

PART A - CHOICE ITEMS

ACTIVITY 1

Read the text and choose the best answers (A, B, or C) for items 1a-6a.

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Coffee and Greece

Coffee is what gets most people going in the morning. Whether it's a cup made at home or a coffee bought at a café or kiosk, the average coffee drinker has three cups a day. In the U.S. there are 150 million daily coffee drinkers. Drinking coffee isn't a new trend – it's been around since the discovery of the coffee plant in the ancient forests in Ethiopia. The myth suggests that Kaldi, a goat herder, discovered coffee when he noticed that, after eating the berries from a certain tree, his goats became so energetic that they didn't want to sleep at night.

Coffee first came to Greece during the times of the Ottoman empire. After being discovered and made into a drink in Ancient Arabia, it was traded by the Persians around the world, and the first coffee shop opened in Constantinople in 1425.

Today in Greece – just like in many other parts of the world – coffee is a key part of the culture of the country. Young people love to meet up in the newest, trendiest cafés to enjoy a frappe or espresso coffee. Greeks drink an average of 5.4 kg of coffee per person, which is more coffee than the French, the English, and the Americans!

However, just like in any other coffee-drinking country, Greece has its own recipe for the perfect cup of coffee. Tourists can find all the international chains that serve the same coffee they have every day back at home, but when travelling it's always a good idea to try something local.

Greek coffee is the way to enjoy a local treasure. Finely ground coffee is added to hot water and then allowed to boil. As the water cools a little and the coffee grounds sink to the bottom, the drink becomes thick.



Its flavour and aroma are quite strong, and because of its strength, many Greeks will add a little bit of sugar to it.

There are four different levels of sweetness you can order for your coffee: "sketos" (no sugar), "metrios" (one sugar), "glykos" (sweet, two sugars), "variglykos" (very sweet, more than two sugars). If you've never had coffee prepared this way before, consider asking for sugar on the side, so that you can sweeten it to your taste. Then, once you know what you like, you can order like a local.

No conversation about coffee in Greece would be complete, however, without mentioning the Greek innovation of frappe. Coming from the French word meaning 'to hit', a frappe is a cold coffee drink that has become popular. It's instant coffee, milk, and ice, blended together and served with a straw. Despite its simplicity, frappe is one of the most popular ways to drink coffee in Greece, especially among young people during the hot summer months.

Lastly, we cannot forget espresso and cappuccino. It seems no culture has been able to avoid Italian coffee culture, and so nowadays, in coffee shops all around Greece, you can find these and other popular coffee drinks as well.

ATTENTION


- Try to answer all the questions.
- Mark your answers on Answer Sheet 1 [ΑΠΑΝΤΗΤΙΚΟ ΕΝΤΥΠΟ 1].
- Provide ONE answer for each item.
- You have **85 minutes** to complete this part of the exam.

- 1a. The main purpose of this text is to describe the
 A. the Greek history of coffee. B. coffee culture in Greece. C. how many Greeks drink coffee.
- 2a. The text says that Greek people
 A. drink a lot of coffee. B. all like sweet coffee. C. don't like hot coffee.
- 3a. The text suggests that visitors to Greece
 A. cannot find all sorts of coffee. B. should try Greek coffee C. should avoid frappe.
- 4a. The text suggests tourists need to
 A. try out different brands of coffee. B. try first to drink coffee with no sugar. C. decide how they like to drink Greek coffee.
- 5a. The text suggests frappe is liked a lot by
 A. Greek youth. B. Greek tourists. C. Greeks abroad.
- 6a. The text suggests that tourists visiting Greece can find
 A. coffee from different countries. B. only hot coffee. C. little choice in coffee.


ACTIVITY 2

Read the texts and choose the best word (A-H) to fill in items 7a-13a. Use each word only once. There is one word you do not need.

