

C.N. GRIVAS

# Targeting Proficiency

**COMPANION**

**Includes Grammar**

Suitable for

ALL **C1/C2** LEVEL EXAMINATIONS

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SAMPLE PAGES

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## Pronunciation Table

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

main stress: /' / secondary stress: /. /

## Abbreviations (Συντομεύσεις)

**v** = verb (ρήμα)

**n** = noun (ουσιαστικό)

**idm** = idiom (ιδιωματισμός)

**phr v** = phrasal verb (περιφραστικό ρήμα)

**prep** = preposition (πρόθεση)

**adj** = adjective (επίθετο)

**adv** = adverb (επίρρημα)

**pp** = past participle (παθητική μετοχή)

**der** = derivative (παράγωγο)

**opp** = opposite (αντίθετο)

**e.g.** = for example (για παράδειγμα)

**usu.** = usually (συνήθως)

**esp.** = especially (κυρίως)

**etc.** = et cetera (και τα λοιπά)

**sb** = somebody (κάποιος)

**sth** = something (κάτι)



(page 5)

- 1.1 **introvert** [ˈɪntroʊvɜːt] (n) = sb who is quiet and shy and doesn't enjoy being with others / εσωστρεφής άνθρωπος  
*Being an introvert, I don't particularly enjoy going to parties.*  
**extrovert** (n) = εξωστρεφής άνθρωπος  
**ambivert** (n) = αμφιστρεφής άνθρωπος  
**introversion** (n) = εσωστρέφεια  
**Der: introverted** (adj)
- 1.2 **invisible** [ɪnˈvɪzəbl] (adj) = that cannot be seen / αόρατος  
*Harry Potter had a magic cloak that made him invisible.*  
**Der: invisibly** (adv), **invisibility** (n)  
**Opp: visible**
- 1.3 **in the limelight** = receiving a lot of attention / στο προσκήνιο, στο επίκεντρο του ενδιαφέροντος  
*The young star enjoyed being in the limelight and giving interviews to magazines.*
- 1.4 **outright** [ˈaʊtraɪt] (adv) = clearly and directly / κατηγορηματικά, χωρίς περιστροφές  
*I told him outright that I never wanted to see him again.*  
**Der: outright** (adj)
- 1.5 **in the process** = while doing sth / ενώ κάνω κτ  
*He was cleaning up the broken glass and cut himself in the process.*
- 1.6 **from the sidelines** (idm) = not taking part in sth / χωρίς να συμμετέχω  
*Instead of joining in the conversation, he sat and listened from the sidelines.*
- 1.7 **awkward** [ˈɔːkwəd] (adj) = not comfortable or relaxed / που νιώθει άβολα / αμήχανα  
*I felt awkward dancing in front of all those people.*  
**Der: awkwardly** (adv), **awkwardness** (n)

## Quiz Results

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- 1.8 **interact** [ˌɪntərˈækt] (v) = to communicate with sb, usu. while working or spending time with them / αλληλεπιδρώ, επικοινωνώ, έρχομαι σε επαφή με κτ  
*An extrovert finds it enjoyable to interact with others.*  
**interaction** (n) = αλληλεπίδραση, επικοινωνία, επαφή  
**interactive** (adj) = διαδραστικός, επικοινωνιακός
- 1.9 **thrive on sth** (phr v) = to enjoy or be successful in a situation that others wouldn't like / με τρέφει κτ, αντλώ ζωντάνια από κτ  
*It's strange how some couples seem to thrive on arguments.*
- 1.10 **the life and soul of the party** (idm) = the most amusing and interesting person at a social event / η 'ψυχή' της παρέας  
*He's the life and soul of the party and enjoys being the centre of attention.*

- 1.11 **be on the go** (idm) = to be very active and busy / είμαι στο πόδι, τρέχω διαρκώς  
*I'd been on the go all day and just wanted to have a bath and go to bed.*
- 1.12 **come across as** (phr v) = to make a particular impression / δίνω την εντύπωση ότι είμαι, φαίνομαι  
*Stella comes across as a kind and caring person.*
- 1.13 **assertive** [əˈsɜːtɪv] (adj) = behaving in a confident way that makes people notice you / δυναμικός, αποφασιστικός, με αυτοπεποίθηση  
*You must try to be more assertive if you want people to take you seriously.*  
**Der: assertiveness** (n), **assertively** (adv)
- 1.14 **drained** [dreɪnd] (adj) = very tired and having no energy / εξαντλημένος  
*Studying for my history exam left me completely drained.*  
**drained of energy** = χωρίς καθόλου ενέργεια  
**Der: drain** (v, n)
- 1.15 **torn (between)** [tɔːn] (adj) = finding it difficult to choose between two things / διχασμένος  
*He was torn between staying with his family and accepting the job in Sweden.*
- 1.16 **dance the night away** (idm) = περνάω όλο το βράδυ χορεύοντας  
*Let's go to a club and dance the night away.*
- 1.17 **easy-going** [iːzi ˈɡəʊɪŋ] (adj) = not easily annoyed, worried or upset / καλόβολος, ανεκτικός  
*She's such an easy-going person that she hardly ever complains about anything.*
- 1.18 **be out and about** (idm) = to go to places where you can meet people / κυκλοφορώ  
*She enjoys being out and about and making new friends.*
- 1.19 **solitude** [ˈsɒlɪtjuːd] (n) = the state of being alone, esp. when this is what you want / μοναξιά, απομόνωση  
*The writer spent six months in solitude in order to complete his book.*
- 1.20 **(sth) personified** [pəˈsɒnɪfaɪd] (pp) = being an example of a quality or characteristic / ο ... προσωποποιημένος, η προσωποποίηση τού / τής ...  
*Kate is such a nice person – she's kindness personified!*
- 1.21 **actively** [ˈæktɪvli] (adv) = trying to make sth happen instead of just hoping that it will / ενεργά, δραστήρια  
*George has been actively looking for a job abroad for months.*  
**Der: active** (adj)
- 1.22 **intimidating** [ɪnˈtɪmɪdeɪtɪŋ] (adj) = that makes you feel nervous or frightened / τρομακτικός, που φοβίζει  
*Being shy, he finds speaking in public intimidating.*  
**Der: intimidate** (v), **intimidation** (n), **intimidated** (adj)

- 1.23 **struggle** ['strʌɡl] (v) = to have difficulty doing sth; to try very hard to do sth difficult / δυσκολεύομαι, πασχίζω, παλεύω  
*I'm struggling in school this year, especially with maths and science.*  
**Der:** struggle (n)
- 1.24 **speak up for yourself** (phr v) = to speak in support of yourself; to defend yourself / υπερασπίζομαι τον εαυτό μου  
*If you think you're being treated unfairly, you need to speak up for yourself.*
- 1.25 **be curled up** (phr v) = to sit or lie with your back curved and your arms and knees close to your body / κουλουριαζομαι  
*The cat was curled up in front of the fireplace.*

## Reading

(page 6)

