

PART A - CHOICE ITEMS

ACTIVITY 1

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

www.greekreporter.com/ celebrate-spring-martis-bracelet

Greece Cyprus USA Hollywood Europe Australia Canada Africa Name Days GR en Español GR Россия 華華時訊 Contact

GREEK REPORTER

GREEK NEWS ▾ POLITICS DIASPORA BUSINESS CORONAVIRUS ENVIRONMENT LIFE ▾ TRAVEL SPORTS

Celebrating spring with a Greek tradition - Martis bracelets

Everyone looks forward to the arrival of spring. The long, cold, dark and often wet days of winter are behind us. Spring brings longer, lighter, warmer days and the welcome sight of colourful flowering plants and leaf covered trees. With the arrival of spring we know summer will not be far away. It's a time to feel positive about the year ahead.

In Greece, many people celebrate an ancient tradition at the start of spring. The custom of wearing red and white bracelets made from thread or string. This lasts from the first day of the first month of spring on 1st March until the last day of the month, 31st March. Not everyone in the English-speaking world is aware that the month March gets its name from the bracelet 'Martis' and that this tradition began in Greece many thousands of years ago.

In ancient Greece people believed that wearing the bracelets would bring them luck and good health. People also thought that if they wore the bracelets it would stop them from burning their cheeks in the early spring sunshine. This is why the bracelets are made of red and white – red for the burned cheeks and white for a healthy face. Another ancient tradition was to tie the 'Martis' bracelet to the first flowering tree you saw in spring to help it to have a healthy life. People still do this today.



It is easy to make a bracelet yourself with just some red and white thread or string. Why don't you have a go? Next year keep your eyes open and maybe you'll see some bracelets tied to trees in your neighbourhood. Traditions like this are positive. Let's keep them going!

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
 A. describe an ancient custom. B. discuss the Greek spring. C. talk about ancient Greece.
- 2a. This text could also be found in a
 A. history book. B. magazine. C. book about flowers.
- 3a. The writer suggests the coming of spring
 A. is a good time of the year. B. can be difficult. C. is not as good as summer.
- 4a. The writer suggests that people in ancient Greece wore the bracelets
 A. as a fashion item. B. to become wealthy. C. for health reasons.
- 5a. The writer suggests that people should
 A. wear the bracelet throughout the year. B. tie the bracelet to plants or spring flowers. C. make their own 'Martis' bracelets.
- 6a. The expression 'Let's keep them going!' in the text (last line) refers to the writer viewing customs like this as
 A. outdated B. valuable. C. exotic.

ACTIVITY 2

Read the short texts and choose the best word (A-H) to fill in items 7a-12a. Use each word only once. There are two words you do not need.

A. played	B. arrived	C. called	D. reviewed
E. did	F. loved	G. directed	H. released

Popular films of 2021

We have selected to review three very different films from 2021. If you haven't seen them, they may be showing at a cinema near you, or available on a range of online streaming sites.

West Side Story
 Inspired by Romeo and Juliet by William Shakespeare, the story is set in the 1950s in New York City. At that time the neighbourhood was multi-racial and quite poor. This musical explores the difficulties between two teenage street gangs, the Jets and the Sharks. They come from different ethnic backgrounds and the two gangs do not get on. (7a) by Stephen Spielberg this version of the musical is (8a) by fans as much as the original 1961 version.