A. made	B. enrolled	C. cared	D. served
E. worked	F. received	G. finished	H. elected



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Firsts for women in politics 2019-2020




Greece elects its first woman President

The new decade in Greece began positively with Katerina Sakellaropoulou being elected as President of Greece, because she (7a) _____ support from a range of political parties in the parliament. Described as someone who has always (8a) _____ about the environment and who has (9a) _____ to protect human rights, she studied law at the University of Athens and completed her post graduate studies in Paris.



Finland appoints youngest prime minister

Sanna Mirella Marin, 34, was (10a) _____ Prime Minister of Finland on December 10th 2019. She is currently the world's youngest sitting prime minister. Sanna Marin, a keen environmentalist, has (11a) _____ it clear that her intention is that Finland becomes carbon neutral in 15 years, twice as fast as the rest of Europe.



First Native American women to serve in Congress

It has taken 200 years of American history for a Native American woman to serve in the US Congress, but Deb Haaland was elected in 2018. She is an (12a) _____ member of the Laguna Pueblo people. Her mother, a Native American woman, actually (13a) _____ in the United States Navy and her father, Major J. D. "Dutch" Haaland, a Norwegian American, was an officer in the United States Marine Corps and recipient of the Silver Star for his actions in Vietnam.

ACTIVITY 3

Read the text and fill in gaps 14a-20a with the best option (A-H). Use each option only once. There is one option you do not need.

A. about	B. over	C. by	D. in
E. of	F. out	G. for	H. up



Why do we need community fridges in cities all over the world?

A community fridge is a refrigerator located in a public space. It enables food to be shared within a community, as anyone can put food in and take food (14a) _____. The main aim of community fridges is to reduce food waste. They also enable people facing hardship to have easy access to fresh, nutritious food.

The first community fridges were set (15a) _____ in Germany and Spain in 2012. They were run by local communities but had strict rules for anyone leaving food in the fridge: no raw fish, meat or eggs. Packaged or canned goods could not be past their use-by date and anything prepared at home had to include a label (16a) _____ when it was made. Volunteers had to keep an eye on each fridge to throw out anything past its use-by date.

Community Fridges are a rapidly-growing phenomenon, with fridges also recently opened in India, New Zealand and other countries in Europe. Nowadays, health and safety is a very important concern and all fridges must be cleaned regularly, and there must be waste facilities provided nearby. (17a) _____ most countries, community fridges also require the support of local authorities and environmental officers. There are EU standards to be met which will make it challenging to continue, but rightly food safety standards must be maintained.

In the UK where community fridges have existed for some years, the world's first community fridge network is expected to double in size over the next two years. (18a) _____ 2019, the charity had launched 50 community fridges in different cities and aims to open another 50 within two years. These fridges provide a place for residents and businesses to donate food, which is available for anybody who needs it to take. According to the charity, each fridge saves half a tonne of food per month. The food standards are being met with the help of local authorities and the charity running them. Some may ask why there is still a need (19a) _____ community fridges and essentially this article has established two main reasons:

- as a global society we still need to prevent the huge amount (20a) _____ food waste that exists
- preventing food waste also enables people facing difficulties to be able to get fresh and canned food when they need it but cannot afford it.

ACTIVITY 4

Read the text below and decide if statements 21a-25a are True (A), False (B) or Not stated (C).

STATEMENTS		A	B	C
		TRUE	FALSE	NOT STATED
According to the text				
21a.	the writer only wants to communicate with young people in Greece.			
22a.	the writer advises against sharing any news stories.			
23a.	the writer believes it is not hard to create fake news stories.			
24a.	the writer says that nowadays there are more fake news stories.			
25a.	the writer suggests checking news stories right after you post them.			

INTRO

This blog is written by me, Dimitris Sotiriou. I am 17 years old. I live in Patras Greece. I want to share my blog with young people of my age all over Europe. I blog about topics that I think matter to teenagers like me.

Today's blog post is about fake news. We all like to share news stories with our friends on social media, but do any of us check if the stories are actually true?

