

ΑΓΓΛΙΚΑ ΓΕΝΙΚΟΥ ΛΥΚΕΙΟΥ 1

UNIT	WORDS	PRONUNCIATION	ENGLISH DEFINITIONS	GREEK DEFINITIONS	
1	8	vital	adj. /'vaɪ.təl/	necessary for the success or continued existence of something; extremely important	ζωτικός
2	8	build up	p.v. /'bɪld.ʌp/	To accumulate or collect	συσσωρεύω
3	8	average	adj. /'æv.ər.ɪdʒ/	Being intermediate between extremes/ Usual or ordinary in kind or character	συνθηματικός, μέσος όρος
4	8	trend	n. /trend/	a general development or change in a situation or in the way that people are behaving	τάση
5	8	expose	v. /k'spəʊz/	to make public something bad or dishonest	εκθέτω
6	8	hot on the heels	i. e. /'hɒt ɒn ðə hi:lz/	Following close behind someone	έχω κτ από κοντά
7	8	unprecedented	adj. /ʌn'pres.i.den.tɪd/	never having happened or existed in the past	πρωτοφανής, πρωτόγνωρος, πρωτόκουστος
8	8	meteoric rise	coll. /mi:ti'ɒnk raɪz/	the process of becoming very famous, powerful, or popular which develops very fast and attracts a lot of attention	ραγδαία αύξηση, άνοδος
9	8	causal	adj. /'kɔ:zəl/	stating, involving, or implying a cause	αιτιατός
10	8	work both ways	i. e. /wɜ:k bəʊθ weɪz/	To produce both positive and negative effects, perhaps simultaneously.	λειτουργεί αμφίδρομα
11	8	vicious circle	i. e. /'vɪ.əs 'sɜ:kəl/	a continuing unpleasant situation, created when one problem causes another problem that then makes the first problem worse	φαύλος κύκλος
12	8	likelihood	n. /'laɪ.kli.həd/	the chance that something will happen	πιθανότητα
13	8	isolation	n. /aɪ.sə'l eɪ.ʃən/	the condition of being alone, especially when this makes you feel unhappy	απομόνωση
14	8	when it comes to	i. e. /wen ɪt kʌmz tə/	When considering some particular person, thing, or action	όσον αφορά
15	8	fundamental	adj. /fʌn.də'men.təl/	forming the base, from which everything else develops	θεμελιώδης
16	8	engagement	n. /ɪn'geɪdʒ.mənt/	the fact of being involved with something	ενασχόληση
17	8	indicator	n. /ɪn.dɪ.keɪ.tər/	something that shows what a situation is like or how it is changing	δείκτης
18	8	restful	adj. /'rest.fəl/	used to describe something that produces a feeling of being calm and relaxed	ξεκούρατος
19	8	slumber	n. /'slʌm.bər/	sleep	ύπνος
20	8	well-told	c. n. /wel-təʊld/	Of a narrative, account, etc.: skilfully or effectively told.	καλά διατυπωμένα
21	8	caution	n. /'kɔ:ʃən/	great care and attention	προσοχή
22	8	emit	v. /i'mɪt/	to send out a beam, noise, smell, or gas	εκπέμπω, αναδίδω
23	8	inhibit	v. /ɪn'hib.ɪt/	to prevent someone from doing something by making them feel nervous or embarrassed	εμποδίζω
24	8	effectively	adv. /ɪ'fek.tɪv.li/	in a way that is successful and achieves what you want	αποτελεσματικά
25	8	nod off	p.v. /nɒd ɒf/	to begin sleeping, especially not intentionally	αποκοιμέμαι
26	8	alluring	adj. /ə'ljʊə.rɪŋ/	attractive or exciting	δελειαστικός
27	8	merry-go-round	i. e. /'mer.i.gəʊ raʊnd/	a large machine at a fair that turns round and has wooden or plastic animals or vehicles on which children ride	καροούζελ
28	8	interrelated	adj. /ɪn.tə.rɪ'leɪ.tɪd/	connected in such a way that each thing has an effect on or depends on the other	αλληλοσυνδεδεμένα
29	8	at play	i. e. /ət pleɪ/	Active or existing as something to be considered.	που εμπλέκονται
30	8	deprivation	n. /dep.rɪ'veɪ.ʃən/	a situation in which you do not have things or conditions that are usually considered necessary for a pleasant life	στέρξη
31	8	worsen	v. /'wɜ:sən/	to become worse or to make something become worse	επιδεινώνω
32	8	side-effect	c. n. /'saɪd ɪ'fekt/	an unwanted or unexpected result or condition that comes along with the desired effects of something	παραέργεια
33	8	obesity	n. /əʊ'bi:si.ti/	the fact of being extremely fat, in a way that is dangerous for health	παχυσαρκία
