prayer</b>	request for help or expression of thanks addressed to God	προσευχή
<b>to quit</b>	give up, stop	τα παρατάω, σταματώ
<b>to regain</b>	recover, get sth back	ανακτώ



<b>vague</b>	Unclear, fuzzy	ασαφής, θολός
<b>ray</b>	beam	ακτίνα
<b>to flicker</b>	Sparkle, shine with a light that is sometimes bright and sometimes weak	τρεμοπαίζω
<b>yoke</b>		ζυγός
<b>desirous</b>	longing for, eager, wishful	Ο επιθυμών, αυτός που λαχταρά κάτι
<b>to lick</b>		γλείφω
<b>kettle</b>		τσαγιερό

## Art Movements of the 19th-20th centuries

**Impressionism** is a 19th-century art movement characterized by relatively small, thin, yet visible brush strokes, open composition, emphasis on accurate depiction of light in its changing qualities (often accentuating the effects of the passage of time), ordinary subject matter, inclusion of movement as a crucial element of human perception and experience, and unusual visual angles. Impressionism originated with a group of Paris-based artists whose independent exhibitions brought them to prominence during the 1870s and 1880s. The Impressionists faced harsh opposition from the conventional art community in France. The name of the style derives from the title of a Claude Monet work, *Impression, soleil levant* (*Impression, Sunrise*), which provoked the critic Louis Leroy to coin the term in a satirical review published in the Parisian newspaper *Le Charivari*.

**Post-impressionism** is a predominantly French art movement that developed roughly between 1886 and 1905, from the last Impressionist exhibition to the birth of Fauvism. Post-Impressionism emerged as a reaction against Impressionists' concern for the naturalistic depiction of light and colour. Due to its broad emphasis on abstract qualities or symbolic content, Post-Impressionism encompasses Les Nabis Neo-Impressionism, Symbolism, Cloisonnism, Pont-Aven School, and Synthetism, along with some later Impressionists' work. The movement was led by Paul Cézanne (known as father of Post-impressionism), Paul Gauguin, Vincent van Gogh, and Georges Seurat.[1]

**Fauvism** is the name applied to the work produced by a group of artists (which included Henri Matisse and André Derain) from around 1905 to 1910, which is characterised by strong colours and fierce brushwork. The fauvists were interested in the scientific colour theories developed in the nineteenth century – particularly those relating to complementary colours. Complementary colours are pairs of colours which appear opposite each other on scientific models such as the colour wheel, and when used side-by-side in a painting make each other look brighter. Fauvism can be seen as an extreme extension of the post-impressionism of Van Gogh combined with the neo-impressionism of Seurat.

## **Abstract Art**

Abstraction literally means the distancing of an idea from objective referents. That means, in the visual arts, pulling a depiction away from any literal, representational reference points. You can also call abstract art, nonrepresentational art.

Abstract art is art that does not attempt to represent an accurate depiction of a visual reality but instead use shapes, colours, forms and gestural marks to achieve its effect

**Pointillism** is a technique of painting in which small, distinct dots of color are applied in patterns to form an image. Georges Seurat and Paul Signac developed the technique in 1886, branching from Impressionism. The term "Pointillism" was coined by art critics in the late 1880s to ridicule the works of these artists, and is now used without its earlier mocking connotation.[1] The movement Seurat began with this technique is known as Neo-impressionism. The Divisionists, too, used a similar technique of patterns to form images, though with larger cube-like brushstrokes.[2]"

## **Πηγές**

<https://www.tate.org.uk>

<https://www.artistsnetwork.com>

<https://en.wikipedia.org/>

[http://www.whenwewordsearch.com/word\\_search/vincent\\_van\\_gogh/100963/word\\_search.jsp](http://www.whenwewordsearch.com/word_search/vincent_van_gogh/100963/word_search.jsp)

## Unit 5- Animal Rights

### *Fundamental questions*

1. "What are animal rights about?"
2. "Are rights limited to humans only?"
3. "Do animals have the same rights as humans?"
4. "What are the consequences of accepting animal rights?"
5. "Should animals be treated differently because they belong to a different species?"
6. "Do animals suffer as people do?"
7. "Should people use animals for their own good?"

### *Extracts from different web pages-Points worth considering*

- 'Animal rights' is the idea in which some, or all, non-human animals are entitled to the possession of their own existence and that their most basic interests—such as the need to avoid suffering—should be afforded the same consideration as similar interests of human beings. ....Animals should no longer be viewed as property or used as food, clothing, research subjects, entertainment, or beasts of burden.  
Retrieved from: [Wikipedia contributors. \(2019, May 18\). Animal rights. In Wikipedia, The Free Encyclopedia. Retrieved 07:36, May 19, 2019, from https://en.wikipedia.org/w/index.php?title=Animal\\_rights&oldid=897612395](https://en.wikipedia.org/w/index.php?title=Animal_rights&oldid=897612395)
- "Supporters of animal rights believe that animals have an inherent worth – a value completely separate from their usefulness to humans. We believe that every creature with a will to live has a right to live free from pain and suffering. 'Animal rights' is not just a philosophy—it is a social movement that challenges society's traditional view that all nonhuman animals exist solely for human use".  
Retrieved from: <https://www.peta.org/about-peta/why-peta/why-animal-rights/>
- "There is much disagreement as to whether non-human animals have rights and what is meant by animal rights".  
There is *much less disagreement* about the consequences of accepting that animals have rights.  
Retrieved from: [http://www.bbc.co.uk/ethics/animals/rights/rights\\_1.shtml](http://www.bbc.co.uk/ethics/animals/rights/rights_1.shtml)
- «New medicines require testing because researchers must measure both the beneficial and the harmful effects of a compound on a whole organism. A medicine is initially tested *in vitro* using tissues and isolated organs, but legally and ethically it must also be tested in a suitable animal model before clinical trials in humans can take place». <http://www.animalresearch.info/en/designing-research/why-animals-are-used/>