- 1.26 **social** ['səʊʃl] (adj) = relating to meeting people and spending time with them in a friendly way / κοινωνικός  
*Doctors work long hours and don't have much time for social interaction.*  
**socialise** (v) = έχω κοινωνικές επαφές
- 1.27 **take pleasure in (sth/doing sth)** = to enjoy sth/doing sth / απολαμβάνω, βρίσκω ευχαρίστηση σε κτ  
*She takes pleasure in reading, so let's give her a book for her birthday.*
- 1.28 **unpredictable** [ˌʌnpɪˈdɪktəbl] (adj) = (of a person) that you cannot predict what they are going to do or think in a particular situation / απρόβλεπτος  
*Laura is very unpredictable; you never know how she'll react to what you tell her.*  
**Der:** predict (v), (un)predictably (adv), (un)predictability (n)  
**Opp:** predictable
- 1.29 **stimulate** ['stimjuleɪt] (v) = to make sb interested in and excited about sth / διεγείρω, δίνω ζωντάνια / ενέργεια, προκαλώ το ενδιαφέρον  
*A good teacher will always look for ways to stimulate their students' interest.*  
**stimulating** (adj) = διεγερτικός, ενδιαφέρων  
**Der:** stimulation (n)
- 1.30 **sociable** ['səʊʃəbl] (adj) = (of a person) enjoying spending time with other people / κοινωνικός, που του αρέσουν οι κοινωνικές συναναστροφές  
*He wasn't very sociable as a child, and therefore, he didn't have many friends.*  
**unsociable** (adj) = ακοινωνήτος  
**Der:** sociability (n)
- 1.31 **qualify (as sth)** ['kwɒlɪfaɪ] (v) = to pass an exam or complete a course of study that you need in order to do a job / αποκτώ τα απαραίτητα προσόντα (π.χ. πτυχίο, πιστοποιητικό κλπ)  
*It takes years to qualify as a doctor.*  
**Der:** qualification (n), qualified (adj)
- 1.32 **round** [raʊnd] (n) = a regular series of activities / κύκλος, γύρος, επαναλαμβανόμενη σειρά  
*His first year at college was a long round of parties.*

- 1.33 **overdo** [ˌəʊvəˈduː] (v) = to do sth too much / το παρακάνω  
*Of course you should go out and have fun, but don't overdo it.*
- 1.34 **scrape through** (phr v) = to manage to do sth with difficulty (usu. to pass an exam) / καταφέρνω μόλις και μετά βίας να κάνω κτ  
*Not having studied at all, I was lucky to scrape through the exam.*
- 1.35 **campus** ['kæmpəs] (n) = the buildings of a university or college and the land around them / πανεπιστημιούπολη  
*She doesn't live on campus. She shares a flat in town with two other students.*
- 1.36 **acquaintance** [əˈkweɪntəns] (n) = sb you know but who is not a close friend of yours / γνωστός  
*Jack Taylor is just an acquaintance, not a friend.*  
**Der:** acquaintanceship (n)
- 1.37 **hesitation** [ˌhezɪˈteɪʃn] (n) = pause before doing or saying sth because you are not certain / δισταγμός  
*After some hesitation, she started describing the incident.*  
**hesitate** (v) = διστάζω  
**Der:** hesitant (adj), hesitantly (adv)
- 1.38 **issue** ['ɪʃuː] (n) = a problem or worry sb has / πρόβλημα, θέμα  
*Alan doesn't help around the house, which has become an issue with his flatmates.*
- 1.39 **strike up** (phr v) = to begin a friendship, relationship, conversation, etc. with sb / ξεκινώ, πιάνω (π.χ. φιλία)  
*He's a very sociable person who finds it easy to strike up conversations with strangers.*

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- 1.40 **utter** [ʌtə] (adj): used to emphasise how bad or complete sth is / απόλυτος, παντελής  
*Don't listen to him. What he is saying is utter nonsense.*  
**Der:** utterly (adv)
- 1.41 **instinct** ['ɪnstɪŋkt] (n) = a feeling that makes you do or believe sth, which is not based on facts or reason / ένστικτο, διαίσθηση  
*I'm not sure what to do, so I'll just trust my instinct.*  
**Der:** instinctive (adj), instinctively (adv)
- 1.42 **arrangement** [ə'reɪndʒmənt] (n) = an agreement you make with sb else / συμφωνία, διακανονισμός  
*After the divorce, they had an arrangement that their son would spend every weekend with his dad.*  
**Der:** arrange (v)
- 1.43 **work out** (phr v) = to be successful / πετυχαίνω, πηγαίνω καλά  
*Unfortunately, their marriage didn't work out and they decided to get a divorce.*
- 1.44 **undoubtedly** [ˌʌnˈdaʊtɪdli] (adv) = definitely; without doubt / αναμφίβολα, αναμφισβήτητα  
*Einstein was undoubtedly the greatest mind of the 20th century.*  
**Der:** undoubted (adj)

- 1.45 **it (just) goes to show** (idm) = sth proves sth / αυτό αποδεικνύει ότι  
*It just goes to show that everything is possible.*
- 1.46 **fit sth / sb into sth** (phr v) = to find time to do sth or see sb / βρίσκω χρόνο να κάνω κτ / να δω κπ  
*How do you manage to fit so many activities into your day?*
- 1.47 **hectic** ['hektɪk] (adj) = very busy / φορτωμένος, γεμάτος (π.χ. για πρόγραμμα)  
*He leads a hectic life with no time to relax.*
- 1.48 **schedule** ['ʃedju:l] (n) = a plan of what you have to do and when to do it / πρόγραμμα  
*I've got a very busy schedule this week, so I won't have time to go to the hairdresser's.*  
**Der:** schedule (v)
- 1.49 **meaningful** ['mi:nɪŋfl] (adj) = very important / σημαντικός, αξιόλογος  
*She's looking for a meaningful relationship, not just someone to go out with.*  
**Der:** meaning (n), meaningfulness (n), meaningfully (adv)
- 1.50 **craving** ['kreɪvɪŋ] (n) = strong desire / λαχτάρα, σφοδρή επιθυμία  
*The teenager's craving for attention was the reason for her eccentric style.*  
**Der:** crave (v)
- 1.51 **anathema (to sb)** [ə'neθəmə] (n) = thing or idea that you hate because it is completely the opposite of what you believe in / ανάθεμα, κτ που μισώ ή απορρίπτω  
*Their racist views are anathema to me.*
- 1.52 **content** [kən'tent] (adj) = feeling happy or satisfied because your life is good / ικανοποιημένος, ευχαριστημένος  
*He was never more content than when he was in the countryside.*  
**Der:** contentment (n)
- 1.53 **immersed (in sth)** [ɪ'mɜ:st] (adj) = completely involved in an activity / απορροφημένος, βυθισμένος σε κτ  
*They were immersed in conversation and didn't notice anything.*  
**Der:** immerse (v), immersion (n)
- 1.54 **under sb's expert guidance** = being helped or advised by sb who is very good at sth / υπό την καθοδήγηση κπ που είναι ειδικός σε κτ  
*Joanna's father is a chef, and she is learning to cook under his expert guidance.*
- 1.55 **on occasion** (idm) = sometimes but not often / περιστασιακά, πότε-πότε  
*Generally, he prefers staying at home, but he will, on occasion, go out for a drink.*
- 1.56 **emerge** [i'mɜ:dʒ] (v) = to appear or come out from somewhere / βγαίνω, ξεπροβάλλω, εμφανίζομαι  
*The rain stopped and the sun emerged from behind the clouds.*  
**emerge from your shell** = βγαίνω από το καβούκι μου, γίνομαι πιο κοινωνικός
- 1.57 **admittedly** [əd'mɪtɪdli] (adv): used when you accept that sth is true / ομολογουμένως  
*This shampoo is, admittedly, rather expensive, but it will do wonders for your hair.*  
**Der:** admit (v), admission (n)
- 1.58 **invigorating** [ɪn'vɪɡəreɪtɪŋ] (adj) = making you feel healthy and full of energy / τονωτικός, αναζωογονητικός  
*After an invigorating shower, he was ready to start his day.*  
**Der:** invigorate (v)
- 1.59 **draw sth from sb / sth** (phr v) = to get sth you need or want from sb / sth / αντλώ  
*He drew a lot of support from his family while he was fighting the disease.*
- 1.60 **recharge your batteries** (idm) = to get back your strength and energy / γεμίζω τις μπαταρίες μου  
*Spending a few days in the countryside will help you recharge your batteries.*
- 1.61 **in turn** (idm) = as a result of sth in a series of events / με τη σειρά μου  
*My grandma gave this necklace to my mum and she, in turn, gave it to me.*
- 1.62 **exert** [ɪɡ'zɜ:t] (v) = to use your power or influence to affect sb / sth / ασκώ (π.χ. επιρροή, πίεση κλπ)  
*His father exerted pressure on him to take over the family business.*  
**Der:** exertion (n)
- 1.63 **moderation** [mɒdə'reɪʃn] (n) = control of your actions, feelings, etc. within reasonable limits / μέτρο, αυτοσυγκράτηση  
*Moderation in what you eat and drink can help you stay healthy.*  
**Der:** moderate (adj), moderately (adv)
- 1.64 **flow** [fləʊ] (v) = to come out easily and continuously / ρέω, κυλώ  
*He opened his mouth and the words flowed out.*  
**Der:** flow (n)
- 1.65 **instantaneously** [ɪnstən'teɪniəsli] (adv) = immediately / ακαριαία, άμεσα  
*The driver braked instantaneously and managed to avoid hitting the cyclist.*  
**Der:** instantaneous (adj), instant (adj, n)
- 1.66 **tap** [tæp] (n) = στρόφιγγα, βρύση (εδώ μτφ)
- 1.67 **unfailing** [ʌn'feɪlɪŋ] (adj) = always there and never changing in spite of difficulty or problems / ανεξάντλητος, αμείωτος  
*But for her parents' unfailing support, she wouldn't have made it.*  
**Der:** unfailingly (adv)
- 1.68 **firm** [fɜ:m] (n) = a business or company / εταιρεία  
*My dad works for an advertising firm.*
- 1.69 **strangely enough** = surprisingly / παραδόξως, κατά περίεργο τρόπο  
*I only slept for four hours last night but, strangely enough, I don't feel tired at all.*



