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ΥΠΟΥΡΓΕΙΟ ΠΑΙΔΕΙΑΣ, ΕΡΕΥΝΑΣ ΚΑΙ ΘΡΗΣΚΕΥΜΑΤΩΝ  
ΚΕΝΤΡΙΚΗ ΕΠΙΤΡΟΠΗ ΕΞΕΤΑΣΕΩΝ ΕΙΔΙΚΩΝ ΜΑΘΗΜΑΤΩΝ  
ΕΛΛΗΝΩΝ ΕΞΩΤΕΡΙΚΟΥ  
ΚΑΙ ΥΠΟΨΗΦΙΩΝ ΕΠΑΝΑΛΗΠΤΙΚΩΝ ΕΞΕΤΑΣΕΩΝ ΓΕΛ-ΕΠΑΛ

## ΕΞΕΤΑΣΗ ΤΩΝ ΥΠΟΨΗΦΙΩΝ ΣΤΗΝ ΑΓΓΛΙΚΗ ΓΛΩΣΣΑ

11 Σεπτεμβρίου 2018

### ΟΔΗΓΙΕΣ ΓΙΑ ΤΟΥΣ ΥΠΟΨΗΦΙΟΥΣ ΚΑΙ ΤΙΣ ΥΠΟΨΗΦΙΕΣ

1. Να απαντήσετε σε όλα τα ερωτήματα στο τετράδιό σας ακολουθώντας την αρίθμηση των θεμάτων ως εξής:
  - A1. 1. ...  
2. ...
  - A2. Να γράψετε μόνο τον αριθμό του ερωτήματος και το γράμμα που αντιστοιχεί στη σωστή απάντηση, π.χ.  
4. – A  
5. ...
  - B1. Να γράψετε μόνο τον αριθμό του ερωτήματος και τη ζητούμενη λέξη.  
10. ...  
11. ...
  - B2. Να γράψετε μόνο τον αριθμό του ερωτήματος και τις ζητούμενες λέξεις.  
15. ...  
16. ...
  - B3. Να αντιστοιχίσετε τον αριθμό με το σωστό γράμμα και να γράψετε μόνο την αντιστοιχία, π.χ.  
20. – A  
21. ...
  - Γ. Να αναπτύξετε το ζητούμενο θέμα στο τετράδιό σας χωρίς να αντιγράψετε την οδηγία-εκφώνηση.
2. Να χρησιμοποιήσετε μόνο μπλε ή μαύρο στυλό διαρκείας και μόνο ανεξίτηλης μελάνης.

Καλή Επιτυχία

Διάρκεια εξέτασης: Τρεις (3) ώρες

Έναρξη χρόνου εξέτασης: Αμέσως μετά τη διανομή των θεμάτων

Δυνατότητα αποχώρησης: 17:00

**A. Read the text below and respond to tasks A1 and A2.**

Many people would find long dark nights and bitter cold pretty depressing. But not most Danes. In 2016, Denmark was ranked as the happiest nation on the planet in the World Happiness Report. This might sound surprising, given that in mid-winter the country is plunged into darkness for 16 hours a day, deprived of that supposed vital ingredient of happiness: sunshine. So what are their secrets?

For the 2017 World Happiness Report, Helliwell and his colleagues looked in depth at happiness in the workplace, happiness over the course of life in general and the sources and consequences of trust – the vital glue for ensuring stable social foundations.

Helliwell and his colleagues believe that happiness provides a better indicator of human welfare than separate measures of income, poverty, education, health and good government. And they have found that people are happier living in societies where there is less happiness inequality. However, results show that happiness inequality has increased significantly in most countries, in almost all global regions, and for the population of the world as a whole.

It's not surprising to learn that wealth does play a small part in happiness. After all, incomes are more than 25 times higher in the happiest countries than in the least happy ones. "Having at least sufficient material resources is one of the prime supports for a good life. But, of course, they are not the major part of the story", says Helliwell.

The major part of the story is 'hygge' (pronounced 'hooga'), usually translated as 'cosiness', though Danes would say it's much more than that.

Hygge has been called everything from the "art of creating intimacy" to "cocoa by candlelight". Some of the key ingredients are togetherness, relaxation, indulgence, presence and comfort. The true essence of hygge is the pursuit of everyday happiness and it's basically like a hug, just without the physical touch.