### *Different ways people use animals*



### *Glossary*

Lexical item	Synonym word/phrase, definition	Greek Translation
property	possession	Περιουσία, ιδιοκτησία
unethical	Immoral, unprincipled	Ανήθικος, αντιδεοντολογικός
experiment	Trial, test	πείραμα
meaningless	Pointless, futile	Ανούσιος, μάταιος
stroke		Εγκεφαλικό επεισόδιο
Waste a life	Ruin a life, throw it away	Χαραμίζω μια ζωή
underestimate	undervalue	υποτιμώ
to pinpoint	Locate, identify	Εντοπίζω, προσδιορίζω
Under scrutiny	Under inspection	Υπό στενή παρακολούθηση, υπό επιτήρηση
Agency	organization	Οργανισμός
Unnecessary unnecessarily	Needless, pointless, redundant	Περιττός, αχρείαστος, μάταιος
Under investigation	Subject to inquiry	Υπό έρευνα
to culminate	To peak, to conclude, to terminate	Κορυφώνομαι, περατώνομαι
to fund	To finance	Χρηματοδοτώ
guideline	Guiding principle, direction	Κατευθυντήρια γραμμή, οδηγία
insight	Perception, understanding	διορατικότητα, αντίληψη
sufficiently	adequately	επαρκώς
neuroscientist	a scientist who studies the nervous system and the brain	Νευροεπιστήμονας
to breed breed (N)	Reproduce, mate	Αναπαράγομαι, εκτρέφω Ράτσα, είδος
unmodified	Unchanged, untouched	Απαράλλακτος, χωρίς να έχει τροποποιηθεί
research policy	research strategy	Πολιτική στον τομέα της έρευνας
questionable	Dubious, doubtful	Αμφισβητήσιμος, αμφίβολος
untrustworthy	Unreliable, undependable	Αναξιόπιστος
primary purpose	Main goal	Κύριος στόχος
to ban	Forbid, prohibit	Απαγορεύω δια νόμου
robust	healthy and strong, vigorous	Δυνατός, στιβαρός
refinement	purification	Διύλιση
efficiency	effectiveness	Αποτελεσματικότητα,

		αποδοτικότητα
to trump	Overbear, overshadow	Κερδίζω, επισκιάζω
welfare	wellbeing	Καλές συνθήκες διαβίωσης
to raise public awareness	Communicate important information to the general public, spread knowledge of an important issue	Ευαισθητοποιώ την κοινή γνώμη
at the expense	To the detriment of, to the disadvantage of	Εις βάρος
plight	Troubles, severe challenges	Τα δεινά
hyperproduction	Excessive production	υπερπαραγωγή
*genetic manipulation		Γενετική τροποποίηση
to bring on	give rise to	
Abundant abundance	Plentiful plenty	Άφθονος αφθονία
Biotech business		Βιοτεχνολογική επιχείρηση
netter		Αλιευτικά σκάφη με δίκτυα
grassland	plain	Βοσκοτόπι
specimen	sample	Δείγμα
reassemble	reconstruct	Ανασυνθέτω, ανακατασκευάζω
genome	All genetic material of an organism	Γονιδίωμα
evolution	Progress, growth	Εξέλιξη
gene	Genetic material	Γονίδιο
variation	Mutation, deviation	Παραλλαγή, διακύμανση
reach an agreement	work out a deal, strike a happy medium	Καταλήγω σε συμφωνία
*endangered species	Likely to become extinct	Απειλούμενο είδος
*species under extinction	The dying out or extermination of a species	Είδος υπό εξαφάνιση
to sponsor	subsidize	Χρηματοδοτώ, επιχορηγώ
concrete	Solid, real	Σαφής, ξεκάθαρος
specific	Exact, precise	Ακριβής, συγκεκριμένος
to justify	Give good reason for, give explanation for	Αιτιολογώ, δικαιολογώ
to clarify	Make clear, elucidate	Διευκρινίζω
	<b>*USEFUL TERMS/EXPRESSIONS</b>	
*Animal agriculture/animal	husbandry	Κτηνοτροφία/ εκτροφή ζώων