- 1.70 **endure** [ɪnˈdjʊə] (v) = to continue to exist for a long time / διαρκώ, αντέχω (στον χρόνο)  
*The two men's friendship has endured for over three decades.*  
**Der:** **enduring** (adj), **enduringly** (adv)
- 1.71 **until the end of time** = for a very long time; forever / για πάντα, αιώνια  
*'I'll love you until the end of time,' he said to her.*  
*'Will you marry me?'*
- 1.72 **slightly** [ˈslaɪtli] (adv) = a little / λίγο, σε μικρό βαθμό  
*An acquaintance is someone you know slightly.*  
**Der:** **slight** (adj)
- 1.73 **unlike** [ˌʌnˈlaɪk] (prep): used to contrast sb / sth with sb / sth else / αντίθετα με  
*Unlike my brother, I'm not keen on sports.*  
**Opp:** **like**
- 1.74 **opposites attract** (idm): used to say that people who are different are often attracted to each other / τα αντίθετα έλκονται  
*'I can't understand how those two can be friends.'*  
*'Didn't you know that opposites attract?'*
- 1.75 **judge** [dʒʌdʒ] (v) = to form an opinion about sb / sth based on the information you have about them / κρίνω  
*It is wrong to judge a person by their looks.*  
**Der:** **judge** (n), **judgement** (n)

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- 1.76 **edition** [ɪˈdɪʃn] (n) = a particular magazine or newspaper / τεύχος, έκδοση  
*Have you read today's edition of The Observer?*
- 1.77 **appetite** [ˈæpɪtaɪt] (n) = a desire for food / όρεξη  
*I've been feeling unwell lately and I seem to have lost my appetite.*
- 1.78 **distracted** [dɪˈstræktɪd] (adj) = unable to pay attention to sb / sth because you are worried or thinking of sth / αφηρημένος, χαμένος σε σκέψεις  
*I'm sorry, but could you repeat that, please? I was distracted and didn't hear what you said.*  
**Der:** **distract** (v), **distraction** (n)
- 1.79 **absorbed** [əbˈsɔːbd] (adj) = very interested in sth / sb and not paying attention to anything else / απορροφημένος  
*I was absorbed in my book and didn't hear you come in.*  
**Der:** **absorb** (v), **absorbing** (adj), **absorption** (n)
- 1.80 **disconnected** [ˌdɪskəˈnektɪd] (adj) = not connected with the people or things around you / αποκομμένος  
*I often feel disconnected from people around me.*
- 1.81 **worn out** [ˌwɔːn ˈaʊt] (adj) = exhausted / εξουθενωμένος  
*After working for sixteen hours he felt worn out.*
- 1.82 **occupied** [ˈɒkjupaɪd] (adj) = busy doing sth / απασχολημένος  
*This board game will keep the children occupied for an hour or two.*  
**Der:** **occupy** (v), **occupation** (n)

- 1.83 **erratic** [ɪˈrætɪk] (adj) = not following a plan; not happening in a regular way / αλλοπρόσαλλος, ασταθής  
*Her erratic behaviour is probably the worst thing about her; you never know what she is going to do next.*  
**Der:** **erratically** (adv)
- 1.84 **dependable** [dɪˈpendəbl] (adj) = reliable / αξιόπιστος  
*You can trust Sarah to do the job; she is very dependable.*  
**Der:** **dependability** (n), **dependably** (adv)
- 1.85 **passing** [ˈpɑːsɪŋ] (adj) = lasting for a short period of time / παροδικός, προσωρινός  
*My brother was very keen on painting when he was younger, but it turned out to be a passing interest.*

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- 1.86 **cope** [kəʊp] (v) = to deal with a difficult problem or situation successfully / τα βγάζω πέρα, τα καταφέρνω  
*The work is more difficult than I expected, but I'm sure I can cope.*
- 1.87 **arrogant** [ˈærəɡənt] (adj) = behaving in a rude way because you think you are more important than other people / αλαζόνας  
*I can't stand that arrogant attitude of hers; who does she think she is?*  
**Der:** **arrogantly** (adv), **arrogance** (n)
- 1.88 **energising** [ˌenədʒaɪzɪŋ] (adj) = that makes sb feel more energetic / αναζωογονητικός, που δίνει ενέργεια  
*Going for a swim before breakfast is really energising.*  
**Der:** **energise** (v), **energy** (n), **energetic** (adj)
- 1.89 **isolated** [ˈaɪsəleɪtɪd] (adj) = feeling alone and having no contact with other people / απομονωμένος, μόνος  
*Old people often feel isolated.*  
**Der:** **isolate** (v), **isolation** (n)
- 1.90 **outgoing** [ˈaʊtɡəʊɪŋ] (adj) = sociable; enjoying spending time with other people / εξωστρεφής  
*His outgoing personality makes it easy to like him.*
- 1.91 **reserved** [rɪˈzɜːvd] (adj) = shy / 'κλειστός', συγκρατημένος  
*If you are a reserved person, you keep your thoughts and feelings to yourself.*
- 1.92 **self-conscious** [ˌself ˈkɒnʃəs] (adj) = nervous or worried about how you look or what others think of you / ανασφαλής, που νιώθει αμήχανα  
*She's self-conscious about her height and always wears high heels.*

