



ΑΠΑΝΤΗΣΕΙΣ

ΚΟΙΝΗ ΕΞΕΤΑΣΗ ΟΛΩΝ ΤΩΝ ΥΠΟΨΗΦΙΩΝ ΣΤΗΝ ΑΓΓΛΙΚΗ ΓΛΩΣΣΑ 1 Ιουλίου 2020

A. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ (30 points)

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

1. The Challenges of becoming a Digital Nomad. / Working from home: a blessing or a curse?
2. The main aim of the text is to highlight some of the challenges faced by people who prefer to work from home as digital nomads and not in an office.
3. One of the problems to working from home is the lack of help to regain perspective. When you don't know when to take a break or stop for the day, you risk being overwhelmed.

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

4. B 5. B 6. C 7. B 8. A 9. A

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.

10. INTIMATELY 11. ENTIRELY 12. INSULATION 13. INEXPENSIVE
14. SUBSTANTIAL

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.

15. LONG AS 16. APOLOGISE FOR 17. UNLIKELY TO 18. HAD ITS
19. OUGHT YOU/ARE YOU

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.

20. C 21. A 22. D 23. B 24. F



Γ.

The Importance of Being Healthy

Nowadays, young people are often stressed and tend to lead an unhealthy, sedentary lifestyle. Therefore, it is more important than ever to highlight the benefits of healthy living and encourage young people to adopt a healthy lifestyle.

Clearly, eating well and doing regular physical exercise is good for us. Firstly, a well-balanced diet, combined with a regular fitness routine, keeps the body strong and active. It also boosts our immune system, helps prevent serious medical conditions like obesity and diabetes, and reduces other health risks, such as heart attacks.

A young person's hectic lifestyle often makes it difficult for them to follow a healthy routine, but there are some simple steps they can take towards this goal. Just adding fruit and vegetables to their diet on a daily basis and avoiding high calorie junk food will have enormous benefits. As regards exercise, they can easily incorporate some physical exercise into their daily routine, such as taking up a sport or following an online fitness course at home.

It is obvious that a combination of a nutritious diet and regular exercise is extremely beneficial and so every effort must be made to encourage young people to adopt a healthy lifestyle.