The information I'm posting might help you stop spreading fake news.

Thursday 6 May 2021

How to spot fake news

SHARING NEWS AND STORIES WITH OUR FRIENDS ON SOCIAL MEDIA CAN BE FUN. When we learn an interesting fact, or something makes us laugh, many of us will send it round to other people who might be interested. There's nothing wrong with that!

So what is fake news? Fake news are reports and stories that aren't true, and there are thousands of them around on the internet. Some stories are just not accurate because journalists or bloggers like me didn't check the facts enough, but some are deliberate lies to misinform people. These are the worst. Now that everyone has access to technology it is easier to edit photos and build fake websites. The stories can then be shared around the internet quickly. Fake news is much easier to create than in the past.

I was doing some research and in fact in recent years there has been a big increase in the number of made-up stories and false news reports being posted on the internet. Often, they are about famous people: sports people, politicians, musicians, or film stars. If we share these made-up stories and treat them as true, we could actually be causing people to make misinformed decisions. There have been examples of fake news in recent elections in several countries. This is really bad. We all need to know how not to become influenced by this 'fake news'.

So, what can you do? The best thing is to check out news reports before you post anything: Is the story on the TV, radio or in newspapers? Is the date of the story correct? Is the website address normal? Do the photos look normal?

If the answer to any of these things is no, it may be fake news. My advice is don't share news stories unless you are sure they are true. Don't share fake news!

ACTIVITY 5


Read the text below and choose the best answer (A, B or C) for items 26a-31a (next page).

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Q

Sleep, exercise and screen time

How much do you do? How much should you do?



A recent study in Canada came up with guidelines about how much sleep, exercise and screen time teenagers should have on a daily basis. They recommend young people aged 5-17 should spend an hour a day doing moderate to vigorous exercise, no more than two hours a day in front of a screen and get at least eight hours' sleep a night. What about you? Do you get enough sleep? How often and for long do you exercise? Do you limit the amount of time you spend on screen every day?

A follow up study in the UK established that three-quarters of UK teenagers spend a lot of time interacting with their screens. It also revealed that almost 90% of young people met the recommendation of sleeping at least eight hours a night, and that about half met the daily recommendation for exercise. However, the majority failed to meet the recommendation in connection with time spent interacting with screens. Most young people spend considerably more than two hours a day on mobile phones, laptops and TV screens.

It is becoming an accepted fact that too much screen time raises the risk of becoming overweight. It interferes with face-to-face social activities and time spent with family. It can also have a negative impact on a teenager's mental health. There have been links with too much screen time and depression.

However, the idea of establishing a safe amount of screen time every day is not agreed by all experts. Many experts say there is not enough evidence to recommend a maximum time for young people. We live in a digital age and no one can dispute that young people benefit from accessing learning and some entertainment through their screens. Teenagers deserve a chance to unwind and relax and some screen time can offer that. Experts do agree that parents should focus on whether their kids' screen use is interfering with other activities such as sleep, exercise and family time.

If parents need to help with limiting screen time, what can they do?

Parents can be good role models by limiting their own screen time as well as that of their kids; They can make sure that meal times are screen-free times, set a time when screens need to be turned off at night and remove screens from bedrooms which makes sense for parents and kids alike. Also, they can encourage their kids to get some exercise on a regular basis. Maybe it would be an even better idea for young people to try and help themselves rather than relying on their parents to make sure they're leading a healthy lifestyle. Perhaps it should be up to them to make sure they get enough sleep and exercise, and try and to keep screen time reasonable.


- 26a. The text is aimed mainly at
 A experts and teenagers. B teenagers and parents. C parents and researchers.
- 27a. The guidelines in the text are based on
 A the views of teenagers. B continued research. C interviews with parents.
- 28a. According to the guidelines in the text, young people should
 A go to a gym every week. B sleep 8 hours a night. C avoid their screens 1 day a week.
- 29a. According to the text, most young people in the UK survey failed to
 A exercise every day. B sleep enough every night. C meet screen time requirements.
- 30a. The text suggests that experts agree screen time limits
 A have no benefits. B should be 3 hours a day. C require parental involvement.
- 31a. The text suggests teenagers should
 A deny their parents' help. B seek expert help. C decide to help themselves.