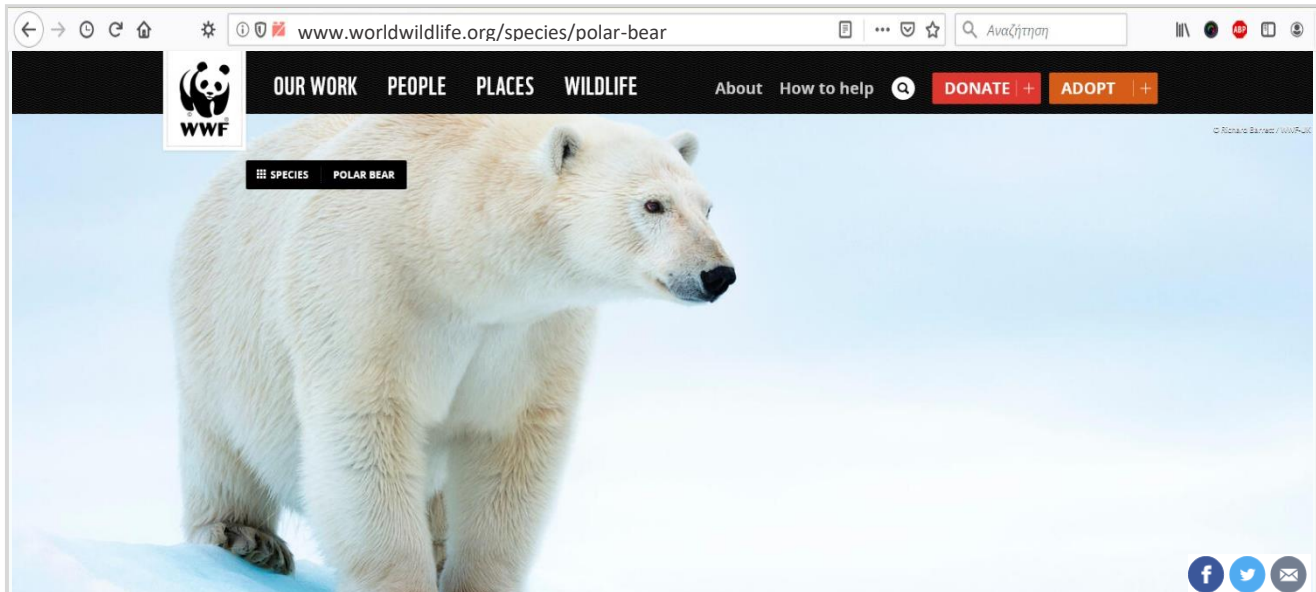
Encanto
Encanto, (9a) in 2021, is a Disney animated children's film. The Madrigals are a special family who live in a house in the mountains of Colombia in a place (10a) the *Encanto*. The magic of the *Encanto* means every child in the family has a unique gift from super strength to the power to make sick people well - every child except Mirabel. However, as the story progresses it is only Mirabel who can save her family.

No Time to Die
 The stunning spy movie finally (11a) on cinema screen in 2021. The twenty-fifth James Bond film and last to see the role of 007 (12A) by the actor Daniel Craig. Fast and furious this action spy film will be watched by Bond fans for a long time to come.

ACTIVITY 3

Read the text and fill in gaps 13a-19a with the best option (A-H). Use each option only once. There is one option you do not need.

A. of	B. to	C. up	D. as
E. in	F. with	G. for	H. on



The challenges facing polar bears

An English explorer, Constantine John Phipps, was the first person to describe the polar bear species in 1774, **(13a)** _____ an expedition towards the North Pole, **(14a)** _____ the Arctic. Male polar bears can be up to one metre taller than humans and can run much faster than them. Polar bears can reach speeds of **(15a)** _____ to forty kilometres an hour.

Climate change is the greatest threat to the survival **(16a)** _____ the polar bear, but it is not the only challenge they face. The oil and gas industry is now turning to the Arctic to find these fuels. With it comes the risk of habitat destruction. Any contact with oil can affect the fur of a polar bear making it difficult for it **(17a)** _____ stay warm. If a polar bear swallows any oil, it is likely to be poisoned.

With sea ice melting, **(18a)** _____ a result of climate change, polar bears are now also more likely to come into contact with humans. In the summer they hunt **(19a)** _____ food and are faced with having to look on land near where people live instead of hunting seals and fish.

The lives of polar bears are changing forever.

