

ΥΠΟΥΡΓΕΙΟ ΠΑΙΔΕΙΑΣ, ΑΘΛΗΤΙΣΜΟΥ ΚΑΙ ΝΕΟΛΑΙΑΣ
ΔΙΕΥΘΥΝΣΗ ΜΕΣΗΣ ΓΕΝΙΚΗΣ ΕΚΠΑΙΔΕΥΣΗΣ
ΚΡΑΤΙΚΑ ΙΝΣΤΙΤΟΥΤΑ ΕΠΙΜΟΡΦΩΣΗΣ

ΤΕΛΙΚΕΣ ΕΝΙΑΙΕΣ ΓΡΑΠΤΕΣ ΕΞΕΤΑΣΕΙΣ
ΣΧΟΛΙΚΗ ΧΡΟΝΙΑ 2023-2024

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ΤΟ ΕΞΕΤΑΣΤΙΚΟ ΔΟΚΙΜΙΟ ΑΠΟΤΕΛΕΙΤΑΙ ΑΠΟ ΠΕΝΤΕ (5) ΣΕΛΙΔΕΣ
ΟΛΕΣ ΟΙ ΑΠΑΝΤΗΣΕΙΣ ΝΑ ΓΡΑΦΟΥΝ ΣΤΟ ΕΞΕΤΑΣΤΙΚΟ ΔΟΚΙΜΙΟ

PART 1 – LISTENING TEST

(25 MARKS)

Exercise 1

You will hear 7 short conversations or monologues. For each extract choose the correct answer A, B or C. (7x1=7 marks)

1. You will hear someone talking about travelling.

The speaker believes that travelling is great because you can

- A. try the local food.
- B. see the famous sights.
- C. become more open-minded.

2. You will hear two friends talking about family:

The boy

- A. has a good relationship with his sister.
- B. doesn't have the best relationship with his sister.
- C. believes siblings are the best.

3. You will hear two people discussing their hobbies.

They both

- A. read mystery books.
- B. cook exotic recipes.
- C. love reading and cooking.

4. You will hear a man making an enquiry.

He is calling

- A. The airport
- B. A hotel
- C. A taxi office

5. You will hear a discussion between a teenager and his dad.

How does his dad react to their talk?

- A. He is upset.
- B. He is disappointed.
- C. He is supportive.

6. You will hear a doctor informing a couple about their son's ADHD.

He suggests

- A. classes for the parents
- B. classes for the child
- C. medication

7. You will hear an extract from a podcast discussing restful sleep.

The speaker proposes

- A. not to consume big meals some hours before bedtime.
- B. to limit caffeine and alcohol intake, particularly later in the day.
- C. to consider practising yoga before bedtime.

Exercise 2

Listen to a talk about plant-based diet and use only ONE word to complete the sentences.
(8x1=8 marks)

1. A plant-based diet can provide _____ with all necessary nutrients.
2. Vitamins, minerals and proteins are crucial for teenagers' _____ and development.
3. There was a study _____ in the Journal of the American Heart Association about plant-based diet.
4. When eating a plant-based diet, adolescents can control their _____ better.
5. A plant-based diet has a lot of _____ for one's health.
6. A plant-based diet reduces _____ impact.
7. Teenagers can _____ to a more sustainable future with their choice of food.
8. You can get all the nutrients you need from a plant-based diet, no matter your level of physical _____.

Exercise 3

You will hear five people talking about their favourite gadget. Match the speakers (column A) to the comments (column B). There is one extra comment. (5x1=5 marks)

Column A	Column B
Speaker 1 _____	A. Cool console with fun, colourful games.
Speaker 2 _____	B. Essential for traveling, finding the way, and staying connected with friends.
Speaker 3 _____	C. Helps me stay fit, reminds me of things, and feels like a friend.
Speaker 4 _____	D. Small, user-friendly, easy to carry, keeps me organized and makes my life easier.
Speaker 5 _____	E. Useful for drawing, making music, and sharing creations. F. A gadget that helps you connect with nature and the outdoors, allowing you to explore and document your adventures.

Exercise 4

You will hear Peter and Helen talking about their future plans.

Choose the correct option (A, B, or C) from the questions below.

(5x1=5 marks)

1. What kind of work will the volunteers be doing in Kenya?

- A.** Teaching English to kids
- B.** Building schools and water wells
- C.** Both A and B

2. Where will the volunteers be staying during their time in Kenya?

- A.** Hotels
- B.** With local families
- C.** Volunteer centres

3. What type of food is mentioned as part of the volunteering experience in Kenya?

- A.** Local Kenyan food
- B.** Fast food
- C.** Western cuisine

4. What will the volunteers be able to do during their free time in Kenya?

- A.** Go on a safari
- B.** Visit local attractions
- C.** Both A and B

5. How can the volunteers get financial support for their volunteering experience in Kenya?

- A.** From the United Nations
- B.** From the Newton Fund
- C.** From their parents