



Κέντρο Αγγλικής Γλώσσας

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ΑΡΧΗ 1ΗΣ ΣΕΛΙΔΑΣ

ΥΠΟΥΡΓΕΙΟ ΠΑΙΔΕΙΑΣ ΚΑΙ ΘΡΗΣΚΕΥΜΑΤΩΝ

ΚΕΝΤΡΙΚΗ ΕΠΙΤΡΟΠΗ ΕΙΔΙΚΩΝ ΜΑΘΗΜΑΤΩΝ

**ΚΟΙΝΗ ΕΞΕΤΑΣΗ ΟΛΩΝ ΤΩΝ ΥΠΟΨΗΦΙΩΝ  
ΣΤΗΝ ΑΓΓΛΙΚΗ ΓΛΩΣΣΑ**

1 Ιουλίου 2020

**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: 11:30

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

When Sean Blanda started working remotely in 2017, the attraction of a “digital nomad” lifestyle – working at your laptop on the beach, say – wasn’t lost on him. But after two years of working from home, Blanda, an editorial director for a tech company based in Philadelphia, knows only too well the many pitfalls of this way of life, with the greatest being isolation.

“You’ll need a lot of quiet self-confidence,” he recently wrote on Twitter. “You won’t get the positive reinforcement you’d normally rely on from body language and the ‘vibe’ from being in an office.”

Beyond the lack of interaction with colleagues – there are no ideas by osmosis, no overhearing others talking – there is also the lack of interaction with the wider world. “The main way most of us are connected to our local, geographical communities is through work,” Blanda says. “When you remove that – when you’re not commuting, you don’t bump shoulders, you don’t meet the guy who happens to have a cousin on your block and now you’re friends – you have to work harder to feel connected.”

Indeed, there are problems with blurring the line between work and home. Working alone may mean greater flexibility and fewer interruptions, but it is in those small interactions with colleagues that connections are made. In addition, the biggest hurdle when you are alone is that there is no one to help you regain perspective when things are not going according to plan. Not knowing when to say no to work – or how to switch off for the day – can quickly lead to being overwhelmed.

And yet, in spite of the obvious challenges of bringing your work home, it seems it is worth it: the vast majority of remote workers report enjoying the way they live and work. Of the 100-odd remote workers interviewed in a study, only about six said that they would return to the office given the chance. Everyone else loved it. Some of the interviewees pointed out that, after all, they had worked so hard to make their house a home that it is naturally where they feel best. And that may be about as good as working life can get.

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

**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 is a possible title for this text? **Working away from Office: Is it ideal after all? or similar**
2. What is the main aim of this text? **To inform readers on the negative aspect of working remotely. or similar**
3. What seems to be one of the biggest problems in working from home and why? **Feelings of isolation, due to the lack of communication with colleagues or even people on the way to work. 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. What kind of text is this?  
 A. A report  
**B. A newspaper article**  
 C. A literary text
5. A “digital nomad” is a person who  
 A. is glued to his/her home and works on his/her computer.  
**B. travels around with his/her computer.**  
 C. goes from one job to another with his/her computer.
6. You need a lot of self-confidence when working from home because  
 A. there is nobody there to say ‘bravo’.  
 B. the job is more demanding.  
**C. you don’t have the reassurance of body language at the workplace.**
7. Which of the following statements is true?  
 A. When you work from home, interaction with colleagues is simpler.  
**B. When you work from home, it is harder to be in touch with the world at large.**  
 C. When you work from home, you may lose interest in people around you.
8. When working from home, you may be overwhelmed because  
**A. you may not know when to stop work.**  
 B. you may be panic-stricken when things don’t work properly.  
 C. you may work less than you had originally planned.
9. Which of the following phrases best expresses the main idea in the last paragraph?  
**A. “it seems it is worth it”.**  
 B. “they would return to the office”.  
 C. “they had worked so hard”.

**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>	insulate	<b>B.</b>	intimate	<b>C.</b>	substance	<b>D.</b>	<b><i>culture</i> (example)</b>
<b>E.</b>	expensive	<b>F.</b>	isolate	<b>G.</b>	entire	<b>H.</b>	unfortunate

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

**Cinema may never be the same again**

Ever since the first cinemas were built, film has been the great egalitarian art form. Wealthy people went, the middle classes didn't sniff, but you could also take a date if you weren't rich and wanted a night out. Film's **(ex.) cultural** function is **(10) intimately** allied to price. If it wasn't cheap, its power would diminish. This is one of the things that drew me and many others to it: going to the movies is for everyone.