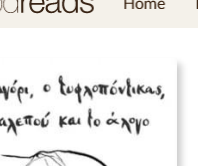
Read the text below and decide if statements 20a-25a are True (A), False (B) or Not stated (C).

www.goodreads.com/book/show/Mackesy-the-boy

Αναζήτηση

Readers' Most Anticipated Spring Books Discover these eagerly awaited reads! >

goodreads Home My Books Browse Community Search books Sign In Join



To αγόρι, ο λαχταρόνικας,
η αλεπού και το άλογο

Charlie Mackesy

Want to Read

Rate this book
★★★★★

The Boy, the Mole, the Fox and the Horse

By Charlie Mackesy

The Boy, the Mole, the Fox and the Horse was written by Charlie Mackesy. The author was born in the UK in 1962. Charlie is a talented man as he is not only an author but also an artist. He wrote the book and also created all the illustrations and graphics in the book. He has recreated the characters in animations and regularly posts them on Twitter and Instagram too. The posts always focus on trying to make the best of things and encourage people to stay positive even when things get difficult. The book is loved by both adults and young people although it was originally written as a book for children. It is available as an audio book and many people around the world listened to it on the radio during the past few challenging years.

The book was published in the UK in 2019 and has since been translated into seventeen other languages including Greek.

The story is about a young boy and his unlikely companions: a mole, a fox and a horse. It follows them as they walk through thick, dark forests, snow and stormy weather, overcoming their fears by talking and listening to each other.

The author has said that the four different characters represent different parts of the same person. He thinks we all have a bit of each character in ourselves. The boy is interested in everything around him and curious about life, the mole is enthusiastic, happy but a bit greedy. The fox is sad because he's been hurt in life and finds it difficult to trust others. The horse is wise, kind and very sensible.

People of all ages who have read the book think it is really helpful especially to young people in particular who may be experiencing difficulties in their life. It certainly makes you feel there's nothing wrong with realising life can be hard and it's not always possible to be right, happy and strong. But we can at least try to be kind.

If you haven't heard of this book, it might be worth finding and reading.

ACTIVITY 5

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

[←](#) [→](#) [🔍](#) [📄](#) [📌](#) [📁](#) [📧](#) [📧](#) [📧](#)

www.britannica.com/explore/space/space-tourism


[🔍](#) [Αναζήτηση](#)



[Definitions](#) [Facts and Stats](#) [Visit Britannica.com](#) [Start Your Free Trial](#)

[Space Race](#) [Meet the Explorers](#) [Space Business](#) [Quizzes](#) [Videos](#) [Polls](#)

[🔍](#)



Space Tourism

[f](#) [t](#) [in](#) [✉](#)

Is space tourism for recreational purposes in our interests?

Landing a man on the moon and returning him safely to Earth within ten years was a goal set by President John F. Kennedy in 1961. On July 20, 1969, astronaut Neil Armstrong took 'one giant leap for mankind' as he stepped onto the moon. Six Apollo missions were made to explore the moon between 1969 and 1972. Original goals focused on scientific exploration in space. Space exploration has continued in the 21st century with recent exploration of Mars taking place to better understand the solar system and trying to establish if there are any resources of use to us on Earth. Other benefits associated with space exploration included the development of new technologies. Until recently space exploration across the world was led by and for the benefit of scientists.

More recently we have witnessed the emergence of space tourism. This can broadly be defined as human space travel for recreational purposes. The first flight of the world's first space tourist, American businessman Dennis Tito, was in 2001. Since then, opportunities have increased and 2021 saw the busiest period ever of space travel for tourists.

On July 11 2021, Virgin Galactic launched its first operational tourist flight. Richard Branson founder of Virgin was on board. Branson described it as the experience of a lifetime during a live broadcast of the flight. The flight flew just above the boundary of space, where everyone experienced about four minutes of weightlessness. Future flights have been delayed though Virgin has opened up tickets again to paying space tourists, now at \$450k each ticket. Quite a significant price for a short flight!