farming		
*Animal welfare		Καλές συνθήκες διαβίωσης των ζώων *Animal rights Δικαιώματα των ζώων
*Animal cruelty  *Go cruelty-free		Βάναυση μεταχείριση των ζώων Παράγω προϊόντα χωρίς πειράματα σε ζώα
*Hoarder		Μανιακός συλλέκτης (υποδηλώνει ψυχική διαταραχή, ψυχαναγκασμό)
*Meet minimum animal welfare standards		Πληρώ τις ελάχιστες προδιαγραφές καλής μεταχείρισης των ζώων
*Vegan/veganism/go vegan	Veganism is the practice of abstaining from the use of animal products, particularly in diet, and an associated philosophy that rejects the commodity status of animals. An individual who follows the diet or philosophy is known as a vegan. «Wikipedia»	Χορτοφάγος, χορτοφαγία, γίνομαι χορτοφάγος
*Profit from exploiting animals		Κερδίζω από την εκμετάλλευση των ζώων
*Habitat conservation		Διατήρηση του φυσικού περιβάλλοντος όπου ζει κι αναπαράγεται ένα ζώο
*Apply biological research to real medical problems		Εφαρμόζω βιολογική έρευνα σε πραγματικά ιατρικά προβλήματα
*Global shift in diets		Παγκόσμια αλλαγή του τρόπου διατροφής

## *Resources*

Office Microsoft Word/Synonym

<https://el.glosbe.com>

[www.wordreference.com](http://www.wordreference.com)

<https://www.thesaurus.com>

<https://dictionary.cambridge.org>

<https://www.merriam-webster.com>

### *Useful links for further exploration*

<b>Human Uses Of Animals</b> <a href="https://en.wikipedia.org/wiki/Human_uses_of_animals">https://en.wikipedia.org/wiki/Human_uses_of_animals</a>
<b>The most interesting ways humans use animals</b> <a href="https://www.youtube.com/watch?v=gwQ3uMLj6k8">https://www.youtube.com/watch?v=gwQ3uMLj6k8</a>
<b>Animals in Research</b> <a href="http://www.animalresearch.info/en/designing-research/why-animals-are-used/">http://www.animalresearch.info/en/designing-research/why-animals-are-used/</a>
<b>11 ingenious ways animals have majorly helped humans throughout history</b> <a href="https://www.ranker.com/list/ways-humans-trick-animals/mariel-loveland">https://www.ranker.com/list/ways-humans-trick-animals/mariel-loveland</a>
<b>5 handy airport animal helpers</b> <a href="https://www.treehugger.com/handy-airport-animal-helpers-4861234">https://www.treehugger.com/handy-airport-animal-helpers-4861234</a>
<b>The Power of Pets: Animals can help Autistic Children Socialize</b> <a href="https://www.healthline.com/health-news/mental-animals-help-autistic-children-socialize-022713">https://www.healthline.com/health-news/mental-animals-help-autistic-children-socialize-022713</a>
<b>Therapy and Service Animals for people with Special Needs</b> <a href="https://www.verywellfamily.com/service-animals-for-children-with-special-needs-4140722#types-of-service-animals">https://www.verywellfamily.com/service-animals-for-children-with-special-needs-4140722#types-of-service-animals</a>
<b>Human Use of Animals</b> <a href="https://www.open.edu/openlearn/history-the-arts/culture/philosophy/human-use-animals">https://www.open.edu/openlearn/history-the-arts/culture/philosophy/human-use-animals</a>
<b>The Benefits of Pets for Human Health</b> <a href="https://www.center4research.org/benefits-pets-human-health/">https://www.center4research.org/benefits-pets-human-health/</a>
<b>7 ways animals are like humans</b> <a href="https://www.livescience.com/24807-ways-animals-humans-alike.html">https://www.livescience.com/24807-ways-animals-humans-alike.html</a>
<b>World Animal Protection</b> <a href="https://www.worldanimalprotection.org/">https://www.worldanimalprotection.org/</a>
<b>What is the climate impact of eating meat and dairy?</b> <a href="https://interactive.carbonbrief.org/what-is-the-climate-impact-of-eating-meat-and-dairy/">https://interactive.carbonbrief.org/what-is-the-climate-impact-of-eating-meat-and-dairy/</a>
<b>PETAUK-Investigations</b> <a href="https://www.peta.org.uk/investigations/">https://www.peta.org.uk/investigations/</a> <a href="https://www.peta.org.uk/issues/animals-not-use-entertainment/">https://www.peta.org.uk/issues/animals-not-use-entertainment/</a>
<b>Top 10 most endangered animals</b> <a href="https://onekindplanet.org/top-10/top-10-worlds-most-endangered-animals/">https://onekindplanet.org/top-10/top-10-worlds-most-endangered-animals/</a>
<b>Military Animals</b> <a href="https://en.wikipedia.org/wiki/Military_animal">https://en.wikipedia.org/wiki/Military_animal</a>
<b>Working Animals</b> <a href="https://en.wikipedia.org/wiki/Working_animal">https://en.wikipedia.org/wiki/Working_animal</a>



