

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 (7) ΣΕΛΙΔΕΣ
ΟΛΕΣ ΟΙ ΑΠΑΝΤΗΣΕΙΣ ΝΑ ΓΡΑΦΟΥΝ ΣΤΟ ΤΕΤΡΑΔΙΟ ΑΠΑΝΤΗΣΕΩΝ
ΠΡΙΝ ΑΠΟ ΚΑΘΕ ΑΠΑΝΤΗΣΗ ΝΑ ΣΗΜΕΙΩΣΕΤΕ ΤΑ ΣΤΟΙΧΕΙΑ ΤΗΣ ΕΡΩΤΗΣΗΣ

PART I: Reading and Use of English

(60 MARKS)

1. Read the text below and decide which answer (A, B, C or D) best fits each gap.
(8 × 1 = 8 marks)

MOVIE NIGHT
“The Hero's Odyssey: Trials in Metropolis”

In the busy city of Metropolis, a(n) (1) _____ hero appeared. With amazing powers and a strong love for justice, this hero fights against bad guys. The (2) _____ of the story is about the hero's journey, facing challenges and finding their purpose. The people in the city like the hero's good deeds and enjoy the hope they bring.

One day, the hero faces an unexpected alien threat, adding a twist (3) _____ to the story. The battle between good and evil gets more intense as the hero's true identity becomes a mystery. The hero's loyal friend, a brave boy, joins the fight.

The thrilling story continues with exciting moments and (4) _____. As the hero keeps going, he discovers a secret organization planning to take over Metropolis. This new challenge tests the hero's limits and forces them to learn more about their past to find the truth.

In the face of this critical moment, the hero stood (5) _____, unsure of what to do. The tense atmosphere made some people (6) _____ in fear, showing they were scared, while others (7) _____ over their words, finding it hard to speak in the chaos. The hero encountered an additional challenge in the situation due to an unexpected (8) _____, as a leg problem made it difficult for him to move comfortably. Now, the question remains: will the hero's strong sense of justice be enough to save Metropolis, or will he give in to the pressure and conflicts?"

1	A	international	B	mysterious	C	powerless	D	boring
2	A	conclusion	B	setting	C	climax	D	plot
3	A	turn	B	event	C	change	D	addition
4	A	suspense	B	confusion	C	chaos	D	calmness
5	A	determined	B	speechless	C	thrilled	D	confident
6	A	cheer	B	celebrate	C	hiss	D	laugh
7	A	glance	B	stammer	C	glare	D	stroll
8	A	march	B	rush	C	limp	D	jump

2. Read the text below and think of the word that best fits each gap. Use only one word in each gap. There is an example at the beginning. (8 × 1 = 8 marks)

The Star of Bubbles

Meet Emily, an unexpected Internet sensation, 1. _____ fame began at a local fair when reporter Jamie Rodriguez interviewed people about childhood memories with bubbles.

"We were wrapping up for the day, wondering if we 2. _____ find something interesting. Then we thought to ask people about bubbles and Rodriguez would share the answers 3. _____ Bubble Pop News.

As Emily blew bubbles, Rodriguez approached her for a quick chat. To everyone's surprise, Emily spoke passionately 4. _____ her favourite childhood hobby. In the interview, Emily expressed the joy 5. _____ creating and how bubbles made her happy. "Bubbles are like little magical worlds that bring instant happiness," she added.

The video, posted on social media on September 15, 2022, went viral. The interview 6. _____ turned into a song 7. _____ a local artist. Since then, Emily, known 8. _____ the "Bubble Queen," continues to spread joy. It shows how simple soap bubbles can connect people and create happy moments.

3. Complete the text with the correct form of the words in capitals. (8 x 1= 8 marks)

A Daring Adventure

In the small town of Elmridge, a group of friends planned an 1. _____ (**adventure**) journey to explore an old building on the town's outskirts. They were very excited as they gathered to talk about the details of their trip.

Tom, always the 2. _____ (**caution**) one, suggested that they needed to be well-prepared for any 3. _____ (**expect**) challenges. He emphasized the importance of bringing the right tools and safety gear to 4. _____ (**equipment**) themselves. As they got closer to the old building, they felt a sense of fear in the air. None of them had ever been into such a place before and they were really curious. Inside the building, they found rooms with old furniture and mysterious things. Each step was like a trip into the 5. _____ (**complete**) of their task. Some were a bit unsure, but others bravely dived into the 6. _____ (**know**) corridors.