ACTIVITY 6



Read the text and fill in gaps 32a-37a with the best option (A-H). Use each option only once. There are two options you do not need.

A. encouraging	B. delighted	C. individual	D. damaging
E. often	F. positive	G. concerned	H. instead

The GREEN magazine
March 2021



FLYGSKAM

The word 'flygskam' has been invented in Sweden. It's made up of two separate words: 'flyg' which means 'flight' and 'skam' which means 'shame'.

Flygskam is a movement that is growing in size within the country. Travellers are (32a) _____ about taking flights because of the environmental impact. The movement is spreading across the world, with people promising to fly less and choosing to travel by train (33a) _____ of plane, using #flyingless or #stayinggrounded to highlight their commitment to plane-free travel.

Over the last two decades planes have become much more energy efficient. That's a significant difference. Saying that, though, flying is still by far the most (34a) _____ form of travel.

In 2017 bookings for air travel in Sweden fell by 3%. In the same year, 50% more inter rail tickets were purchased than in 2016. It can often feel that as individuals our actions have little consequence. But this is proof of what can happen when (35a) _____ action becomes group action.

One of the difficulties facing customers looking for an alternative to taking a plane is that train fares are often more expensive than cheap flights. However, it is (36a) _____ to see that fares for long-distance rail travel in Germany have dropped for the first time in 17 years. This is a direct result of climate protection measures, aimed at making train travel more attractive, that came into effect in 2020. Countries across Europe need to implement (37a) _____ initiatives such as this.

ACTIVITY 7

Match film descriptions (38a-42a) with options A-F. There is one option you do not need.

A. science fiction	B. crime	C. animation
D. comedy	E. adventure	F. musical

magazine
CINEMA
FOR ALL

NOVEMBER 2020

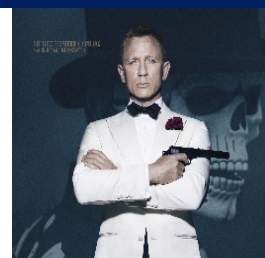
Films

to feast your eyes



38a - The **Snail and the Whale** is a half hour film that was released in December 2019. It is based on the much-loved book written by Julia Donaldson. It shows a restless young snail who has ambitions to travel the world and succeeds in her mission by hitching a ride with a humpback whale. The graphics created by photographing successive static models to create an illusion of movement when the film is shown as a sequence are enchanting.

39a - A recent James Bond film is **Spectre**. There have been 26 Bond films produced to date. Fans of super spy and action man James Bond are awaiting the next film No Time to Die due to be released in cinemas in April 2020. It may be the last time Daniel Craig plays the spy who always gets involved in dangerous and exciting exploits in exotic locations. Who will be the next Bond? Rumours suggest that it may be a woman!



40a - **The Rise of Skywalker** was released in the US in December 2019. Produced by Kathleen Kennedy the film brought together many of the actors and actresses who have starred in other Star Wars films. As ever the special and visual effects were fantastic as the characters travelled through space to an uncharted planet and a moon in the far reaches of the galaxy.



41a - December 2020 sees the release of a new **West Side Story** film directed by the internationally acclaimed Steven Spielberg. Set in New York in 1957, it is about two gangs, the Jets and the Sharks. Romance blossoms between Maria and Tony, but it isn't straightforward as they belong to different gangs. Based on Romeo and Juliet by William Shakespeare, the action is fast, but it's the fantastic songs that people love the most.