Days after the Virgin flight, Blue Origin launched its first crewed spaceflight on July 20, funded by Jeff Bezos, owner of Amazon and three other space tourists. The system flew with no requirement for pilots to be on board. Flight control was automated. More opportunities are in the pipeline for space tourist enthusiasts who have money to spare.

Needless to say, there are critics of space tourism for recreational purposes only. Many people question whether the race to put more tourists into space is justified given the current problems on Earth. Some feel it was inappropriate for these flights to take place at a time when the world is experiencing a global pandemic. Another criticism is that the opportunity to be a space tourist is not open to all – only some of the wealthiest people in the world have such an opportunity. Perhaps one of the biggest questions around space tourism is the potential damage it could cause to our planet at a time when the world is facing a climate emergency. Space tourism is happening at the same time as many governments around the world are trying to reduce the use of fossil fuels and to replace them with sustainable forms of energy, capturing the power of wind and water. Critics say such space launches leave a large carbon footprint due to the burning of solid rocket fuels and point out that engines release gases into the upper atmosphere that contribute to ozone depletion and global warming.

Some people argue in favour of specialised space exploration, led by scientists, and they want it to continue. But the benefits of space tourism for recreational purposes are not at all obvious.

- 26a. The main purpose of the text is
A to question the benefits of space tourism. **B** to advertise tickets for space travel. **C** to give a scientific assessment of space exploration.
- 27a. According to the text, space exploration in the 21st century
A is of no value. **B** has stopped. **C** may have some benefits.
- 28a. According to the text, space tourism is associated most closely with
A science. **B** leisure. **C** technology.
- 29a. According to the text, critics of the recent space tourism flights have
A only one concern. **B** a few reservations **C** multiple fears.
- 30a. According to the text, recreational space tourism is criticised by people who think it will
A be even more expensive in the future. **B** contribute to the planet's climate crisis. **C** result in government funding of fossil fuels.
- 31a. The writer concludes by suggesting that space tourism for recreational purposes
A could prove quite beneficial in the future. **B** has no apparent advantages, for the time being. **C** is useful, like space exploration by scientists.

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. guess	B. choose	C. adapt	D. cheat
E. detect	F. lack	G. collect	H. hesitate

MENTAL HEALTH magazine

March 2022

Romantic & aromantic LOVE



Love scientist Dr Anna Machin wants to learn more about people who are aromantic, that is people who (32a) _____ romanticism. Aromanticism fascinates me, Dr Machin says, because aromantic people experience other kinds of love and I want to discover why, to discover more neuroscientific facts about them.

Dr Machin, who studies the neurochemistry of love, was recently interviewed by Brian Galloway, and he asked her if it's true that "love is blind". She didn't (33a) _____ for a minute. She responded "yes" right away and explained that what happens when you fall in love is the activation of various areas of the limbic system and the neocortex. But we also see deactivations mainly in the brain area linked to "mentalizing." This is the ability to (34a) _____ someone's intentions, and you need to be good at mentalizing so you can spot a liar or a cheat. To be able to do this, you need to be good at understanding what their motivation is. But what happens when you fall in love is that this bit shuts down. It just decides it's not going to work anymore. For that reason, your friends can see this person is not necessarily good for you, that maybe they're going to (35a) _____ on you or lie to you, but you cannot see it.

Finally, Galloway asked her why we have erotic feelings for one person and not for another. "That's very much a sensory input" she explained. Erotic desire is an unconscious emotion. It takes place entirely in the limbic area of your brain. You're going to use all your senses to (36a) _____ all kinds of information about that person – about their health, their ability to protect or to provide. You'll listen to the tone of voice and what they say. Initially, you take in this information unconsciously. The algorithm in your head will (37a) _____ if this is or isn't somebody for you. If you get a tick from your algorithm, then oxytocin and dopamine are released causing the feeling of desire for the other person. The conscious brain kicks in pretty quickly after that, but the first moments are completely unconscious.