## UNIT 6 - Fast Fashion

### Vocabulary related to shopping

Lexical item	Synonym/Definition	Greek translation
<b>fast fashion</b>	Inexpensive clothing produced rapidly by mass-market retailers in response to the latest trends	Μόδα αιχμής
<b>an array of</b>	An impressive display or range of a particular type of thing	Συλλογή, παράταξη
<b>irresistible deals</b>	Bargains impossible to refuse	Ακαταμάχητες προσφορές
<b>on offer</b>	Available for sale at a reduced price	Σε προσφορά
<b>new collections</b>	A new release of clothes produced by fashion house	Νέες συλλογές
<b>catwalk looks</b>	Appearances displayed on runway modeling	Η εμφάνιση της πασαρέλας
<b>celebrity styles</b>	Famous people's looks	Το στυλ ντυσίματος των διασημοτήτων
<b>vibrant colors, prints and fabric finishes</b>	Bright dyeing, patterns and garment details	Ζωντανά χρώματα, πατρόν, φινιρίσματα υφασμάτων
<b>to get a product from design to shop floor</b>	The production of clothes from the stage of their creation up to the point of reaching the stores	Μεταφέρω προϊόν από το σχεδιαστήριο στο κατάστημα λιανικής
<b>Textile</b> <b>Textile Industry</b>	A type of cloth or woven fabric	Είδος ρούχου ή ύφασμα Κλωστοϋφαντουργία
<b>fabric</b>	Cloth produced by weaving or knitting textile fibres	Ύφασμα (προϊόν ύφανσης ή πλέξης)
<b>garments</b>	Items of clothing	ενδύματα
<b>dyeing</b>	Colouring	Βαφή, βάψιμο
<b>fashion brands</b>	Clothes manufactured by a particular company under a particular name	Επώνυμα ρούχα
<b>supply chains</b>	The sequence of processes involved in the production and distribution of a commodity	Αλυσίδα εφοδιασμού
<b>genetically modified cotton</b>	Containing genetic material that has been artificially altered so as to produce a desired characteristic	Γενετικά τροποποιημένο βαμβάκι

<b>organic cotton</b>	Produced or involving production without the use of chemical fertilizers, pesticides, or other artificial chemicals	Βιολογικό βαμβάκι
<b>retailer</b>	A person that sells goods to the public in relatively small quantities for use or consumption rather than for resale	Έμπορος λιανικής
<b>fashionable</b>	Characteristic of, influenced by, or representing a current popular style, trendy	Της μόδας
<b>disposable</b>	Intended to be thrown away after use	Μιας χρήσης
<b>sewing and mending skills</b>	The practice of repairing acts on used clothes	Δεξιότητες ραφής και επιδιόρθωσης
<b>purchase</b>	Buy	αγοράζω
<b>seasonal sales</b>	Periods of the year when items are sold at a discount	Εποχικές εκπτώσεις
<b>charity shop</b>	A shop where second-hand goods are sold to raise money for a charity	Κατάστημα φιλανθρωπικής οργάνωσης
<b>in-store recycling points</b>	Places inside shops where you can leave used clothes to be collected and used again	Σημείο ανακύκλωσης εντός καταστήματος
<b>clothing</b>	Clothes, garments	ένδυση
<b>fibre types</b>	Different kinds of thread	Διάφοροι τύποι ινών
<b>spun, knitted, woven, dyed, finished, sewn and transported</b>	The procedure followed in the trade of clothes	Νηματοποιημένος, φτιαγμένος στη μηχανή με πλέξη, υφασμένος, βαμμένος, ολοκληρωμένος, ραμμένος, μεταφορά με μέσο
<b>outdoor clothing</b>	Clothes worn out of doors	Ρούχα που φοριούνται έξω από το σπίτι
<b>rationalize</b>	Reduce costs	Κάνω ορθολογική χρήση
<b>T-shirt range</b>	T-shirt variety	Ποικιλία κοντομάνικων μπλουζών
<b>consumer</b>	A person who purchases goods for personal use, buyer	καταναλωτής
<b>upcycling</b>	Reuse (discarded objects or material) in such a way as to create a product of higher quality or value than the original	Ανωκύκλωση, ανακύκλωση απορριμμάτων με στόχο προϊόν

		καλύτερης ποιότητας από το αρχικό
<b>customization</b>	The action of modifying something to suit a particular individual or task	Προσαρμογή μετά από τροποποίηση
<b>responsible disposal</b>	Have control over getting rid of something, dispensing with items in a considerate manner	Υπεύθυνη διάθεση αποβλήτων

