

Αρ. Ταυτότητας:.....Αρ. Μητρώου:.....

ΕΠΩΝΥΜΟ:.....

ΟΝΟΜΑ:.....

Σχολείο:..... Τμήμα:.....

**ΥΠΟΥΡΓΕΙΟ ΠΑΙΔΕΙΑΣ, ΑΘΛΗΤΙΣΜΟΥ ΚΑΙ ΝΕΟΛΑΙΑΣ**  
**ΔΙΕΥΘΥΝΣΗ ΜΕΣΗΣ ΕΚΠΑΙΔΕΥΣΗΣ**

**ΕΝΙΑΙΕΣ ΤΕΛΙΚΕΣ ΠΡΟΑΓΩΓΙΚΕΣ ΓΡΑΠΤΕΣ ΕΞΕΤΑΣΕΙΣ 2025-2026**  
**Γ΄ ΤΑΞΗ ΤΕΣΕΚ**

**ΔΟΚΙΜΙΟ ΑΚΡΟΑΣΗΣ-ΚΑΤΑΝΟΗΣΗΣ**  
**ΠΡΟΤΕΙΝΟΜΕΝΕΣ ΛΥΣΕΙΣ**

**ΕΞΕΤΑΖΟΜΕΝΟ ΜΑΘΗΜΑ: ΑΓΓΛΙΚΑ 4ΩΡΟ ΤΣ (Γ0052)**

**ΗΜΕΡΟΜΗΝΙΑ: 18 Μαΐου 2026**

**Α΄ ΣΕΙΡΑ**

**ΟΙ ΠΡΟΤΕΙΝΟΜΕΝΕΣ ΛΥΣΕΙΣ**  
**ΑΠΟΤΕΛΟΥΝΤΑΙ ΑΠΟ ΕΞΙ (6) ΣΕΛΙΔΕΣ**

**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.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2.	Academic qualifications are the main thing interviewers focus on.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
3.	Candidates should arrive at least 30 minutes before the interview starts.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
4.	Asking questions at the end of an interview shows a lack of preparation.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
5.	A follow-up message after an interview creates a positive impression.	<input checked="" type="checkbox"/>	<input type="checkbox"/>

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



## EXERCISE 1 AUDIOSCRIPT

### **Top Tips for Job Interview Success**

Getting a job interview is exciting, but it can also be stressful. No matter where you are in your career, preparation is always important. Here are some key things every candidate should know before going in.

First impressions are very important. Research shows that interviewers get an impression of a candidate within the first few seconds of meeting them — before you have even said a word. So the way you look, stand and move all matter, and so does your handshake.

Many candidates think that having the right qualifications is the main thing. But interviewers also look for a good attitude, strong communication skills and the ability to work well with others. These things can be just as important, or even more so, than your qualifications.

Timing also matters. Arriving 30 minutes early is actually too much. Try to get there about ten minutes before your interview. This gives you time to relax and feel ready.

When the interviewer asks if you have any questions, always say yes. Asking good questions shows that you are really interested in the job — it does not mean you are not prepared.

Finally, sending a short, polite message after the interview can help leave a good and lasting impression on your future employer.

(209 words)

## 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 2 AUDIOSCRIPT

### **School Exchange Programme – Interview**

Interviewer: Today we are speaking to Mark, a student who recently took part in a school exchange programme abroad. Mark, why did you decide to join the programme?

Mark: My main reason was to meet new people and experience a different way of life. I knew the programme meant travelling to another country, and that seemed exciting, but it wasn't the main thing for me. I also thought it could help my studies in some way, but what I really wanted was to connect with people from a different background.

Interviewer: That sounds like a great motivation. And where did you stay during your time there?

Mark: I stayed with a host family. Before I left, my teacher had offered to help me find other accommodation, and a school friend also suggested I stay near her. But I felt that living with a host family would give me the most genuine experience. They were very kind and friendly from the very first day, and they made me feel at home straight away.

Interviewer: Did you have any difficulties at the beginning of the programme?

Mark: Yes, definitely. The hardest thing was understanding the language. People spoke very quickly in everyday situations, and I often couldn't follow what they were saying. It was frustrating at times, but I kept trying. Making friends was actually easier than I expected — everyone was very welcoming. The school lessons were clear and well-organised, so those weren't really a problem at all.

Interviewer: What did you enjoy most about the whole experience?

Mark: The school trips were definitely the best part. We visited different cities, saw interesting historical places, and learned a lot about the country and its traditions. The local food was also great to try, and the classroom lessons were engaging too. But nothing was as exciting as those excursions. Every trip felt like a new adventure, and I always came back with great memories and lots of photos.

Interviewer: How did you feel when you returned home?

Mark: I feel much more confident now. I'm no longer scared to speak English, and I think my communication skills have really improved. When I first got back, I was quite tired after everything, and I have to say there were some moments during the programme when things didn't go as planned and I felt a little disappointed. But the feeling that has stayed with me most strongly is definitely confidence.

Interviewer: Would you recommend this to other students?

Mark: Absolutely. It's a great way to learn, grow as a person, and make good friends from other countries. I would encourage any student who gets the chance to go for it without hesitation.

### **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>



EXERCISE 3 AUDIOSCRIPT

## **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 altogether. 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 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 affect their physical and mental wellbeing. Experts recommend taking short breaks or practising relaxation techniques to help people react more 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 unmotivated when trying to make healthy changes.

Another difficulty arises when people try to change too many habits at once. Goals that seem impossible often lead to frustration. Even those who begin enthusiastically do not always remain steady when life becomes busy.

Sleep is another key factor. Without enough rest, people feel exhausted and making healthy choices becomes harder. Stressful weeks can make problems appear more serious than they truly are.

In the end, people who make gradual improvements usually feel more prepared to maintain a healthier lifestyle over time.

**ΤΕΛΟΣ ΠΡΟΤΕΙΝΟΜΕΝΩΝ ΛΥΣΕΩΝ**