

Αρ. Ταυτότητας:.....Αρ. Μητρώου:.....

ΕΠΩΝΥΜΟ:.....

ΟΝΟΜΑ:.....

Σχολείο:..... Τμήμα:.....

ΥΠΟΥΡΓΕΙΟ ΠΑΙΔΕΙΑΣ, ΑΘΛΗΤΙΣΜΟΥ ΚΑΙ ΝΕΟΛΑΙΑΣ
ΔΙΕΥΘΥΝΣΗ ΜΕΣΗΣ ΕΚΠΑΙΔΕΥΣΗΣ

ΕΝΙΑΙΕΣ ΤΕΛΙΚΕΣ ΑΠΟΛΥΤΗΡΙΕΣ ΓΡΑΠΤΕΣ ΕΞΕΤΑΣΕΙΣ 2025-2026
Γ΄ ΤΑΞΗ ΤΕΣΕΚ

ΔΟΚΙΜΙΟ ΑΚΡΟΑΣΗΣ-ΚΑΤΑΝΟΗΣΗΣ

ΕΞΕΤΑΖΟΜΕΝΟ ΜΑΘΗΜΑ: ΑΓΓΛΙΚΑ 4ΩΡΟ ΤΣ (Γ0052)

ΗΜΕΡΟΜΗΝΙΑ: 18 Μαΐου 2026

Α΄ ΣΕΙΡΑ

ΤΟ ΕΞΕΤΑΣΤΙΚΟ ΔΟΚΙΜΙΟ ΑΚΡΟΑΣΗΣ-ΚΑΤΑΝΟΗΣΗΣ

ΑΠΟΤΕΛΕΙΤΑΙ ΑΠΟ ΤΡΕΙΣ (3) ΣΕΛΙΔΕΣ

Όλες οι απαντήσεις να γραφούν στο φυλλάδιο.

Να απαντήσετε σε όλα τα ερωτήματα.

PART I: LISTENING SKILLS

(20 MARKS)

- ✓ You will hear each recording twice.
- ✓ Before each recording, you will have time to read the questions.

Exercise 1

(5x1=5 marks)

You will hear a careers advisor talking about job interviews.

Decide whether the following statements are True or False.

Put a tick (✓) in the appropriate box.

NO	STATEMENT	TRUE	FALSE
1.	Interviewers form their first impression before a candidate speaks.		
2.	Academic qualifications are the main thing interviewers focus on.		
3.	Candidates should arrive at least 30 minutes before the interview starts.		
4.	Asking questions at the end of an interview shows a lack of preparation.		
5.	A follow-up message after an interview creates a positive impression.		

Source: <https://shorturl.at/eruTh>



Exercise 2

(5x1=5 marks)

You will hear an interview with Mark, a student who took part in a school exchange programme.

For questions 1 - 5, choose the best answer a, b or c.

1. Mark decided to join the programme because he wanted to ____ .

- a. improve his academic results
- b. travel around the world
- c. form new connections

2. During the programme, Mark stayed with ____.

- a. a teacher
- b. a host family
- c. a friend

3. Mark found it difficult at first to ____ .

- a. follow conversations in a foreign language
- b. understand school lessons
- c. make new friends

4. What Mark enjoyed most about the experience was ____ .

- a. the food
- b. the classroom lessons
- c. the excursions

5. After returning home, Mark felt ____ .

- a. disappointed
- b. more sure of himself
- c. tired

Source: <https://bit.ly/3Odzrto>



Exercise 3

(10x1=10 marks)

You will hear a man talking about healthy living and daily habits.

Listen and underline the correct word in brackets.

Challenges of Maintaining a Healthy Lifestyle

Maintaining a healthy lifestyle can be difficult, especially for people with busy schedules. Many people understand the importance of healthy habits, but following them consistently is not always easy. People often start with good intentions but become distracted by work or unexpected events, and may skip physical activity **1. (already / altogether / almost)**.

One major challenge is time management. Those who fail to plan carefully often struggle to fit exercise into their routine. Maintaining a consistent routine is **2. (eventual / potential / essential)** for long-term success.

Managing stress is also important. When people feel stressed, they may eat too much or rely on unhealthy snacks. These choices can **3. (affect / reflect / reject)** their physical and mental well-being. Experts recommend taking short breaks or practising relaxation techniques to help people react more **4. (seriously / silently / sensibly)** during difficult moments.

Technology can also support healthy living. Fitness apps and smartwatches help by tracking activity and heart rate. However, without self-discipline, people may feel **5. (unmotivated / unusual / unclear)** when trying to make healthy changes.

Another difficulty arises when people try to change too many habits at once. Goals that seem **6. (impossible / informal / inaccurate)** often lead to frustration. Even those who begin enthusiastically do not always remain **7. (ready / steady / regular)** when life becomes busy.

Sleep is another key factor. Without enough rest, people feel **8. (expected / exhausted / extended)** and making healthy choices becomes harder. Stressful weeks can make problems appear more **9. (serious / curious / various)** than they truly are.

In the end, people who make gradual improvements usually feel more **10. (preferred / presented / prepared)** to maintain a healthier lifestyle over time. Source: <https://bit.ly/4vk1h7M>



ΤΕΛΟΣ ΔΟΚΙΜΙΟΥ ΑΚΡΟΑΣΗΣ