ACTIVITY 7

Match the destinations 38a-43a with the travellers' interests A-H. There two options you do not need.

- A. sustainability and beaches
- B. visiting internationally recognised outdoor historical sites
- C. well-being, yoga retreats in tranquil destinations
- D. combining an island holiday with visiting new cultural spaces
- E. city breaks and art
- F. sailing around the islands
- G. learning more about Greek cuisine
- H. keeping fit and healthy on holiday in Greece

Book your bucket list adventure here with TRIPS by Culture Trip

Places To Stay Experiences Trips

Six reasons to visit Greece in 2022

Greece is renowned for wonderful beaches, clear seas and abundant sunshine, but there are many reasons for visiting this favourite destination in the Mediterranean.

38a

The ancient burial tombs of Aigai, in northern Greece, are a UNESCO World Heritage site. A new archaeological park featuring 530 ancient burial tombs opened in summer 2021 at the archaeological site of Aigai, in northern Greece. Aigai is already a UNESCO-protected site, thanks to the tombs and treasures of Philip II of Macedon found in the area.

39a

Greece has been granted permission by the European Cyclists' Federation, which manages the EuroVelo cycling network, to establish a National EuroVelo Coordination Centre. This means more cycling routes will be developed nationwide, especially in regions of great historic importance and natural beauty, where biking could help acquaint visitors with all the beautiful towns and local traditions. Cycling in Crete can be hard work but is very rewarding with breathtaking views and a focus on maintaining a healthy lifestyle.

40a

The National Gallery in Athens reopened in March 2021. Founded in 1900, the National Gallery-Alexandros Soutzos Museum has undergone dramatic expansion to host a collection focusing on Greek and European art from the 14th to the 20th centuries; it now houses more than 15,000 artefacts and more than 20,000 works by Greek and international artists, including Nikolaos Gyzis, Yannis Tsarouhis, Rodin and Picasso. There's also a 350-seat amphitheatre, along with workshop areas, that are due to host a variety of events in 2022.

41a

Archaeological excavations and historic discoveries happen all the time in Greece, so it comes as no surprise that new museums are now opening up to house these latest findings. Crete is about to welcome a new archaeological museum in the city of Chania, which will host more than 3,500 artefacts, including 1,000 that were previously unseen by the public.

42a

The island of Astypalaia in the Dodecanese is already working towards becoming the first carbon-free tourist destination, by proposing a ground-breaking mobility system where electric vehicles and renewable energy sources will be the norm. An island of peace and tranquillity, Astypalaia bears resemblance to its not-so-distant yet far more glamourised cousin of Santorini. With its pristine beaches, whitewashed houses, and uncharted walking paths, the island is an explorer's heaven, and a find for those looking to escape the madding crowds of summer vacationers.

43a

One of the best places to enjoy Greek flavours paired with a luxury stay is Ergon House, in the centre of Athens. This culinary-themed hotel houses a deli selling produce from local farmers, an onsite butcher's, fishmonger's and bakery, as well as 38 elegant rooms echoing the gentle colours and tranquillity of the Greek islands in the '60s. Cooking lessons with distinguished chefs are also available here, while there's a rooftop terrace offering mouth-watering cocktails and unbeatable views of the city.

ACTIVITY 8

Read the text and decide if the statements below (44a-50a) are True (A), False (B) or Not stated (C).

Juan de Fuca:

A Great Greek Explorer



In 1492, Christopher Columbus, an Italian explorer and navigator, sailed across the Atlantic and discovered the New World. He went on to complete four voyages across the Atlantic Ocean, opening the way for the European exploration and colonization of the Americas. His expeditions, paid for by the monarchy in Spain, were the first European contact with the Caribbean, Central America, and South America. This period of history was famous for maritime exploration. Spain and Portugal in particular were at the heart of this period of exploration.