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- 1.93 **catch up on** (phr v) = 1 to spend extra time doing all the things that you should have done earlier / προσπαθώ να τελειώσω κτ που έχει μείνει πίσω, αναπληρώνω (π.χ. ύπνο)  
*I've got a lot of homework to catch up on, so I'll have to study all weekend.*  
 2 to find out what has happened while you have been away or since you last saw sb / ενημερώνομαι  
*Let's go out for a drink and catch up on all the latest news.*
- 1.94 **gossip** ['gɒsɪp] (n) = information or stories about other people's lives which may or may not be true / κουτσομπολιό / -ιά  
*My mum told me all the latest gossip about our neighbours.*  
**Der: gossip** (v)
- 1.95 **pick up** (phr v) = 1 to learn a language or skill without trying hard / μαθαίνω (ακούγοντας ή βλέποντας κτ να κάνει κτ)  
*She picked up Italian during her six-month stay in Milan.*  
 2 to buy sth, esp. cheaply by chance / βρίσκω, αγοράζω (κτ φθηνά)  
*I picked this painting up at a garage sale for €50.*  
**pick up a bargain** = βρίσκω ευκαιρία (για αγορά)  
 3 to answer the phone / απαντώ, σηκώνω (τηλέφωνο)  
*I called her twice, but she didn't pick up.*
- 1.96 **burst into** (phr v) = to suddenly start crying, laughing, etc. / ξεσπώ σε (γέλια, κλάματα κλπ)  
*Hearing the good news, she burst into tears of joy.*
- 1.97 **make up** (phr v) = 1 to invent / επινοώ, σκαρφίζομαι  
*Stop making up excuses and tell me the truth.*  
 2 to become friendly with sb again after an argument / συμφιλιώνομαι  
*Let's kiss and make up and forget all about it.*  
 3 (for sth) = to do sth to correct a bad situation / αντισταθμίζω (κτ κακό με κτ καλό), αποζημιώνω  
*Nothing can make up for the loss of someone you love.*  
**make up for lost time** = αναπληρώνω τον χαμένο χρόνο
- 1.98 **put on** (phr v) = 1 to gain (weight) / παίρνω (βάρος)  
*I always put on a few pounds at Christmas.*  
 2 to produce or present sth (a play, an exhibition, etc.) / ανεβάζω (παράσταση κλπ), παρουσιάζω  
*Our drama teacher suggested putting on 'The Wizard of Oz' at the end of the school year.*  
 3 to pretend to have a particular feeling, quality, way of speaking, etc. / παίρνω (π.χ. ύφος, έκφραση), κάνω, προσποιούμαι  
*She put on a sad expression when I told her the news.*  
**put on a brave face** = δείχνω γενναίος, δεν δείχνω ότι φοβάμαι ή ανησυχώ

- 1.99 **relation** [rɪ'leɪʃn] (n) = the connection between two or more things / σχέση, σύνδεση, συσχετισμός  
*Many studies show a clear relation between smoking and lung cancer.*  
**Der: relative** (n, adj), **relationship** (n), **related** (adj)

[See end of Module for **Language Awareness** vocabulary.]**Speaking**

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- 1.100 **definition** [ˌdefɪ'nɪʃn] (n) = a sentence or phrase that explains what a word, idea, etc. means / ορισμός, σημασία  
*You can find definitions of words in a dictionary.*  
**Der: define** (v)
- 1.101 **expectation** [ˌekspek'teɪʃn] (n) = (usu. plural) a belief about the way sth should be or the way sb should behave / προσδοκία  
*Parents often have high expectations of their children.*  
**Der: expect** (v)
- 1.102 **value** ['vælju:] (v) = to think that sb / sth is important / εκτιμώ, θεωρώ κτ / κτ αξιόλογο ή σημαντικό  
*Dr Reed is a valued member of the community.*  
**Der: value** (n), **valuable** (adj)
- 1.103 **pick sb up** (phr v) = to make sb feel better / κάνω κτ να αισθανθεί καλύτερα, 'ανεβάζω'  
*My best friend always manages to pick me up when I feel sad.*
- 1.104 **down** [daʊn] (adj) = sad or depressed / μελαγχολικός, θλιμμένος, 'πесμένος'  
*Alice has been feeling down lately; let's do something to cheer her up.*
- 1.105 **trustworthy** ['trʌstwɜ:ði] (adj) = that can be trusted and depended on / αξιόπιστος  
*We'd better not tell her anything; she's not trustworthy.*  
**Der: trustworthiness** (n), **trust** (n, v)
- 1.106 **no matter what** (idm): used to say that sth will definitely happen / ό,τι κι αν γίνει  
*I'm going to go to that concert, no matter what.*
- 1.107 **mutual** ['mjʊ:tʃʊəl] (adj) = (of a feeling such as trust, respect, etc.) that two or more people have for each other / αμοιβαίος  
*I dislike her, and I think the feeling is mutual.*  
**Der: mutually** (adv)
- 1.108 **essential** [ɪ'senʃl] (adj) = necessary; extremely important / απαραίτητος, αναγκαίος  
*Fruit and vegetables are an essential part of our diet.*  
**Der: essentially** (adv), **essential** (n)
- 1.109 **ingredient** [ɪn'ɡri:diənt] (n) = sth needed in order to achieve sth / συστατικό, στοιχείο, παράγοντας  
*Mutual trust is an essential ingredient of a successful relationship.*
- 1.110 **solid** ['sɒlɪd] (adj) = having a strong basis / γερός, σταθερός, που αντέχει  
*What is the key to a solid marriage?*

- 1.111 **in all honesty** (idm): used when you tell sb that what you are saying is what you really think / με κάθε ειλικρίνεια  
*In all honesty, your work is not up to standard.*
- 1.112 **assumption** [ə'sʌmpʃn] (n) = a feeling or belief that sth is true or that sth will happen although there is no proof / υπόθεση  
*Judging by his height, we made the assumption that he was a basketball player.*  
**Der:** assume (v), assuming (conj)
- 1.113 **not judge a book by its cover** (idm) = not form an opinion about sb / sth from their appearance only / δεν κρίνω κπ / κτ από την εξωτερική του εμφάνιση  
*Don't judge a book by its cover; get to know her before you form an opinion.*
- 1.114 **down to earth** [ˌdaʊn tu 'ɜːθ] (adj) = sensible and practical / προσγειωμένος  
*Fame didn't change him at all; he remained down to earth.*
- 1.115 **beneficial** [ˌbenɪ'fɪʃl] (adj) = having a good effect / ωφέλιμος, ευεργετικός  
*Daily exercise can prove highly beneficial.*  
**Der:** beneficially (adv), benefit (n, v)
- 1.116 **encouragement** [ɪn'kʌrɪdʒmənt] (n) = the act of giving sb support, courage or confidence to do sth / ενθάρρυνση  
*After a few words of encouragement from their coach, they were ready to start the game.*  
**Der:** encourage (v), encouraging (adj), encouragingly (adv)  
**Opp:** discouragement
- 1.117 **as far as I'm concerned** (idm): used when giving your personal opinion about sth / κατά τη γνώμη μου  
*As far as I'm concerned, smoking should be banned in all public places.*
- 1.118 **have a wide support system** = to have a lot of people you can depend on for help, advice, support, etc. / έχω πολλούς ανθρώπους να στηριχτώ

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- 1.119 **colleague** ['kɒliːg] (n) = person you work with / συνάδελφος  
*My dad often goes out with his colleagues after work.*
- 1.120 **involved (in sth)** [ɪn'vɒlvɪd] (adj) = being part of or taking part in sth / που συμμετέχει σε κτ, που αποτελεί μέρος του  
*I didn't want to get involved in their argument, so I kept quiet.*  
**Der:** involve (v), involvement (n)
- 1.121 **aspect** ['æspekt] (n) = a specific part of a situation, idea, etc. that has many parts / πλευρά  
*We need to look at different aspects of the problem.*