### **Vocabulary related to the environment**

<b>Lexical item</b>	<b>Synonym/Definition</b>	<b>Greek translation</b>
<b>have an impact on</b>	Have an effect on	Επιδρώ, επηρεάζω
<b>negative/devastating environmental impact</b>	Have a harmful effect on the environment	Αρνητικό/καταστροφικό περιβαλλοντικό αποτύπωμα
<b>water pollution</b>	Contamination of water with harmful substances	Μόλυνση υδάτων
<b>use of toxic chemicals</b>	Use of dangerous substances	Χρήση τοξικών χημικών ουσιών
<b>textile waste</b>	Fabric leftovers that end up in landfills	Απόβλητα κλωστοϋφαντουργίας
<b>polluter</b>	A contaminating factor	Ρύπος, πηγή ρύπανσης
<b>agriculture</b>	The practice of producing farming products	γεωργία
<b>hazardous</b>	Dangerous, risky	επικίνδυνος
<b>banned</b>	Prohibited, forbidden	απαγορευμένος
<b>strictly regulated</b>	Controlled with severe measures	Με αυστηρό νομικό πλαίσιο
<b>bio-accumulative</b>	A substance building up faster in an organism than can be excreted or metabolized	βιοσυσσωρεύσιμος
<b>excrete</b>	Separate or expel as waste	Απεκκρίνω, αποβάλλω
<b>disruptive</b>	Causing disruption, disturbing	Διασπαστικός, αποδιοργανωτικός
<b>carcinogenic</b>	Causing cancer	καρκινογόνος
<b>domestic washing-machines</b>	Electrical appliances for washing clothes used at home	Πλυντήρια οικιακής χρήσης

<b>increasing levels of</b>	Rising levels of	Αυξανόμενα επίπεδα
<b>sewage</b>	Waste water and excrement conveyed in sewers	απόβλητα
<b>minute microfibres</b>	Extremely small fibres	Λεπτές μικροΐνες
<b>waste water treatment plants</b>	Factories where littered water is treated to be used again (e.g. in irrigation)	Εργοστάσια επεξεργασίας λυμάτων
<b>Biodegrade/biodegradable</b>	Be decomposed by bacteria	Βιοδιασπώμαι/βιοδιασπώμενος
<b>waterways</b>	Specific places where water is located	Υδάτινες οδοί
<b>aquatic life</b>	Organisms growing or living in or near water	υδρόβια ζωή
<b>the food chain</b>	The route of specific elements through other living organisms before being consumed by humans	Τροφική αλυσίδα
<b>serious threat</b>	A major risk	Σοβαρή απειλή
<b>crop failure</b>	The destruction of products in farming	Απώλεια συγκομιδής
<b>pesticides</b>	Substances used in agriculture to prevent crop failure	ζιζανιοκτόνα
<b>at risk of drought</b>	Under the threat of severe dry weather	Σε κίνδυνο ξηρασίας
<b>exacerbate</b>	Make a problem worse	Επιδεινώνω, χειροτερεύω
<b>yield</b>	Crop production	αποδίδω
<b>resistant</b>	Having a quality that protects an item from harm	ανθεκτικός
<b>livestock</b>	Animals grown on a farm	Κτηνοτροφία, ζώα εκτροφής
<b>saturated</b>	Supplied beyond the point of satisfaction	κορεσμένος
<b>recycling</b>	Collecting used material and making it ready to use again	ανακύκλωση
<b>eco-friendly</b>	Not harmful to the environment	Φιλικός στο περιβάλλον

<b>virgin resources</b>	The original materials from which fabrics are made	Πρωτογενείς πόροι
<b>waste management</b>	The procedure of collection and disposal of rubbish	Διαχείριση αποβλήτων

### Idioms

**....corners are likely to be cut:** Do something without real interest so as to save time or money, κάνω κάτι πρόχειρα και γρήγορα

**make do:** manage, τα καταφέρνω με όσα έχω

## UNIT 7 – PRIDE & PREJUDICE

Created by Demetra Politou

LEXICAL ITEM	SYNONYM / DEFINITION	GREEK TRANSLATION
(p. 80-81)		
to revolve	rotate, to go around	περιστρέφομαι
depiction	portrayal	απεικόνιση
overbearing	controlling, bossy	αυταρχικός
bookish	studious, who enjoys studying-reading	μελετηρός, βιβλιοφάγος
immature	childish	ανώριμος
to inherit	to come into, to receive from a predecessor	κληρονομώ
trial	difficulty	δοκιμασία
tribulation	adversity, trouble	δοκιμασία, ταλαιπωρία
gossip	informal talk	κουτσομπολιό
spirited	lively	ενθουσιώδης, ζωήρος
prejudiced	biased	μεροληπτικός
pompous	self-important	επιδεικτικός
intriguing	fascinating, interesting	ενδιαφέρων
to chart	to track progress	καταγράφω
hasty	too fast	βιαστικός
superficial	shallow	επιφανειακός
(p. 82-83)		
wealthy	rich, affluent	πλούσιος, ευκατάστατος
manor	mansion/ large country house with lands	έπαυλη
stir	excited reaction, disturbance	αναταραχή
fussy	hard to satisfy or please	δύσκολος, απαιτητικός
a gossip	sb who enjoys talking about other people	κουτσομπόλης
sort	type	είδος
to acknowledge	to accept or admit the truth of sth	αναγνωρίζω, παραδέχομαι
possession	ownership	κατοχή, κυριότητα
fortune	property	περιουσία
to be in want of	to need	χρειάζομαι, έχω ανάγκη
to obtain	to get, to acquire	αποκτώ
spouse	husband or wife	σύζυγος
to call on	to visit sb	κάνω σύντομη επίσκεψη