Ioannis Phokas was born in Kefalonia, Greece in 1536. The navigator's grandfather, Emmanouel Phokas, fled Constantinople in 1453, the year the Ottomans conquered the Byzantine capital. Emmanouel Phokas settled first in the Peloponnesian peninsula, but in 1470 he moved to the island of Kefalonia. A few decades later, Ioannis was born to Emmanouel's son Valerianos.

Little is known of his early life in Greece, but he eventually worked as an officer in the maritime service of the King of Spain, Phillip II. Perhaps he was lured to Spain by the promise of adventure and fame. He had in all likelihood grown up familiar with ships and the Mediterranean Sea. He sailed as a navigator on many of the Spanish king's expeditions during the 16th century. This intrepid Greek explorer became better known by the Spanish translation of his name, Juan de Fuca. He may not have been as famous as some explorers, but his contribution to navigation was still significant. Before he made his trip up the northwest coast of the North American continent, de Fuca sailed to China and the Philippines and back to Mexico in Central America.

Juan De Fuca is best known for being the first to describe the Strait of Anian, which is now known as the Strait of Juan de Fuca off Vancouver, British Columbia, Canada. The Strait of Juan de Fuca is located between scenic Vancouver Island and the stunning, mountainous Olympic Peninsula, located in the north-western part of the U.S. state of Washington. The strait is famous now for whale watching with significant numbers of grey whales living there.

It is somewhat surprising that there has been some controversy surrounding the proof of Juan de Fuca's exploratory missions in the Americas, since researchers have been unable to find records of his expeditions in the Spanish archives. However, most contemporary scholars now agree that de Fuca did indeed likely exist.



On August 5, 2017, in Argostoli, the capital of Kefalonia, a statue of the navigator was erected in his memory, and the city's port was renamed in honour of the Greek explorer. Perhaps history has just begun to acknowledge the fearless Greek explorer and time will uncover more historical records on this great man.