42a - Agatha's Christies **Death on the Nile** returns to the cinema screen. The famous Belgian detective, Hercule Poirot, must investigate the murder of a young woman. Agatha Christie novels featuring the famous detective have been adapted as films and plays on many occasions. The 2021 version will be directed by Kenneth Branagh and will feature a star-studded line up.

ACTIVITY 8

Read the text and decide if the statements below (43a-50a) are True (A), False (B) or Not stated (C).



The Mouse, the Bird, and the Sausage

by the Brothers Grimm

Once upon a time, a mouse, a bird, and a sausage, entered into partnership and set up house together. For a long time, all went well; they lived in great comfort, and prospered so far as to be able to add considerably to their stores. The bird's duty was to fly daily into the forest and bring in fuel; the mouse fetched the water, and the sausage saw to the cooking.

When people are too well off, they always begin to long for something new. And so it came to pass, that the bird, while out one day, met a fellow bird, to whom he boastfully spoke on the excellence of his household arrangements. But the other bird sneered at him for being a poor simpleton, who did all the hard work, while the other two stayed at home and had a good time of it. For, when the mouse had made the fire and fetched in the water, she could retire into her little room and rest until it was time to set the table. The sausage had only to watch the pot to see that the food was properly cooked, and when it was near dinner-time, he just threw himself into the broth, or rolled among the vegetables three or four times, and there they were, buttered, and salted, and ready to be served. Then, when the bird came home and had laid aside his burden, they sat down to table, and when they had finished their meal, they could sleep their fill till the following morning: and that was really a very delightful life.

Influenced by those remarks, the bird next morning refused to bring in the wood, telling the others that he had been their servant long enough, and had been a fool into the bargain, and that it was now time to make a change, and to try some other way of arranging the work. Beg and pray as the mouse and the sausage might, it was of no use; the bird remained master of the situation, and the venture had to be made. They therefore drew lots, and it fell to the sausage to bring in the wood, to the mouse to cook, and to the bird to fetch the water.

So, what happened next? The sausage was in search of wood, the bird made the fire, and the mouse put on the pot, and then these two waited till the sausage returned with the fuel for the following day. But the sausage remained so long away, that they became uneasy, and the bird flew out to meet him. He had not flown far, however, when he came across a dog who, having met the sausage, had regarded him as his legitimate booty, and so seized and swallowed him. The bird complained to the dog of this bare-faced robbery, but nothing he said was of any avail, for the dog answered that he found false credentials on the sausage, and that was the reason his life had been forfeited.

He picked up the wood, and flew sadly home, and told the mouse all he had seen and heard. They were both very unhappy but agreed to make the best of things and to remain with one another.

So now the bird went back to collecting the wood, and the mouse looked after the food as well as fetching the water and, wishing to prepare it in the same way as the sausage, by rolling in and out among the vegetables to salt and butter them, she jumped into the pot; but she stopped short long before she reached the bottom, having already parted not only with her skin and hair, but also with life.

Presently the bird came in and wanted to serve up the dinner, but he could nowhere see the cook. In his alarm and flurry, he threw the wood here and there about the floor, called and searched, but no cook was to be found. Then some of the wood that had been carelessly thrown down, caught fire and began to blaze. The bird hastened to fetch some water, but his pail fell into the well, and he fell after it. As he was unable to recover himself, he was drowned.

STATEMENTS		A	B	C
		TRUE	FALSE	NOT STATED
43a	This is clearly a fairy tale.			
44a	Initially the three characters lived together happily.			
45a	The bird was influenced into thinking he worked too hard.			
46a	The mouse had to collect fruit from the forest on occasions.			
47a	The bird stated very clearly that he would not take on any other role in the house.			
48a	When the sausage went to collect the wood, it met a dog and had an untimely end.			
49a	Once each character took on different roles everything went extremely well.			
50a	The message of this story is that if you're happy with life don't change things!			

PART B - SHORT ANSWERS

ACTIVITY 1

Fill in gaps 1b-5b with the most appropriate word, so that the text makes sense.

Norway

on the cheap!