ball	large formal party with dancing	χορός, χοροεσπερίδα
to attend	to be present at	παρευρίσκομαι
to exclaim	to say sth suddenly and loudly	αναφωνώ
creature	person	πλάσμα, ύπαρξη
to behold	to look at sb/sth	κοιτάζω
tolerable	fairly good, mediocre, bearable	ανεκτός, υποφερτός
handsome	attractive, beautiful	όμορφος
to tempt	to attract, to entice	δελεάζω
to proceed	to advance, to go on	προχωρώ
to declare	to say officially or publicly	δηλώνω
to slight	to snub, to treat with inattention, to ignore	σνομπάρω, αδιαφορώ για κπ
immediate	without delay	άμεσος
well-bred	of good upbringing, having or showing good manners	με καλή ανατροφή
amiable	friendly, likeable	φιλικός, προσιτός
tenant	renter/ person who pays rent for the use of a room/house	ενοικιαστής
steady	firmly fixed	σταθερός
to illustrate sth	to depict, to demonstrate	απεικονίζω
respective	of each/belonging separately to each of two or more people/things	αντίστοιχος
tactful	discreet, diplomatic	διακριτικός
dull	boring	βαρετός
to exchange	to reciprocally give	ανταλλάσσω
to befriend sb	to become sb's friend	γίνομαι φίλος με κπ
to conceal	to hide	αποκρύπτω
fashion	manner of doing sth	τρόπος
to ridicule	to mock, to make fun of	κοροϊδεύω, γελοιοποιώ
resentment	anger about sth that you think is unfair, bitterness, ill will	μνησικακία, κακή πρόθεση
propensity	tendency to a particular kind of behavior	τάση
to monopolize	to dominate, to take the greatest share of	μονοπολώ
to pile upon	to give sb a lot of sth, to fill with	στοιβάζω
impetuous	impulsive; rash	επιπόλαιος, παρορμητικός
to entangle	to involve sb in in a difficult situation	εμπλέκω
virtue	quality considered desirable in a person	αρετή
air	tune or short melodious song	μελωδία
pianoforte	a piano	πίανο
inferiority	of a lower rank/state of not being as good as sb else	κατωτερότητα
respectable	regarded by society to be good or	αξιοσέβαστος



	correct	
line	having common ancestry/connected series of people following one another in time	οικογένεια, γενιά
	(p. 84-91)	
literal	accurate, actual, not figurative	κυριολεκτικός
contemporary	modern	σύγχρονος
commonplace	ordinary	κοινότυπος, συνηθισμένος
apparent	obvious	εμφανές
to justify	to give reason for	αιτιολογώ, δικαιολογώ
accomplishment	skill	επιδεξιότητα
affection	fondness	στοργή, τρυφερότητα
to pursue	to try to attain	«κυνηγάω», προσπαθώ να αποκτήσω
cunning	deceptive, sly / smart, clever	πονηρός / ευφυής
hypocrisy	false morality	υποκρισία
at play	active or existing as sthg to be considered	σε ισχύ
spark	intense feeling	σπίθα, έντονο συναίσθημα
temperament	character, disposition	ιδιοσυγκρασία
vigor	energy, vitality	διάθεση για ζωή, σφρίγος
preconceived	already formed	προϋπάρχον
hostility	enmity	έχθρα
unjust	unfair	άδικος, αδικαιολόγητος
unfounded	not based on fact	αθεμελίωτος, αβάσιμος
to transcend	to go beyond	ξεπερνάω, υπερβαίνω
namely	specifically	δηλαδή, πιο συγκεκριμένα
perspective	outlook, mental view	προοπτική
to withdraw	remove, draw away	αποσύρω
utmost	maximum effort	“τα δυνατά μου”
composure	self-control	αυτοκυριαρχία, αυτοσυγκράτηση
to spare sb sth	not impose	απαλλάσσω κπ από κτ
to start	to startle	ξαφνιάζομαι
standing	reputation	φήμη, υπόληψη
despicably	causing hatred	απαίσια, φρικτά, άθλια
discernment	judgment, ability to select	διορατικότητα, οξυδέρκεια
to disdain	to treat with contempt	περιφρονώ



candour	honesty	ειλικρίνεια
to gratify	to please, satisfy	ικανοποιώ, δίνω χαρά
vanity	conceit	ματαιοδοξία, έπαρση
blamable	deserving to be blamed	κατακριτέος
mistrust	lack of confidence in sb	δυσπιστία
humiliating	shaming	ταπεινωτικό
humiliation	shame	ταπείνωση
wretchedly	miserably	οικτρά, αξιοθρήνητα, ελεεινά
folly	foolishness, mistake	ανοησία, απερισκεψία
offended	insulted, with hurt feelings	προσβεβλημένος
neglect	lack of attention	παραμέληση
to court	to flirt, to pursue sb romantically	φλερτάρω
prepossession	preoccupation	έγνοια, ανησυχία
in principle	in theory, theoretically	στη θεωρία
temper	mood	διάθεση
principles	moral tenets, personal rules	αρχές
conceit	arrogance	έπαρση, αλαζονεία
spoilt	overly pampered	κακομαθημένος
benevolent	kind and charitable	καλοπροαίρετος & φιλάνθρωπος
meanly	unkindly, in an unkind way	κακοπροαίρετα
advantageous	beneficial	επωφελής
humbled	made to feel humility	ταπεινωμένος
reception	acceptance	αποδοχή
pretension	supposed claim	αξίωση, βλέψη, φιλοδοξία
to cloud	to obscure	θολώνω
upbringing	the way a child is raised	ανατροφή
quotation	quoted words	λόγια τρίτων, παράθεση
self-actualiser	a person who accepts themselves and others as they are	αυτός που αποδέχεται τον εαυτό του και τους άλλους όπως ακριβώς είναι
self-actualisation	self-fulfillment, a person's desire to use all their abilities to achieve and be everything that they possibly can.	αυτοπραγμάτωση
flaw	defect	ελάττωμα
misperception	false perception	λανθασμένη αντίληψη