Now, before you start thinking that all you need to be truly happy is to win the lottery so that you can settle down in a blissful state of hygge and never lift another finger, think again. Even if you're wealthy, work is a great tonic for gloominess, not in itself but insofar as it makes people do things together.

*<https://www.bbc.com/focus.co.uk> (2018)*

**A. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ**

(30 points)

**A1. Answer questions 1-3 based on information from the text (max. 30 words each).**

(3 x 4 points = 12 points)

1. What would be a suitable title for this text? **The Secrets of the Happiest Nation in the World (or similar)**
2. What is the purpose of this text? **To inform readers about how the Danes manage to feel so happy. (or similar)**
3. Why are the Danes such a happy nation? **Because there is no big difference among them regarding how happy they feel, they live in prosperity, and they seek to find happiness in everyday activities. (or similar)**

**A2. Choose the correct answer (A, B or C) for items 4-9, based on information from the text.**

(6 x 3 points = 18 points)

4. Where would you expect this text to appear?
 

A. In a textbook on social psychology.	<b>B. In a popular science magazine.</b>	C. In a lifestyle magazine.
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5. According to the text, what is the best way to measure human welfare?
 

A. Calculating how much sunshine a country has.	B. Using criteria such as income, education and health.	<b>C. Using criteria such as happiness in the workplace and over the course of life.</b>
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6. According to the 2017 World Happiness Report, people are happy
 

A. in wealthy societies.	B. only in Denmark.	<b>C. in societies where other people are happy, too.</b>
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7. According to the text, which of the following statements is true?
 

A. Happiness inequality exists only in poor countries.	<b>B. There are big differences in happiness levels in countries throughout the world.</b>	C. The more money you have, the happier you will be.
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8. The Danish word 'hygge'
 

<b>A. means valuing small things in life and seeking happiness at every chance.</b>	B. exists in societies where people like to hug each other.	C. means feeling comfortable and cosy in your home.
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9. Which of the following statements is true, according to the text?
 

A. Hygge alone guarantees happiness.	<b>B. Happiness is a combination of hygge, work and wealth.</b>	C. Happiness is a combination of hygge and wealth.
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**B. ΓΛΩΣΣΙΚΗ ΕΠΙΓΝΩΣΗ**

(30 points)

**B1. Use the correct form of the following words (A-H), to complete the gaps (10-14) in the following text, as in the example. There are TWO words you do not need.**

(5 x 2 points = 10 points)

<b>A.</b>	attention	<b>B.</b>	tired	<b>C.</b>	<b><i>compete</i> (example)</b>	<b>D.</b>	understand
<b>E.</b>	minimal	<b>F.</b>	entire	<b>G.</b>	disappoint	<b>H.</b>	perform

The example is in **bold** and *italics*.

**How sleep can make you smarter**

People do all kinds of things to get ahead in today's (**ex.**) ***competitive*** world. The struggle for jobs and promotions is cut-throat and the use of (**10**) ***performance*** -enhancing drugs is on the rise. But ironically, nature's best cognitive enhancer is often (**11**) ***entirely*** overlooked.

What makes you feel great when you have it and a complete basket case when you miss out? That's right – sleep. Something we should all spend roughly one-third of our time doing, but which we actually tend to squeeze at both ends, with (**12**) ***tiredness*** and underperformance as a result.

But sleep is not only critical for staying alert and (**13**) ***attentive***. We're now beginning to understand the extent to which it influences our ability to learn new things – everything from riding a bike to learning Spanish. And this new (**14**) ***understanding*** is showing us how we can use sleep to enhance our memories.

**B2. Fill in the gaps with two words in the statements of column B, so that they are similar in meaning to the statements (15-19) of column A, as in the example.**

(5 x 2 points = 10 points)

<b>Example:</b> He came but it turned out it wasn't necessary.		He <b><u>needn't have</u></b> come.	
<b>COLUMN A</b>		<b>COLUMN B</b>	
<b>15.</b>	She went to the concert, although she was feeling unwell.	She went to the concert, <b><i>despite feeling</i></b> unwell.	
<b>16.</b>	If she hadn't helped me, I would never have survived.	If it hadn't <b><i>been for</i></b> her help, I would never have survived.	
<b>17.</b>	I wish I had studied harder when I was at school.	I <b><i>regret not</i></b> studying harder when I was at school.	
<b>18.</b>	You should never drop out of university midway through a course.	On <b><i>no condition</i></b> should you drop out of university midway through a course.	
<b>19.</b>	That problem proved too difficult for us to solve.	We weren't <b><i>able to</i></b> solve that problem.	