- 1.122 **get on with** (phr v) = to have a friendly relationship with sb / τα πάω καλά με κπ  
*His pleasant personality makes him easy to get on with.*
- 1.123 **widen** ['waɪdn] (v) = to make sth larger / διευρύνω, μεγαλώνω  
*Sadly, the gap between the rich and the poor seems to be widening.*  
**Der:** wide (adj), widely (adv)
- 1.124 **ups and downs** (idm) = good and bad moments / σκαμπανεβάσματα  
*Their marriage had its ups and downs, but they always managed to work things out.*

## Listening

(page 12)

- 1.125 **concern** [kən'sɜːn] (n) = a feeling of worry / ανησυχία  
*The residents have expressed their concern about the safety of the bridge after the earthquake.*  
**Der:** concern (v), concerned (adj)
- 1.126 **pay rise** ['peɪ raɪz] (n) = an increase in your salary / αύξηση μισθού  
*The company decided to give a 10% pay rise to all its employees.*
- 1.127 **be in sb's shoes** (idm) = to be in sb else's situation / είμαι στη θέση κπ  
*If I were in your shoes, I would apologise.*

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- 1.128 **come down with** (phr v) = to become ill with sth (usu. not sth serious) / αρρωσταίνω με / από, 'αρπάζω', κολλάω  
*I came down with the flu and missed school for three days.*
- 1.129 **straightforward** [streɪt'fɔːwəd] (adj) = easy to do or understand / απλός, εύκολος  
*Buying something online isn't difficult; it's actually very straightforward.*  
**Der:** straightforwardly (adv), straightforwardness (n)
- 1.130 **let sb down** (phr v) = to disappoint sb / απογοητεύω  
*I'm counting on you. Please don't let me down.*
- 1.131 **every now and then** (idm) = sometimes, but not often / τότε-τότε  
*We meet every now and then to catch up on each other's news.*
- 1.132 **get the wrong end of the stick** (idm) = to understand sth in the wrong way / καταλαβαίνω λάθος, παρανοώ  
*You got the wrong end of the stick; that's not what I meant.*
- 1.133 **fall out** (phr v) = to argue / τσακώνομαι  
*The two brothers don't get on and are always falling out.*



- 1.134 **give sb the cold shoulder** (idm) = to treat sb you know in an unfriendly way / φέρομαι ψυχρά σε κτ  
*Beth and I had an argument and now she's giving me the cold shoulder.*
- 1.135 **down in the dumps** (idm) = unhappy / άκεφος, μελαγχολικός  
*Nick has been down in the dumps since his best friend moved away.*
- 1.136 **cheer sb up** (phr v) = to make sb feel less sad / φτιάχνω τη διάθεση κτ  
*Watching a comedy can cheer you up when you are sad.*
- 1.137 **a shoulder to cry on** (idm) = sb who listens to your problems and tries to comfort you / κτ να πω τον πόνο μου  
*If you need a shoulder to cry on, I'll be there for you.*
- 1.138 **sympathy** ['sɪmpəθi] (n) = the feeling of being sorry for sb / συμπόνια, οίκτος  
*Show him some sympathy; he's just lost his job.*  
**Der:** sympathise (v), sympathetic (adj), sympathetically (adv)
- 1.139 **misunderstand** [ˌmɪsʌndə'stænd] (v) = to not understand sth correctly / παρεξηγώ  
*I'm afraid you've misunderstood what I've been trying to say.*  
**Der:** misunderstanding (n), misunderstood (adj)

### English in Use

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- 1.140 **reconcile** ['rekənsaɪl] (v) = to become friends with sb again after a disagreement / συμφιλιώνομαι  
*The couple are trying to reconcile for the sake of their children.*  
**Der:** reconciliation (n)
- 1.141 **dispute** [dɪ'spju:t] (n) = disagreement or argument / διένεξη, φιλονικία  
*It's time you ended this dispute and became friends again.*  
**Der:** dispute (v), disputable (adj)
- 1.142 **stand by** (phr v) = παραστέκομαι σε κτ, στέκομαι στο πλευρό κτ  
*I know my friends will stand by me, no matter what.*
- 1.143 **stand up for** (phr v) = υποστηρίζω, υπερασπίζομαι  
*You can't let them treat you like that; you must stand up for yourself.*
- 1.144 **defend** [dɪ'fend] (v) = to do sth in order to protect sb / sth / υπερασπίζομαι  
*Would you know how to defend yourself if someone attacked you?*  
**Der:** defence (n), defender (n), defensive (adj)
- 1.145 **hit it off** (phr v) = ταιριάζω, τα βρίσκω αμέσως με κτ  
*My new classmate and I hit it off as soon as we met.*
- 1.146 **now and again** (idm) = occasionally / κάπου-κάπου  
*They still go out for a drink now and again, but not as often as they used to.*

### Writing

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- 1.147 **significant** [sɪg'nɪfɪkənt] (adj) = important and having an effect on sb / sth / σημαντικός  
*Scientists have made a significant discovery that will change a lot of people's lives.*  
**Der:** significantly (adv), significance (n), signify (v)
- 1.148 **assess** [ə'ses] (v) = to make a judgement about sb / sth after careful thought / αξιολογώ, κρίνω  
*They are carrying out experiments to assess the effects of the drug.*  
**Der:** assessment (n)
- 1.149 **consequence** ['kɒnsɪkwəns] (n) = a result caused by sth that happened / συνέπεια  
*Are you prepared to face the consequences of your decision?*  
**consequently** (adv) = κατά συνέπεια  
**Der:** consequent (adj)
- 1.150 **major** ['meɪdʒə] (adj) = very important / μείζων, πολύ σημαντικός  
*It's not a major problem; it's quite easy to solve.*
- 1.151 **impact (on / upon)** ['ɪmpækt] (n) = a powerful effect / επίδραση, αντίκτυπος  
*Scientists gathered to discuss the impact of global warming on the environment.*  
**Der:** impact (v)
- 1.152 **to sb's dismay** = making sb feel worried, sad or disappointed / προς μεγάλη μου απογοήτευση  
*To his dismay, his name was not on the list.*
- 1.153 **set your heart on sth** (idm) = to want sth very much / θέλω πολύ, επιθυμώ διακαώς  
*I've set my heart on becoming a doctor.*
- 1.154 **involve** [ɪn'vɒlv] (v) = to have as a necessary part or result / προϋποθέτω, συνεπάγομαι  
*His job as a sales rep involves travelling all over the country.*
- 1.155 **take the plunge** (idm) = to decide to do sth, usu. after thinking about it for a long time / παίρνω τη μεγάλη απόφαση, το τολμάω  
*After weeks of thinking about it, I've decided to take the plunge; I'm going to open my own café!*
- 1.156 **anticipate** [æn'tɪsɪpeɪt] (v) = to expect sth / περιμένω, αναμένω  
*We don't anticipate any problems; everything seems to be fine.*  
**Der:** anticipation (n)
- 1.157 **adjust (to sth)** [ə'dʒʌst] (v) = to change the way you think or behave and get used to sth different / προσαρμόζομαι σε κτ  
*Did you find it difficult to adjust to life on campus?*  
**Der:** adjustable (adj), adjustment (n)
- 1.158 **fondness** ['fɒndnəs] (n) = a liking for sth / αδυναμία σε κτ, προτίμηση  
*Her fondness for classical music made her start violin lessons.*  
**Der:** fond (adj), fondly (adv)
- 1.159 **take an unexpected turn** = to change in a way that was not expected / παίρνω αναπάντεχη τροπή  
*Life is unpredictable and things often take an unexpected turn.*