34	8	academic performance	coll. /æk.ə'dem.ɪk pɜ:'fɔ:məns/	manner or quality of functioning connected with studying and thinking, not with practical skills	ακαδημαϊκή απόδοση
35	8	risk behaviour	coll. /rɪsk bɪ'heɪ.vjər/	any consciously, or non-consciously controlled behavior with a perceived uncertainty about its outcome, and/or about its possible benefits, or costs for the physical, economic or psycho-social well-being of oneself or others.	συμπεριφορά υψηλού κινδύνου
36	8	substance	n. /sʌb.stəns/	A drug, chemical, or other material (such as glue) that one is dependent on or uses habitually and that is often illegal or subject to government regulation	ουσία
37	8	adversely	adv. /əd.vɜ:s.ə.li/	in a way that has a negative or harmful effect	δυσμενώς, αρνητικά
38	8	adolescence	n. /əd.ə'les.əns/	the period of time in a person's life when they are developing into an adult	νεότητα
39	8	critical	adj. /'krɪt.ɪ.kəl/	of the greatest importance to the way things might happen	αποφασιστικής σημασίας
40	8	exacerbate	v. /ɪg'zæs.ə.beɪt/	to make something that is already bad even worse	επιδεινώνω
41	8	in turn	i. e. /ɪn tɜ:n/	as a result of something in a series of events	με τη σειρά του/της
42	8	post	n. /pəʊst/	something such as a message or picture that you publish on a website or using social media	ανάρτηση
43	8	drab	n. /dræb/	boring, especially in appearance; having little colour and excitement	μουντός, άχρωμος
44	8	combat	v. /'kɒm.bæt/	to try to stop something unpleasant or harmful from happening or increasing	καταπολεμώ
45	8	downside	n. /'daʊn.saɪd/	a disadvantage of a situation	ελάττωμα, μειονέκτημα
46	8	moderation	n. /mod.ə'reɪ.ʃən/	the quality of doing something within reasonable limits	Μέτρο, μετριότητα
47	8	ring-fence	c. n. /rɪŋ fens/	to put restrictions on something, so that it can only be used for a particular purpose	οριοθετώ
48	8	distance oneself from	v. /dɪ'stəns wʌn'sel frəm/	try to become less involved or connected with	απομακρύνωμαι, αποστασιοποιούμαι από κτ/κπ
49	8	set	adj. /set/	fixed, certain	καθορισμένος
50	8	fluid situation	coll. /'flu:ɪd sɪtʃ.u'eɪ.ʃən/	a condition or combination of conditions that is not fixed and is likely to change, often repeatedly and unexpectedly	ρευστή κατάσταση
51	8	bleed into	p.v. /bli:d 'ɪn.tu:/	start to affect sth	επηρεάζω
52	8	buffer zone	coll. /'bʌf.ə zəʊn/	an area intended to separate two armies that are fighting	ουδέτερη ζώνη
53	8	disorder	n. /dɪ'sɔ:dar/	A condition characterized by lack of normal functioning of physical or mental processes	διαταραχή
54	8	absence	n. /'æb.səns/	the fact of not existing	απουσία
55	8	bring about	p.v. /brɪŋ ə'baʊt/	to make something happen	επιφέρω
56	8	excessive	adj. /ek'ses.ɪv/	Exceeding a normal, usual, reasonable, or proper limit.	υπερβολικός
57	8	allocate	v. /'æl.ə.keɪt/	to give a particular amount of time, money, etc. to someone or something, so that it can be used in a particular way	διαθέτω, κατανέμω κτ σε κπ
58	8	puberty	n. /'pjʊ:bə.tɪ/	the stage in people's lives when they develop from a child into an adult because of changes in their body that make them able to have children	εφηβεία
59	8	counselor	n. /'kaʊn.səl.ər/	someone who is trained to listen to people and give them advice about their problems	σύμβουλος
60	8	adolescent	n. /əd.ə'les.ənt/	a young person who is developing into an adult	έφηβος
61	8	apparently	adv. /ə'pæ.r.ənt.li/	(sentence modifier) it appears that; as far as one knows; seemingly	προφανώς
62	8	lie	v. /laɪ/	To consist or have as a basis. Often used with in	έγκειται
63	8	fragile	adj. /'frædʒ.əl/	easily damaged, broken, or harmed	εύθραστος
64	8	wisely	adv. /'waɪz.li/	showing good judgment	σοφά
65	8	provoke	v. /prə'vəʊk/	to cause a reaction, especially a negative one	προξενώ