- B3. Find the paragraph in column B (options A-F), which best follows each of the paragraphs in column A (items 20-24). There is ONE option you do not need.**  
(5 x 2 points = 10 points)

### How to Write a Book: A Step-by-Step Guide

COLUMN A		COLUMN B	
<b>20.</b> <b>B</b>	<b>Home in on your idea and scope</b> You might want to dive right in when you look at that first blank page. After all, you're committed to writing your book. But the second step to how to write a book focuses on getting centered on your book idea.	<b>A.</b>	Choose a future date that is realistic and reachable. Don't write into a void. Decide on a realistic timeline for your book and give yourself an end date.
<b>21.</b> <b>A</b>	<b>Set the big deadline</b> When you're figuring out how to write a book, you may think typing every day will get you to the end. But you'll have a better chance of success if you have a set goal with a deadline.	<b>B.</b>	If you're writing nonfiction, you'll need to narrow large topics into manageable and detailed sections or chapters. The same focus applies to fiction.
<b>22.</b> <b>F</b>	<b>Plan out your schedule</b> Bestselling author Jerry Jenkins recommends that you create a schedule for your writing time. Schedule it into your calendar or set an alarm as a reminder.	<b>C.</b>	You'll need to figure out the directions for plot points, timelines, themes and all contributing details. Think of profiles and research detailed maps or recipes for the story outline or structure you've established.
<b>23.</b> <b>C</b>	<b>Develop detailed sketches</b> The steps for how to write a book are so much more than the actual writing. You'll also need to flesh out your story outline with character and setting sketches.	<b>D.</b>	When you're just learning how to write a book, take it step-by-step and allow time for education. Consider who your readers will be and how you'll appeal to those people.
<b>24.</b> <b>E</b>	<b>Get trusted feedback</b> Now that you've written a solid second, or even third, draft you're ready to let someone you trust see your work.	<b>E.</b>	Consider hiring an experienced editor. Even professional writers benefit from a set of expert eyes. An editor experienced in your book genre can see problems and potential that you can't.
		<b>F.</b>	You might tell yourself that you can squeeze in some writing during your lunch break or before bedtime, but it may not happen if you don't build it into your schedule. If you make it part of your routine, you'll stick to it.

Γ. ΠΑΡΑΓΩΓΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

(40 points)

**TASK:** A European Youth Organization has begun a discussion on the social phenomenon of selfies. You decide to write an **article** (180-200 words) to be posted on the organization's website in which you:

- a) explain** why selfies have become so popular and developed into a social phenomenon – give at least **two reasons** and
- b) state** your personal opinion on the matter and **present** its positive or negative sides.

You do not need to provide a title.

Do not sign the article.



### Sample answer

#### Selfies: The New Trend

The advent of more advanced smartphones, equipped with better cameras, able to instantly share our pictures on the Internet, has brought with it a new trend: Selfies. However, why are they so popular, and, most importantly, are they a good thing?

The reasons behind taking selfies have to do with our ego. We want to show the world where we are, and how much fun we are having, giving a glimpse of what we are currently experiencing – including our own happy face. The likes we get greatly boost our self-esteem and make us feel special and proud of ourselves. Additionally, when we take a selfie, we present ourselves as feeling playful or happy. In this way, we want to promote our best version and show that everything is great in our lives.

However, in my opinion selfies show a beautified reality, which can even cause feelings of sadness or jealousy to viewers, as their lives may not be as exciting and full of joy as what they see on social media. Moreover, there have been cases of people being injured, or even killed, in their effort to get an amazing selfie from the edge of a cliff, focusing on taking a nice shot, instead of watching their step.

To conclude, I believe selfies are overestimated and reflect an idealised lifestyle, which might have adverse effect on some viewers, also posing a threat to those taking them.



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