- 1.160 **mutual** ['mju:tʃuəl] (adj) = (of a friend, an interest, etc.) that two people both have / κοινός (π.χ. για φίλο, ενδιαφέρον)  
*Their mutual interest in extreme sports is what brought them close.*
- 1.161 **turn out** (phr v) = to be discovered to be; to prove to be / αποδεικνύομαι, αποδεικνύεται ότι είμαι  
*I was nervous about my oral exam, but it turned out to be easier than I had expected.*
- 1.162 **turn sth on its head** (idm) = to make people think about sth in a completely different way / ανατρέπω, φέρνω τα πάνω κάτω  
*The discovery that he was adopted turned his life on its head.*
- 1.163 **strike a balance** (idm) = πετυχαίνω ισορροπία  
*It's sometimes difficult to strike a balance between your work and your family.*
- 1.164 **realise** ['ri:əlaɪz] (v) = to achieve sth you wanted very much / πραγματοποιώ  
*She never realised her ambition of becoming a professional dancer due to an accident.*  
**Der:** **realisation** (n), **realisable** (adj)

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- 1.165 **liking** ['laɪkɪŋ] (n) = the enjoyment of sth / προτίμηση, το να είναι κτ του γούστου μου  
*Most men have a liking for fast cars.*  
**Der:** **like** (v)
- 1.166 **considerate** [kən'sɪdərət] (adj) = always thinking of other people and being careful not to upset them / που σκέφτεται / υπολογίζει τους άλλους  
*She is a very kind and considerate person who would never insult anyone.*  
**Der:** **consider** (v), **considerately** (adv)  
**Opp:** **inconsiderate**
- 1.167 **reassuring** [ri:ə'ʃʊərɪŋ] (adj) = making you feel less worried or frightened / καθησυχαστικός  
*He gave me a reassuring smile and said that everything would be fine.*  
**Der:** **reassure** (v), **reassurance** (n), **reassuringly** (adv)
- 1.168 **comforting** ['kʌmfərtɪŋ] (adj) = making you feel less unhappy, upset or worried / παρηγορητικός  
*It is comforting to know that I can turn to you for help.*  
**Der:** **comfort** (v, n), **comfortingly** (adv)
- 1.169 **warm-hearted** [wɔ:m 'hɑ:tɪd] (adj) = kind, friendly and always willing to help / καλόκαρδος  
*Mrs Williams is a lovely, warm-hearted old lady, well-liked by everyone in our building.*  
**Opp:** **cold-hearted**
- 1.170 **incredibly** [ɪn'kredəbli] (adv) = extremely / απίστευτα, πάρα πολύ  
*He's an incredibly talented pianist; possibly one of the best in the world.*  
**Der:** **incredible** (adj)

- 1.171 **subsequently** ['sʌbsɪkwəntli] (adv) = afterwards; after an event in the past / κατόπιν, στη συνέχεια  
*He got his degree and subsequently applied for a post-graduate course.*  
**Der:** **subsequent** (adj)
- 1.172 **furnish (with)** ['fɜ:nɪʃ] (v) = to supply or provide sth / παρέχω (κτ σε κπ), εφοδιάζω (κπ με κτ)  
*Could you furnish me with a list of dentists in the area?*
- 1.173 **concern** [kən'sɜ:n] (v) = to be about / αφορώ  
*This article concerns the changes in the exam.*  
**Der:** **concerning** (prep)
- 1.174 **little did I know that ...** = δεν είχα ιδέα ότι ...  
*Little did I know that Jack was Susan's brother.*

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- 1.175 **distant** ['dɪstənt] (adj) = unfriendly / απόμακρος  
*He doesn't trust people. That's why he's always so cold and distant.*  
**Der:** **distance** (n)
- 1.176 **partial** ['pɑ:ʃl] (adj) = not complete / μερικός, επιμέρους  
*This is only a partial solution. It will not solve the problem completely.*  
**Der:** **partially** (adv)
- 1.177 **talkative** ['tɔ:kətɪv] (adj) = who talks a lot / ομιλητικός  
*The new girl in class isn't very talkative so we know very little about her.*  
**Der:** **talk** (v, n)
- 1.178 **trivial** ['trɪvɪəl] (adj) = unimportant / ασήμαντος  
*Let's not argue about such a trivial matter.*  
**Der:** **trivially** (adv), **triviality** (n)
- 1.179 **with reference to** (idm): used to say what you are talking / writing about / αναφορικά / σχετικά με  
*With reference to your earlier question, I would like to point out the importance of these measures.*

## English in Use

(page 18)

- 1.180 **expand** [ɪk'spænd] (v) = to make sth greater in size, number, etc. / διευρύνω, επεκτείνω  
*What is the best way for a student to expand their vocabulary?*  
**Der:** **expansion** (n)
- 1.181 **navigate your way through sth** = to deal with sth complicated / βγάζω άκρη με κτ  
*My professor helped me navigate my way through applying for a post-graduate course.*
- 1.182 **procedure** [prə'si:dʒə] (n) = a way of doing sth / διαδικασία  
*What's the procedure for getting a passport?*  
**Der:** **procedural** (adj)
- 1.183 **require** [rɪ'kwaɪə] (v) = (usu. passive) to make sb do or have sth because of a law or set of rules / απαιτώ, ζητώ  
*You are required by law to wear a helmet when riding a motorbike.*  
**requirement** (n) = προϋπόθεση, κτ που απαιτείται

**1.184 submit** [səb'mɪt] (v) = to give a document, etc. to sb in authority so that they can study it, approve it, etc. / υποβάλλω  
*Applications for the course must be submitted by 10th September.*

**Der: submission** (n)

**1.185 personal details** [ˌpɜːsənl 'diːteɪls] (n) = information about a person / προσωπικά στοιχεία  
*We were asked to fill in our personal details such as age, place of birth and address.*

**1.186 along with** (idm) = in addition to / μαζί με  
*Kate took part in the charity race along with fifty other kids from her school.*

**1.187 deadline** ['dedlaɪn] (n) = a time, date, etc. by which sth must be done / προθεσμία, διορία  
*The deadline for handing in our projects is Friday.*

**1.188 accompany** [ə'kʌmpəni] (v) = to come with sth; to appear with sth else / συνοδεύω  
*The coursebook is accompanied by a CD.*

**Der: accompaniment** (n)

**1.189 unconditional** [ˌʌnkən'dɪʃənl] (adj) = without conditions or limits / άνευ όρων, χωρίς περιορισμούς  
*A mother's love for her children is unconditional.*

**conditional** (adj) = υπό όρους / προϋποθέσεις

**condition** (n) = όρος

**Der: unconditionally** (adv)

**1.190 satisfy** ['sætɪsfai] (v) = to provide what is needed or asked for / ικανοποιώ (π.χ. ανάγκη), πληρώ (προϋπόθεση)  
*We are confident that our new product will satisfy the needs of all teenagers with skin problems.*

**1.191 confirm** [kən'fɜːm] (v) = to make a position, agreement, etc. definite or official / οριστικοποιώ, επιβεβαιώνω  
*I'm calling to confirm our appointment for this evening.*

**Der: confirmation** (n)

**1.192 decline** [dɪ'klaɪn] (v) = to refuse to accept sth / απορρίπτω  
*Why did you decline their offer to help?*

**1.193 head off** (phr v) = to leave a place in order to go somewhere else or do sth / φεύγω  
*It's getting late. It's time for us to head off and catch the bus home.*