That's over. Maybe not quite yet, maybe not **(11) entirely**, but it's hard to foresee a future in which film-going as we know it doesn't become an elite experience. Poorer people will be priced out because the best form of **(12) insulation** from risk is with distance. And – as with houses or airplanes or iClouds – space is far from **(13) inexpensive**.

Traditional cinema exhibition is doomed. And this, of course, will affect the sort of movies studios make. Nothing big-budget or risky will be green-lit unless it has a **(14) substantial**, guaranteed small-screen audience.

**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> As soon as he got in, he saw the stranger pointing a gun at him.		<b>On getting</b> in, he saw the stranger pointing a gun at him.	
<b>COLUMN A</b>		<b>COLUMN B</b>	
<b>15.</b>	Skiing is a safe sport but you absolutely need to obey the rules on the slope.	Skiing is a safe sport as <b>long as</b> you obey the rules on the slope.	
<b>16.</b>	I am really sorry I gave you such short notice.	I honestly <b>apologise for</b> giving you such short notice.	
<b>17.</b>	He is so set in his ways he will most probably not accept your suggestion of a change.	He is so set in his ways he is highly <b>unlikely to</b> accept your suggestion of a change.	
<b>18.</b>	The wind blew away the roof of the house.	The house <b>had its</b> roof blown away by the wind.	
<b>19.</b>	Giving up at this point is out of the question.	By no means <b>are you</b> to give up at this point.	



- 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)

**Peer pressure in adolescence: Choose your friends wisely**

COLUMN A		COLUMN B	
20. <b>C</b>	Remember that parental favourite: "If all your friends jumped off a cliff, would you follow them?"	<b>A.</b>	Research has shown that risk-taking behaviour such as smoking, risky driving and substance abuse are far more likely in the presence of a group of friends than when alone. And people tend to spend more waking hours with peers in adolescence than in any other stage of life, both face to face and online. So, it seems that parental concern is justified.
21. <b>A</b>	Peer pressure has rather negative connotations in society and in the media. But do parents really have a valid reason to be concerned about the negative influence of peers in adolescence?	<b>B.</b>	Adolescents played an economic game in a group, in which they had to divide coins between themselves and the group. During some rounds, online peers provided feedback on these decisions by clicking on 'Like'. The findings show that the changes in prosocial behaviour depended on the type of decisions liked by the peer group.
22. <b>D</b>	Fortunately, this is just one side of the story.	<b>C.</b>	Obviously, the expected answer is a fierce "No, of course not".
23. <b>B</b>	However, less attention has been paid to the effects of peer influence on the development of prosocial behaviour, e.g. volunteering or cooperation.	<b>D.</b>	Those same friends who encourage a teenager to jump off a cliff might equally tell him to stay safely on the edge of the cliff, do well at school or volunteer for an important cause.
24. <b>F</b>	All in all, scientific evidence shows that parents have valid reasons to worry about negative peer influence.	<b>E.</b>	These findings imply that hanging out with the right crowd in adolescence may actually be beneficial.
		<b>F.</b>	Nevertheless, there may also be a positive side to peer influence, such that it might also lead to an increase in positive behaviour.

Γ. ΠΑΡΑΓΩΓΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

(40 points)

**TASK:** You are taking part in an online discussion on 'Healthy Lifestyle' and you have decided to submit an article (180-200 words) on this issue in which you:

- a) discuss the importance of healthy eating habits and physical exercise and
- b) suggest ways in which young people can adopt a healthy lifestyle.

You do not need to provide a title.

Do not mention your name anywhere in the article and do not sign it.



ΤΕΛΟΣ ΜΗΝΥΜΑΤΟΣ

### Sample answer

Nowadays, there has been much debate regarding our modern lifestyle and the need to follow a balanced diet, combined with doing regular exercise. How important are these though?

Admittedly, most people live in cities, leading a sedentary lifestyle, as opposed to our ancestors who were more active, doing manual work, and eating whatever was readily available from the fields. Mass food production and the fact that most of us have a white-collar job have resulted in health problems, such as obesity or diabetes. Therefore, it is essential that everyone should be more physically active and eat properly. In this way, not only will people be fitter and healthier, but they will also feel better psychologically, as both our immune system and our mood will be improved in this way.

Therefore, young people should learn from a young age how to lead a healthy lifestyle. Going jogging, or doing sports will help a lot towards this aim, whereas avoiding unhealthy snacks will also be beneficial. Even going for a walk in the woods can go a long way towards more active and healthier individuals. Of course, smoking, alcohol and sitting in front of a screen for long are out of the question.

To conclude, it is not difficult, even in today's society, to lead a healthy lifestyle. What is needed is merely the determination to change.



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