## Unit 8-Social Media

Remember, “What goes online stays online”

<u>Text</u>	<b>The vital time you shouldn't be on Social Media, ps.94-96</b>	
<u>Lexical item</u>	<u>Synonym/definition</u>	<u>Greek translation</u>
Average	Typical, normal	Μέσος, χαρακτηριστικός
Trend	Tendency	Τάση
Stay hot on the heels	Happening soon after	Ακολουθώ κατά πόδας
Unprecedented	Extraordinary, unmatched	Ασύγκριτος, χωρίς προηγούμενο
Gain attention	Capture the interest	Τραβώ την προσοχή
Meteoric rise	Swift and dramatic rise	Απότομη άνοδος
Causal	Expressing cause or arising from a cause	Αιτιώδης, νομοτελειακός
Work both ways	Have equal advantages and disadvantages for everybody	Λειτουργώ αμφίδρομα
Vicious circle	Deadlock	Φαύλος κύκλος, Αδιέξοδο
Worsen	Deteriorate, exacerbate	Επιδεινώνομαι
Likelihood	Probability	Πιθανότητα
Indicator	Measure, barometer	Δείκτης μέτρησης και αλλαγής
Fundamental	Essential	Θεμελιώδης
Restful	Relaxing, soothing	Χαλαρωτικός
Slumber (n)	Sleep, inactive state	Ύπνος, αδράνεια
Well-told caution	A caution explained knowledgeably and effectively	Καλά διατυπωμένη επιφύλαξη
Nod off	Doze off	Με παίρνει ο ύπνος
Anxiety	Nervousness, stress	Άγχος, αγωνία
Alluring	Appealing, fascinating	Γοητευτικός
Merry-go-round	a complex, fast-paced cycle of activity	Πυρετώδης κύκλος εργασιών
Interrelated issues	Interconnected subjects	Αλληλοσχετιζόμενα θέματα
Deprivation	Lack, withdrawal	Έλλειψη, αποστέρηση
Obesity	Fatness	Παχυσαρκία
Poor Academic Performance	Failing to do well at school or College	Χαμηλή ακαδημαϊκή επίδοση



Risk behaviour	Reckless behaviour	Συμπεριφορά που ενέχει κινδύνους
Adversely	Undesirably	Αρνητικά
Drab (adj)	Boring	Βαρετός, μονότονος
Downside	Disadvantage, shortcoming	Μειονέκτημα
Ring-fence (v)	Specify, limit	Οριοθετώ, περιορίζω
Bleed into	Transfer	Διοχετεύω, μεταγγίζω
Buffer zone	Neutral area	Ουδέτερη ζώνη, πράσινη γραμμή
Allocate	Allot	Κατανέμω, μοιράζω
Allot	Assign, allocate	Κατανέμω, διανέμω
Emotional disorder	Disturbed emotions related to a condition	Συναισθηματική διαταραχή
Puberty	Adolescence	Εφηβεία
Impact	Influence, effect	Επίδραση
Text	<b>Teenagers and Social Networking-it might actually be good for them, p. 99</b>	
Provoke	Incite, enflame	Πυροδοτώ
Generational Panic	An alarming situation caused by feelings of fear and ....	Πανικός που δημιουργείται για ένα ζήτημα ανάμεσα στα μέλη διαφορετικών γενεών
Gain Hold of	Take control of	Αυξάνω το πεδίο επιρροής, κερδίζω τον έλεγχο
Invincible	Unbeatable, indomitable	Αήττητος, ατρόμητος
Beneficial	Useful and positive	Ευεργετικός, ωφέλιμος
Inventive	Resourceful	Εφευρετικός
Face-to-face contact	In-person contact	Προσωπική επαφή
Gain Experience	Increase the existing amount of experience	Εμπλουτίζω τις εμπειρίες μου
Privacy	Privacy is the ability of an individual or group to seclude themselves or information about themselves, and thereby express themselves selectively.	Ιδιωτικότητα/Προστασία προσωπικών δεδομένων, προσωπικό απόρρητο
Adjust	Regulate, conform	Προσαρμόζομαι
Wrestle with	Cope with a difficult issue or problem	Έρχομαι αντιμέτωπος με ένα πρόβλημα, αντιμετωπίζω ένα δύσκολο θέμα