**1.194 attach a condition to sth** = to allow sth to happen but only if sb agrees to a condition / θέτω / επιβάλλω όρο σε κτ  
*The bank may attach conditions to your loan.*

**1.195 fulfil** [fʊl'fɪl] (v) = to do or have what is required or needed; to satisfy / εκπληρώνω, πληρώ, ικανοποιώ  
*All the conditions of the agreement must be fulfilled.*

**Der: fulfilment** (n)

**1.196 more often than not** (idm) = usually / συνήθως, τις περισσότερες φορές  
*More often than not, Greg will be late for class.*

### Language Awareness 1 (page 10)

- **absent-minded** = αφηρημένος (γενικά), ξεχασιάρης
- **run a temperature** = έχω πυρετό
- **simile** = παρομοίωση
- **melancholy** = μελαγχολία

### Language Awareness 2 (page 14)

- **aircraft** = αεροσκάφος, -η
- **by and large** = σε γενικές γραμμές
- **accompany** = συνοδεύω
- **admirable** = αξιοθαύμαστος
- **accuracy** = ακρίβεια, ορθότητα

### Language Awareness 3 (page 18)

- **I beg your pardon?** = 1 Συγγνώμη;, Ορίστε;  
 2 Για σε παρακαλώ!, Για κάνε μου τη χάρη!  
 3 Συγγνώμη., Με συγχωρείτε.

## Vocabulary Exercises

**1 Fill in the correct preposition to complete the sentences. There are two extra prepositions that you do not need to use.**

with • from • in • to • for • between • on • into • at

- He looked so **immersed** ..... his thoughts that I didn't want to disturb him.
- Don't you care about the **impact** your actions have ..... the planet?
- When she went away to university, she had difficulty **adjusting** ..... living alone.
- The manager asked me to **furnish** him ..... a list of all our customers.
- Sarah struggles to **fit** her yoga practice ..... her busy daily schedule.
- Tom was very reserved at first, but he slowly **emerged** ..... his shell and made a few friends.
- He was **turn** ..... his parents' wish for him to become a lawyer and his love for acting.

## 2 Fill in the correct phrasal verb in the appropriate form.

stand up for • fall out • strike up • stand by • come down with • burst into • pick up

- 1 My brother has missed school for three days because he has ..... a cold.
- 2 When I was wrongly accused of cheating in the exam, all my classmates ..... me.
- 3 Alison seems to have ..... a friendship with the new girl in the team.
- 4 The moment Paul finished his joke, everybody ..... laughter.
- 5 You should always ..... yourself when you are treated unfairly.
- 6 The two sisters are very competitive and often .....
- 7 In second-hand shops, you can ..... some great things at low prices.

## 3 Fill in the table.

	Verb	Adjective	Noun
1		interactive	
2			qualification
3		hesitant	
4			intimidation
5			stimulation
6		valuable	
7	involve		

## 4 Choose the correct answer.

- 1 Dad was so ..... in his work that he didn't even realise I was talking to him.  
 a isolated                      c absorbed  
 b reserved                     d occupied
- 2 The Smiths are looking for a ..... babysitter to look after their children while they are at work.  
 a dependable                 c distracted  
 b content                        d straightforward
- 3 When Tom failed his exams, Sarah tried to find something ..... to say to cheer him up.  
 a trivial                         c partial  
 b comforting                  d warm-hearted
- 4 Maria's ..... behaviour puzzles me. One day she is friendly and the next she may not even talk to me.  
 a erratic                        c arrogant  
 b trustworthy                 d assertive
- 5 His ..... for sweet foods is sure to result in his gaining weight.  
 a issue                         c sympathy  
 b concern                      d craving
- 6 After working on his project for five hours, he was completely .....  
 a drained                        c awkward  
 b disconnected                d hectic
- 7 He managed to ..... his business despite the economic crisis.  
 a widen                         c endure  
 b expand                        d exert

## 5 Rewrite the second sentence so that it means the same as the first, using the word given.

- 1 My brother enjoys reading detective novels, so I always buy him one for his birthday.  
**PLEASURE** My brother ..... detective novels, so I always buy him one for his birthday.
- 2 In my opinion, people who drink and drive should be sent to prison.  
**FAR** ..... , people who drink and drive should be sent to prison.
- 3 She was very disappointed when she wasn't chosen for the leading role.  
**DISMAY** ..... , she wasn't chosen for the leading role.
- 4 Simon has been very unhappy since his dog died.  
**DUMPS** Simon ..... since his dog died.
- 5 What would you do if you were me?  
**SHOES** What would you do if ..... ?
- 6 I think you misunderstood. I didn't mean it like that.  
**STICK** I think you ..... I didn't mean it like that.
- 7 He really wants that motorbike and he's been saving up to buy it.  
**HEART** He has ..... that motorbike and he's been saving up to buy it.

## 1 PRESENT TENSES 2 PAST TENSES

## 1 PRESENT TENSES

**Simple Present**

- |   |  |
|---|--|
| 1 in newspaper headlines                                      | EARTHQUAKE <b>HITS</b> TOKYO   |
| 2 in live sports commentaries                                 | Martins <b>shoots</b> ... , but Gordon <b>makes</b> an amazing save! |
| 3 in instructions   | You <b>chop</b> the onion and <b>add</b> it to the mix.              |
| 4 in timetables, programmes or schedules                      | The concert <b>starts</b> at eight o'clock tonight.                  |
| 5 in exclamatory structures with <b>here</b> and <b>there</b> | <b>Here she comes!</b> <b>There goes</b> our bus!                    |

**Present Continuous**

- |   |   |
|---|---|
| 1 for temporary repetition  | <i>I'm <b>taking</b> the bus to school every day this week.</i>   |
| 2 for changing or developing situations   | <i>His health <b>is</b> slowly <b>improving</b> after the operation.</i>  |
| 3 for sth happening very / too often<br>(with <b>always</b> , <b>constantly</b> , <b>continually</b> , <b>forever</b> ) | <i>She <b>is</b> always <b>offering</b> us food.<br/>They <b>are</b> constantly <b>talking</b> during the lesson.</i> |

**NOTE:**

- ① The **simple present** and the **present continuous** are also used in narratives:  
So, this tall man **walks** into a bar and **looks** around. He's **wearing** black clothes, and he's **holding** a suitcase ...  
(Simple present → things / events happening one after the other  
Present continuous → background information – things already happening when story begins)
- ② Verbs that describe states and not actions do not have continuous forms. Such verbs are: **like**, **dislike**, **have**, **know**, **believe**, **think**, **understand**, **see**, **hear**, **smell**, **taste**, **sound**, **want**, **possess**, **belong**, **remember**, **forget**, etc.  
This pie **smells** awful. **Does** this **belong** to you?