While exploring, they found an old locked door. They were curious to know what was behind it. Sarah suggested trying to open it without causing any damage. But their 7. _____ (**innovate**) ideas faced a small problem when they run into a strong 8. _____ (**object**) from the group's safety officer, Jake. He thought opening the door might be risky. In the end, they decided to listen to Jake and didn't open the mysterious door. The adventure wasn't just about exploring the building but also about bonding, too.

4. Choose the answer (A, B, C or D) which you think fits best according to the text.

(4 × 3 = 12 marks)

Managing Anxiety: The Worry Time Technique

Do you ever lay in bed worrying about the future or things that didn't go as planned? If you're a constant worrier, you might want to try the 'worry time technique.' It may sound a bit weird, but setting aside specific times to deal with these thoughts can help with anxiety. Let's break it down.

Instead of letting negative thoughts take over your day, pick short, regular times to worry. Health professionals, like psychologist Catherine Hallissey, suggest this. Worrying all day triggers stress, so having dedicated worry time lets you think about these things less, giving your stress a break.

During your worry time, challenge negative thoughts. Figure out if they're true or false, likely or unlikely to happen, helpful or unhelpful. You can use a journal or talk to someone for help. If there's something you can do about a worry, take action. For example, if you're anxious about meeting new people, ask a friend to join you.

If you always feel overwhelmed, it's important to seek help. Talk to your parents, a teacher, or a school counsellor who can offer support. Anxiety is common but treatable, so don't be afraid to ask for help.

To make the most of your worry time, start with around 15 minutes a day during a quiet time. Pick a calm space, not close to bedtime, to avoid connecting it with worries. After your worry time, do something else, preferably something active, to reset your stress. Plan something fun afterwards, like going for a walk or talking to a friend. It might take time to get used to, but including worry time in your routine can make a noticeable difference.

Adapted from: [How setting aside 'worry time' could help you to reduce your anxiety - Teen Breathe](#)

1. In what situations could 'worry time technique' be particularly beneficial, according to the article?

- a) Only during major life events
- b) When facing challenges or uncertainties
- c) When talking to a friend
- d) When feeling extremely happy

2. What is the main advantage of welcoming worries during a specific time?

- a) It makes worries more overwhelming.
- b) It prevents thinking about worries altogether.
- c) It can relieve stress for a while.
- d) It increases stress hormones.

3. How does Catherine Hallissey suggest using worry time effectively?

- a) By challenging negative thoughts and seeking solutions
- b) By thinking about worries all the time
- c) By avoiding it on a daily basis
- d) By associating the time with additional stress

4. According to the text, what would be suitable for someone to do after worry time?

- a) Take a deep breath
- b) Go to bed
- c) Play basketball
- d) Think about other problems

5. Six sentences have been removed from the article. Choose from the sentences A – G the one which fits each gap (). There is one extra sentence, which you do not need to use.

(6 × 2 = 12 marks)

The mask of beauty

The stunning scenery of Huntington Beach, near Los Angeles, is filled with young and beautiful people. Among them is Dr. Stephen Marquardt, a successful surgeon who claims to have discovered a scientific formula to measure beauty. This knowledge could be highly valuable in a city like Los Angeles, where being attractive is important.

He is not the first person to try to discover what makes people attractive. **1.** _____. The ancient Greeks were among the first to look into the question. Plato believed that beauty could be defined mathematically. **2.** _____ However, no one had much success in finding the formula.

Dr. Marquardt, on the other hand, believes he's figured it out. He created a method called "the mask," which involves putting lines and shapes representing the ideal proportions of a beautiful face onto a photograph. **3.** _____ What's cool is that it works for both men and women of all races.

There is a potential danger, however: if everyone tries to fit the mask, Los Angeles may become a city filled with identical faces. **4.** _____. This would be a major mistake because there are two types of beauty. One is the kind measured by the mask, focusing on physical looks. The other one is the kind that we see when we love someone, a much more powerful beauty that comes from the heart. **5.** _____

In conclusion, while Dr. Marquardt's way of measuring beauty is getting attention, it's important to remember its limitations. **6.** _____

Adapted from: Countdown book Oxford

Sentences

- A. Beauty is complex, unique, and deeply personal.
- B. Appreciating everyone's differences isn't the way to measure beauty.
- C. However, it is even more concerning that people may feel unattractive if they do not have the proportions of Dr. Marquardt's mask.
- D. Over the centuries, others continued the hunt for a formula.
- E. This is the beauty expressed by poets, the beauty that does not fade, and it is something no plastic surgeon on earth can give you.
- F. Throughout history, many have tried to figure out what exactly makes a person attractive.
- G. The more a face matches the mask, the more beautiful it is considered to be.