66	8	generational	adj. /dʒenə'reɪʃənəl/	relating to generations	γενεακός

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67	8	gain	v.	/ɡeɪn/	to get something that is useful, that gives you an advantage, or that is in some way positive, especially over a period of time	κερδίζω, αποκτώ
68	8	invincible hold	coll.	/ɪnˈvɪn.sə.bəl həʊld/	power or control over something or someone that is impossible to defeat or prevent from doing what is intended	ακαταμάχητη επιρροή
69	8	incentive	n.	/ɪnˈsen.tɪv/	something that encourages a person to do something	κίνητρο
70	8	beneficial	adj.	/ˌben.ɪˈfɪj.əl/	helpful, useful, or good	ευεργετικός
71	8	in terms of	i. e.	/ɪn tɜːmz əv/	used to describe which particular area of a subject you are discussing	όσον αφορά
72	8	unwilling	adj.	/ʌnˈwɪl.ɪŋ/	not wanting to do something	απρόθυμος
73	8	avid	adj.	/ˈæv.ɪd/	extremely eager or interested	ένθετος, ενθουσιώδης
74	8	texter	n.	/ˈtekstə/	a person who communicates by text messaging	αποστολέας μηνυμάτων
75	8	in person	i. e.	/ɪn ˈpɜː.sən/	Physically present, as opposed to appearing or communicating via a medium such as video.	αυτοπροσώπως
76	8	augment	v.	/ɔːɡˈment/	to increase the size or value of something by adding something to it	αυξάνω
77	8	ease up on	p.v.	/iːz ʌp ɒn/	To reduce the pressure or urgency placed on a person, thing, action, or situation	είμαι λιγότερο αυστηρός με κτ
78	8	early on	i. e.	/ˈɜː.li ɒn/	In the beginning stages of something; at the start	από νωρίς
79	8	third space	coll.	/ˈθɜːdˌspeɪs/	informal the coffee shop considered as an alternative to a bar or restaurant as a place to socialize outside the home	εναλλακτικός χώρος κοινωνικοποίησης
80	8	late teens	coll.	/leɪt tiːnz/	aged between 17 and 19	στο τέλος της εφηβείας
81	8	adjust	v.	/əˈdʒʌst/	to change something slightly, especially to make it more correct, effective, or suitable	προσαρμόζω
82	8	wrestle	v.	/ˈres.əl/	To struggle in trying to manage, control, or deal with something	παλεύω
83	8	privacy	n.	/ˈprɪv.ə.sɪ/	someone's right to keep their personal matters and relationships secret	ιδιωτικότητα
84	8	tweak	v.	/twiːk/	to change something slightly, especially in order to make it more correct, effective, or suitable	κάνω μικροδιορθώσεις/μικροαλλαγές
85	8	settings	n.	/ˈset.ɪŋ/	a position of the controls on a machine or instrument	ρυθμίσεις
86	8	minimise	v.	/ˈmɪn.ɪ.maɪz/	to reduce something to the least possible level or amount	ελαχιστοποιώ
87	8	trace	n.	/treɪs/	a sign that something has happened or existed	ίχνος
88	8	good judgement	coll.	/ɡʊd ˈdʒʌdʒmənt/	the ability to form valuable opinions and make good decisions	ορθή κρίση
89	8	work out	p.v.	/wɜːk aʊt/	informal to understand the real nature of	καταλαβαίνω, αντιλαμβάνομαι
90	8	messiness	n.	/ˈmes.ɪnəs/	a state of confusion and disorderliness	μητέξιμο, μπερδεμα
91	8	abuse	n.	/əˈbjuːz/	the use of something in a way that is harmful or morally wrong	κακομεταχείριση, κατάχρηση
92	8	worst-case scenario	coll.	/wɜːst.keɪs siːnɑː.ri.əʊ/	the most unpleasant or serious thing that could happen in a situation	χειρότερο σενάριο/ περίπτωση
93	8	thankfully	adv.	/ˈθæŋkfʊli/	used, usually at the beginning of a sentence, to show you are happy or grateful about something	ευτυχώς
94	8	daily occurrence	coll.	/ˈdeɪ.li əˈkr.əns/	an event, esp. one that happens or is done unexpectedly every day	καθημερινό συμβάν
95	8	short-form writing	coll.	/ɔːt fɔːm ˈraɪ.tɪŋ/	The limits imposed on the length of a single text message (160 characters) or a tweet (140 characters). It also refers to brief posts on Facebook and blogs.	συντομικός τρόπος γραφής
96	8	erode	v.	/ɪˈrəʊd/	to weaken or damage something by taking away parts of it gradually, or to become weaker in this way	διαβρώνω, υπονομεύω