Who would have thought the two words Norway and cheap would ever be in the same sentence? It is well known that Norway is one of the world's most **(1b)** _____ countries to visit in terms of travel, food and accommodation. It is probably too much money for the average backpacker but we still wanted to see it so we looked out for the best budget options.

We'd heard great tales from a friend about small ships that sail up and down the **(2b)** _____, visiting the small ports along the fjords and right up into the Arctic Circle to see the Northern Lights. It sounded amazing so we looked into it.

We ended up paying €1100 each for 12 days from Bergen all the way up to the **(3b)** _____ of Kirkenes with a population of about 3.500 people), way up in the north, then back to Bergen. It would have been cheaper if we'd booked at least 3 months earlier. It calls in at 32 ports in total, and there's time to get out and explore many of them. For that you get a cosy, comfy cabin, a buffet **(4b)** _____ and lunch and a set dinner every day of the trip. The food was incredible and I've never eaten so well and so healthily.

Now I know it's not an inexpensive trip, but let's remember this is Norway. I defy anybody to find 12-day accommodation in a private room, 3 square meals a day in restaurants, and transport from Bergen to the very end of Norway and back for **(5b)** _____ than €100 per person per day. It's an incredible bargain for travel in Norway.

Needless to say, it was the most fantastic trip and not only did we see the Northern Lights but a pod of orcas as well. It was bitterly cold but I'm really glad we went.

ACTIVITY 2

Fill in gaps 6b-10b with the most appropriate word, so that the text makes sense. The number of dashes is equivalent to the number of letters of each missing word.

File Message Insert Options Format Text Review

Clipboard

Paste

B
I
U
A

Basic Text

Attach File
Follow Up

Attach Item
High Importance

Signature
Low Importance

Zoom

To...

Blackwater Books

Cc...

Subject:

Requested information about Burma: Food, Family & Conflict

Dear Lorna

Please find the information you requested about the newly published book I was talking about when we met last week. I hope you decide to stock it in your bookshop.

With thanks

Alex

Summary

How to get to know Myanmar, a country that until recently has been (6b) ___ limits for all but the briefest of visits? *Burma: Food, Family & Conflict* is a moving first-hand account of family life in colonial Burma. Combining original historical research and family stories, the book traces the shifts (7b) _____ colonialism, to resistance and finally independence. It draws on recorded interviews with the author's grandmother, the daughter of Sir William Carr, an English high court judge and Ma Khin, the Burmese woman who rolled his cheroots in the Moulmein bazaar. Distinctive regional recipes make this quite literally, a taste of history. Beautifully designed and illustrated with historical and contemporary photographs. This (8b) _____ makes Burmese history accessible for a general readership.

Authors

Co-authored by Bridget Anderson, Professor of Migration, Mobilities and Citizenship at the University of Bristol, and her brother, Stephen Anderson, chef and owner of Ma Khin Café in Valencia, Spain.


Marketing / Publicity

- Social (9b) _____ presence on Facebook, Twitter and Instagram.
- Bridget and Stephen are available for interviews / events.
- Sample pages and book cover are available, along with launch leaflet and information leaflet.
- The book is advertised through the Ma Khin Café website.
- The book has been (10b) _____ and recommended by a number of authors / journalists/ chefs / travel writers / food critics.

Recommendation

'This is what food is all about: family, past and roots collectively coming to the present via colourful stories.'

Marianna Leivaditaki, Head chef, Morito, London



**ΣΑΣ ΥΠΕΝΘΥΜΙΖΟΥΜΕ ΟΤΙ ΠΡΕΠΕΙ ΝΑ ΜΕΤΑΦΕΡΕΤΕ ΟΛΕΣ ΤΙΣ ΑΠΑΝΤΗΣΕΙΣ ΣΤΟ ΕΝΤΥΠΟ 1
ΤΕΛΟΣ ΜΗΝΥΜΑΤΟΣ**