Quick-delete sharing tools (e.g. SnapChat)		Εργαλεία διαμοιρασμού που εξαφανίζουν γρήγορα την ψηφιακή δραστηριότητα
Minimize	Reduce to a minimum	Ελαχιστοποιώ
Use good judgement	Thinking well before acting and speaking	Χρησιμοποιώ την ορθή κρίση
(digital) Traces	Digital activity	Ψηφιακά ίχνη
Messiness	Untidiness	Ακαταστασία, τσαπατσουλιά
Occurrence	Incidence	Συχνότητα/ περιστατικό
Short-form writing	Brief text or post on social media/ Use of a limited amount of words to create content	Γραφή με συντομευμένες λέξεις ή σύμβολα, συχνά σε μορφή ψηφιακής ανάρτησης
Thankfully	Luckily	Ευτυχώς
Erode	Corrode, eat away	Διαβρώνω
Literacy	Ability to read and write/ Knowledge of a particular field	Εγγραματοσύνη, Αλφαριθμητισμός
Overly	Excessively	Υπερβολικά, κραυγαλέα
Casual Language	Everyday language	Καθημερινή γλώσσα
Immersive writing	Ability to make your readers identify with your writing	Εμβυθιστική γραφή, γραφή που βοηθά τον αναγνώστη να ταυτιστεί με ένα κείμενο
Misguided	Ill-advised	Αποπροσανατολισμένος
Debate	Public discussion	Διαλογική αντιπαράθεση, δημόσια συζήτηση, τηλεμαχία
	<b>Other Useful Words and Collocations</b>	
Moderation	Balance, self-control	Το μέτρο, ο αυτοέλεγχος
Personality Shaping	Influencing and defining personality	Διαμόρφωση προσωπικότητας
Social	Exhibiting friendly behaviour	Κοινωνικός/ Αντικοινωνικός
Antisocial	Exhibiting disruptive, hostile behaviour	
Social Networking	“Social networking is the use of Internet-based social media sites to stay connected with friends, family, colleagues, customers, or clients”. Derived from Investopedia	Κοινωνική δικτύωση
Transparent	Crystal-clear	Διαφανής

Parental supervision	Parental control	Γονική επίβλεψη
'Net-nanny' programmes	Software used to remotely monitor a child's activity on the Internet	Προγράμματα εξ αποστάσεως ελέγχου της χρήσης του Ίντερνετ
(Digital) Citizenship	'... The knowledge, skills and understanding required for users to exercise and defend their democratic rights and responsibilities online, and to promote and protect human rights, democracy and the rule of law in cyberspace'. Derived from the official site of the Council of Europe	Ψηφιακή Αγωγή, Ψηφιακή Ιθαγένεια
Sexting	"Sending, receiving, or forwarding sexually explicit messages, photographs, or images via cell phone, computer, or other digital devices."	Σέξιτινγκ: «είναι η ανταλλαγή φωτογραφιών και μηνυμάτων με κυρίως σεξουαλικό περιεχόμενο χρησιμοποιώντας κινητό τηλέφωνο ή άλλες ηλεκτρονικές συσκευές» Από Wikipedia
Use of multiple advertisements (banner ads, behavior ads, demographic-based ads) to promote products	Advertisements targeting a profile and influencing purchasing decisions	Χρήση πολλών μορφών διαφήμισης για προώθηση προϊόντων
Emotional distress	Emotional grief	Συναισθηματική ταραχή
Popularity status	Level of acceptance and recognition	Επίπεδο δημοτικότητας
Mental Health Condition	Complaint related to psychological and emotional health	Ψυχικό νόσημα, διανοητική διαταραχή
Cyber bullying	"Cyberbullying is bullying with the use of digital technologies. It can take place on social media, messaging platforms, gaming platforms and mobile phones". Derived from Unicef.org	Τακτικές εκφοβισμού μέσω ψηφιακών μέσων και συσκευών
Marketers' and fraudsters' target		Στόχος ειδικών του Μάρκετινγκ και Απατεώνων
Digital Footprint	Ongoing record of a user's Internet activity/evidence of the sites visited or content shared	Ψηφιακό αποτύπωμα

Screen detox	Time off the screen	Χρόνος αποτοξίνωσης από την οθόνη
Indiscriminate Internet Activity	Uncritical use of the Internet	Απερίσκεπτη χρήση του Ίντερνετ
Develop into a media-literate consumer	Become a knowledgeable, well-informed media user	Εξελίσσομαι σε καλά πληροφορημένο χρήστη των ψηφιακών μέσων
Advocate	Supporter, activist	Συνήγορος, ακόλουθος
Proponent	Supporter, fan	Υποστηρικτής, ακόλουθος

### **Text Links:**

**The vital time you shouldn't be on Social Media, ps.94-96**

<https://www.bbc.com/future/article/20180110-the-vital-time-you-really-shouldnt-be-on-social-media>

**Teenagers and Social Networking-it might actually be good for them, p. 99**

<https://www.theguardian.com/lifeandstyle/2013/oct/05/teens-social-networking-good-for-them>