97	8	literacy	n.	/ˈlɪt.ər.ə.sɪ/	the ability to read and write, also a basic skill or knowledge of a subject	αλφαριθμητικός, γραμματισμός
98	8	overly	adv.	/ˈəʊ.vəl.i/	To an excessive degree	υπερβολικά, άκρως
99	8	immersive reading	coll.	/ɪˈmɜː.sɪv ˈriː.dɪŋ/	Using multiple tools from the digital media set to engage several senses to completely involve the reader in the experience of the story	εμβυθιστική ανάγνωση
100	8	misguided	adj.	/mɪsˈɡaɪ.dɪd/	unreasonable or unsuitable because of being based on a bad judgment of a situation or on information or beliefs that are wrong	άστοχος, λανθασμένος, εσφαλμένος
101	8	excursion	n.	/ɪkˈskɜː.ʃən/	a short journey usually made for pleasure, often by a group of people	εκδρομή
102	8	fire	v.	/faɪər/	to remove someone from their job, either because they have done something wrong or badly, or as a way of saving the cost of employing them	απολύω
103	8	mouthwatering	adj.	/ˈmaʊθˈwɔːtərɪŋ/	Appealing to the sense of taste; appetizing	ορεκτικός
104	8	grief	n.	/ɡriːf/	very great sadness, especially at the death of someone	θλίψη, πόνος
105	8	reverie	n.	/ˈrev.ər.i/	a state of having pleasant dream-like thoughts	ονειροπόληση
106	8	transparent	adj.	/ˈtrænzˈspær.ənt/	Open to public scrutiny; not hidden or proprietary	διαφανής
107	8	social media account	coll.	/ˌsəʊ.ʃəl ˈmiː.di.ə əˈkaʊnt/	. A private access to the websites and applications considered as collectively constituting a medium by which people share messages, photographs, and other information, especially in online communities or forums based on shared interests or backgrounds., usually requiring a password to enter.	λογαριασμός μέσω κοινωνικής δικτύωσης
108	8	interpersonal	adj.	/ɪn.təˈpɜː.sən.əl/	connected with relationships between people	διαπροσωπικός
109	8	balanced consideration	coll.	/ˌbæl.ənst kən.sɪd.əˈreɪ.ʃən/	considering all sides or opinions equally	ισόρροπη εξέταση
110	8	major asset	coll.	/ˌmeɪ.dʒə ˈæs.ət/	more important or more serious, useful or valuable than others of the same quality, skill, or person	σημαντικό πλεονέκτημα
111	8	objection	n.	/əbˈdʒek.ʃən/	the act of expressing or feeling opposition to or dislike of something or someone	αντίρρηση
112	8	notwithstanding	adv.	/ˌnɒt.wɪðˈstæɪn.dɪŋ/	despite the fact or thing mentioned	ωστόσο, εντούτοις
113	8	on the ground that	id.	/ɒn ðə ɡraʊnd ðæt/	for the reason that : because	με την αιτιολογία ότι
114	8	for...against	prep.	/fɔːr/ ˈə ɡenst/	in support of or in agreement with / disagreeing with a plan or activity	υπέρ...κατά
115	8	advocate	n.	/ˈæd.və.kət/	someone who publicly supports something	υποστηρικτής, υπέρμαχος
116	8	proponent	n.	/ˈprɔːpəʊ.nənt/	a person who speaks publicly in support of a particular idea or plan of action	υποστηρικτής
117	8	owing to	prep.	/ˈəʊ.ɪŋ tuː/	because of	εξαιτίας
118	8	on balance	id.	/ɒn bæl.əns/	after considering the power or influence of both sides of a question	γενικά
119	8	capture the attention	coll.	/ˈkæptʃər ˈðiː əˈten.ʃən/	to interest someone	τραβάω την προσοχή
120	8	provocative insight	coll.	/ˈprɔːvɒk.ə.tɪv ˈɪn.saɪt/	causing clear, deep, and sometimes sudden understanding/thought about interesting subjects, a complicated problem or situation	προκλητική άποψη
121	8	balanced consideration	coll.	/ˌbæl.ənst	considering all sides or opinions equally	ισόρροπη εξέταση
122	8	impersonal	adj.	/ɪmˈpɜː.sən.əl/	not referring to people or a particular person by name	απόσωπος
123	8	colloquial	adj.	/kəˈləʊ.kwi.əl/	(of words and expressions) informal and more suitable for use in speech than in writing	καθολοιγμένη
124	8	sophisticated	adj.	/səˈfɪs.tɪ.keɪ.tɪd/	intellectually appealing	εκλεπτυσμένος, ψαγμένος

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