Note the change in meaning:

- I **think** you should buy the blue shirt.  
I'm **thinking** of selling my old laptop. (= considering)
- What **do** you **see** in this picture?  
Do you **see** what I mean? (= understand)  
I'm **seeing** Alex tonight. (= meeting)



- These biscuits **smell / taste** fantastic.  
She's **smelling / tasting** the cheese to see if it's gone bad. (= checking the smell / flavour)
- I **forget** her name right now.  
I think I'm **forgetting** my German. (= gradually losing command of)
- You're so selfish! (= it's your character)  
Now you **are being** selfish. (= behaving in a selfish way at this particular moment)

## Simple Present Perfect

- |  |  |
|--|--|
| 1 for a period of time not yet over  | I've <b>read</b> two books this month. (this month is not over yet)  |
| 2 after: <b>this / it is the first, second, etc. time</b><br><b>this / it / he, etc. + is + superlative form</b> | It's the first time I've <b>ridden</b> a motorbike.<br>She is the most considerate person I've ever <b>met</b> . |

## NOTE:

- How long **is it / has it been** since you **have visited / visited** your grandparents?  
It **has been** weeks since he **has sent / sent** me an email. [NOT: ... since he ~~hasn't sent / didn't send~~ me ...]
- have gone to – have been to – have been in**  
Derek **has gone to** India. (= he is there now)  
Derek **has been to** India. (= he has visited India)  
Derek **has been in** India for six months. (= he is still in India and has spent six months there)

## COMPARE:

We've **been** here for two weeks. (= we arrived here two weeks ago)  
We **are** here for two weeks. (= we're going to stay here for two weeks)

## Present Perfect Continuous

- |  |  |
|--|--|
| 1 for sth that started in the past and is continuing into the present (emphasis on duration) | They've <b>been travelling</b> around Europe for months.           |
| 2 for a finished action with visible results in the present                                  | I'm exhausted! I've <b>been walking</b> around the mall for hours. |
| 3 to show irritation / annoyance / surprise about a recent past action                       | Who <b>has been using</b> my shampoo?                              |

## NOTE:

- The **simple present perfect** is used with verbs that do not have continuous forms.  
I've **known** Greg for years. They **have had** this car since 2010. I've never **liked** jazz.
- With the following verbs we can use either the **simple present perfect** or the **present perfect continuous**: **work, live, study, teach, stay, wait**.  
We've **lived / 've been living** in Athens for twenty years.  
He **hasn't taught / hasn't been teaching** in our school for very long.

## 2 PAST TENSES

### Simple Past

- |  |  |
|--|--|
| 1 for past habits or repeated actions                | She <b>danced</b> professionally when she was younger.<br>He <b>jogged</b> every morning before he had the accident. |
| 2 for sth that was done by sb who is no longer alive | George Seferis <b>won</b> a Nobel Prize for literature. [NOT: ... <del>has won</del> ...]                            |

## NOTE:

Other ways to express **past habits**: They **used to play** chess every evening.

OR: They **would play** chess every evening.

OR: They **were in the habit of playing** chess every evening.

BUT: He **used to live** in the flat next door. [NOT: He ~~would~~ live ... – would is not used for states]

### Past Continuous

- |  |  |
|--|--|
| 1 for a temporary past action or state   | I <b>was working</b> at my uncle's café last summer.   |
| 2 for sth happening very / too often in the past (with <b>always, constantly, continually, forever</b> ) | They <b>were constantly bumping</b> into each other at the supermarket.<br>Mrs Morris <b>was forever gossiping</b> about the neighbours. |

**Simple Past Perfect**

after: **that / it was the first, second, etc. time**  
**that / it / he, etc. + was + superlative form**

*It was the second time I **had broken** my arm.*  
*That was the kindest thing anyone **had ever done** for me.*

**NOTE:**

After **before, after, until** and **as soon as**, we can use either the **simple past** or the **simple past perfect**.

*After he **saw / had seen** the broken lock, he called the police.*

*We couldn't leave until it **stopped / had stopped** raining.*

**Past Perfect Continuous**

1 for a past action that continued up to a point in the past

*By 2018, he **had been working** at that company for 35 years.*

2 for a past action of certain duration that had visible results in the past

*She **had been planting** flowers in her garden all morning and her clothes were dirty.*

**Grammar Exercises****1 Fill in the correct present tense.**

- 1 Here ..... **(come)** our train! Get ready everyone.
- 2 The twins ..... **(constantly / argue)**. How can we make them stop?
- 3 I've got a terrible headache. I ..... **(work)** on the computer all morning.
- 4 'What's your answer then?' 'Wait a minute. I ..... **(think)**.'
- 5 A taxi ..... **(pull)** up outside a bank and two men ..... **(get)** out. They ..... **(both / wear)** grey suits, and they ..... **(carry)** briefcases. They ..... **(walk)** into the bank and ...
- 6 This is the first time you ..... **(try)** scuba diving, isn't it? How ..... you ..... **(like)** it?
- 7 How long is it since he ..... **(graduate)** from university?
- 8 First you ..... **(mix)** the eggs with the sugar, and then you ..... **(slowly / add)** the milk.
- 9 You ..... **(look)** fantastic today! What ..... you ..... **(do)** to your hair?
- 10 Who ..... **(eat)** in the living room? There are breadcrumbs everywhere.
- 11 'Would you like some coffee?' 'No, thanks. I ..... **(have)** four cups already today.'
- 12 Why ..... **(you / be)** so negative? It's not like you to think like this.

**2 Fill in the correct past tense.**

- 1 Tania ..... **(forever / turn)** up when you least expected her.
- 2 That was the first time I ..... **(attempt)** to make a cheesecake.
- 3 My legs hurt because I ..... **(serve)** customers all afternoon.
- 4 When I was little, my dad ..... **(take)** us camping every chance he got.
- 5 Sir Arthur Conan Doyle ..... **(create)** the famous detective Sherlock Holmes.
- 6 By opening night, they ..... **(rehearse)** for the play for over three months.
- 7 He was the most knowledgeable man I ..... **(ever / meet)**.
- 8 She ..... **(turn)** round and ..... **(leave)** before I ..... **(finish)** my sentence.

## 3 Complete the second sentence so that it has the same meaning as the first, using the word given, as in the example. Be careful with the form of the verbs.

Derek may look for a job abroad. **[THINK]**

Derek ..... *is thinking of looking* ..... for a job abroad.

1 What is the price of this tablet? **[COST]**

How much ..... ?

2 I came to Corfu in September and it is now February. **[FOR]**

I ..... five months.

3 Maria keeps losing her keys. **[ALWAYS]**

Maria ..... her keys.

4 I have an appointment with the dentist at 6.00 pm. **[SEE]**

I ..... at 6.00 pm.

5 He always woke up at five o'clock in those days. **[HABIT]**

He ..... at five o'clock in those days.

6 Mr Newton started work here in 2000. **[SINCE]**

Mr Newton ..... 2000.

7 I haven't taken part in a race before. **[TIME]**

..... in a race.

8 Is this phone yours, sir? **[BELONG]**

..... , sir?

## 4 Choose the correct answer.

1 Lena couldn't answer the teacher's question because she .....

- a isn't listening      c hadn't listened
- b hasn't been listening      d hadn't been listening

2 I ..... Italy, but I'd love to go one day.

- a have never been in      c have never been to
- b never went      d have never gone to

3 When she got to the till, she realised she ..... her credit card.

- a lost      c loses
- b has lost      d had lost

4 You're soaking wet. .... in the rain?

- a Have you been walking      c Had you been walking
- b Did you walk      d Did you use to walk

5 How come I ..... into you at the mall?

- a am always bumping      c have always been bumping
- b bump always      d had always bumped

6 We ..... his name before.

- a don't hear      c didn't hear
- b haven't hear      d hadn't heard

7 This isn't the first time he ..... trouble at school.

- a has been causing      c has caused
- b causes      d had caused

8 I heard a noise and thought that someone ..... to break in.

- a tried      c was trying
- b is trying      d has been trying

9 He sent the trainers back because they weren't the ones that he .....

- a orders      c was ordering
- b had ordered      d has ordered

10 I ..... in Amsterdam for almost ten years, so I know the city well.

- a live      c had lived
- b am living      d have lived



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