6. Read the texts and write for each question the correct letter A, B, C or D. The sections may be chosen more than once. (12 x 1= 12 marks)

How to be a winner

- A.** Denise Lewis believes in trusting yourself and learning from tough times. In the 1996 Olympics, she felt sad about not doing well, but in the javelin event, she showed that tough times can teach us important lessons. Her mindset of "nothing is settled until it's truly over" shows how important it is to keep trying, and she did even better than expected by throwing an extra four meters.
- B.** Sir Steven Redgrave shares a powerful message about overcoming problems, using his personal battle with a diabetic diagnosis in 1997. Initially, feeling that his career was finished, Redgrave found determination when a specialist told him that he could continue training and competing. He highlights the importance of believing in yourself, saying that winning was still possible. Redgrave's story emphasises the idea that any obstacle, even a health challenge, can be overcome with the right commitment.
- C.** Annika Reeder's advice is about sticking to your goals during hard times and maintaining focus on long-term goals during challenging times. She suggests taking small steps towards your dreams, marking off mini goals each time. Reeder shared her own struggles during her teenage years. Her coach's advice to keep pushing and block out negative thoughts is a valuable lesson to keep her determined.
- D.** Octavius Black, a business leader, says being creative, making decisions, and trusting your instincts are keys to success. He encourages surprising others with positive actions, and making a habit of learning new things every day, as being creative and always learning are important for success. He emphasises that facing difficulties is okay; what matters is to continue learning and keep moving forward. Keep trying, stay positive, and reach for your goals! Don't forget, every step, no matter how small, brings you closer to your dreams!

Adapted from *Upstream*

Which person:

1. needed support from someone else to succeed?	
2. believes that tough times can teach important lessons?	
3. faced a health issue that at first seemed to end their career?	
4. emphasizes the importance of relying on oneself and turning setbacks into valuable learning opportunities?	
5. emphasizes the idea that success is not guaranteed until it's completed?	
6. advises on setting smaller goals as steps towards achieving larger ones?	
7. supports the idea that being a winner is still possible despite health challenges?	
8. faced disappointment but ended up doing even better than expected?	
9. proved that illness was never a problem to achieve their goals?	
10. encourages individuals to think creatively about their goals?	
11. recommends developing a routine of continuous learning?	
12. suggests staying concentrated and face life's difficulties?	

PART II: WRITING

(2 X 20 = 40 MARKS)

You must answer **BOTH** writing tasks, 7 and 8.

7. Write 140 - 180 words on the following topic in an appropriate style. (1 X 20= 20 marks)

In your English class, you have been talking about the advantages and disadvantages of shopping. Now, your English teacher has asked you to write an essay. Write an essay using all the notes and giving reasons for your point of view.

Notes:

Write about:

- Shopping allows self-expression through personal style choices.
- Influence from advertising may lead to unnecessary spending.
-(your own idea)

8. Write an answer to ONE OF THE TWO questions in this part. Write the question number: **8A OR **8B** next to your answer on your answer booklet.**

Write your answer in **140 – 180 words** in an appropriate style.

(1 X 20= 20 marks)

8A - You have received this email from your English-speaking friend Rick. Read the email and the notes [in bold] you have made.

Write your email to Rick using all the notes.

From: Rick

Subject: School Talent Competition

Hey there! I hope you're doing well! Exciting news – our school is having a competition, and I think your talents would be perfect for it! It's a great opportunity to show off what we can do and have a blast together. What do you say we team up and make our entry stand out? [***I'm all in – sounds awesome!***]

If you're interested, let's chat and come up with some cool ideas to increase our chances of winning. I'm open to whatever you've got! [***Say yes and share your thoughts on what you should do.***]

Do you want to meet up and go over the details? Let me know what you think. [***Say yes and suggest time and place***]

Can't wait to do this together!

Write your **email**.

8B - You see this announcement in your college English-language magazine.

"Destination Delights: Share Your Travel Adventures!"

Have you been to a cool country recently?

- Write us a review of the country, describing the places you've visited, including attractions, local cuisine, and cultural experiences.
- Tell us whether or not you would recommend this place to other people.

The best reviews will be published in the magazine.

Write your review.

GOOD LUCK!