Born: Ioannis Focas, June 10, 1536
Kefalonia, Greece

Died: July 23, 1602 (aged 66)
Kefalonia

Nationality: Greek

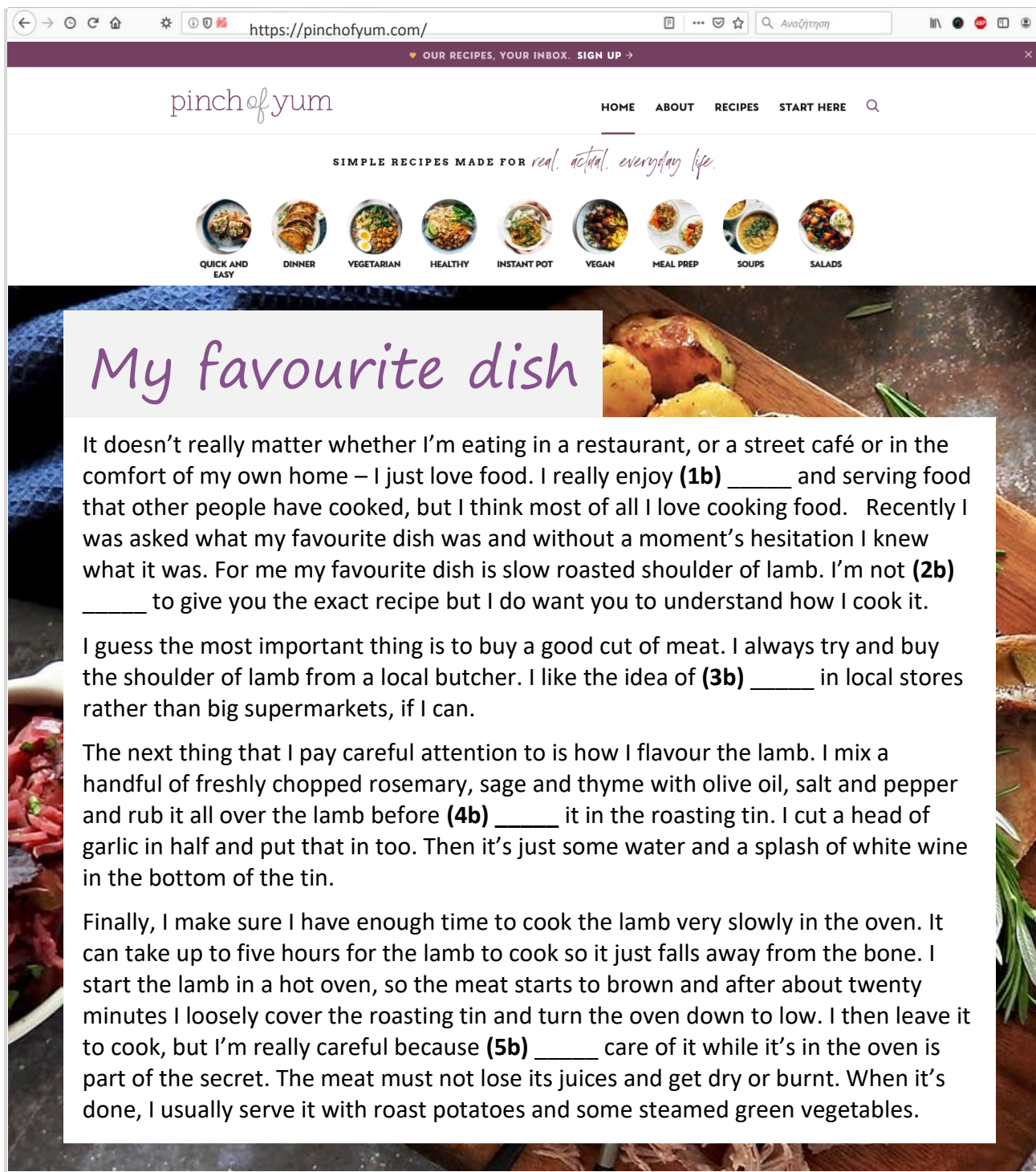
Occupation: Maritime pilot

STATEMENTS		A	B	C
		TRUE	FALSE	NOT STATED
44a	Christopher Columbus discovered the Americas on ships funded by the Italian state.			
45a	Ioannis Phokas enjoyed an idyllic childhood on the island of Kefalonia.			
46a	Ioannis Phokas became employed by the Spanish monarchy.			
47a	Ioannis Phokas, known as Juan de Fuca, was recognised as one of the best explorers of his time.			
48a	Juan de Fuca named the Strait of Anian off British Columbia, Canada, after himself.			
49a	It appears that there have been no written accounts of de Fuca's expeditions.			
50a	The great explorer has finally been acknowledged in his birthplace.			

PART B - SHORT ANSWERS

ACTIVITY 1

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



The screenshot shows a web browser displaying the website <https://pinchofyum.com/>. The website has a purple header with the logo 'pinchofyum' and navigation links: HOME, ABOUT, RECIPES, START HERE. Below the header, there's a tagline 'SIMPLE RECIPES MADE FOR *real, actual, everyday life.*' and a row of nine circular icons representing different recipe categories: QUICK AND EASY, DINNER, VEGETARIAN, HEALTHY, INSTANT POT, VEGAN, MEAL PREP, SOUPS, and SALADS. The main content area features a large image of a roasted lamb shoulder with the title 'My favourite dish' in a purple script font. Below the title, the text reads:

It doesn't really matter whether I'm eating in a restaurant, or a street café or in the comfort of my own home – I just love food. I really enjoy **(1b)** _____ and serving food that other people have cooked, but I think most of all I love cooking food. Recently I was asked what my favourite dish was and without a moment's hesitation I knew what it was. For me my favourite dish is slow roasted shoulder of lamb. I'm not **(2b)** _____ to give you the exact recipe but I do want you to understand how I cook it.

I guess the most important thing is to buy a good cut of meat. I always try and buy the shoulder of lamb from a local butcher. I like the idea of **(3b)** _____ in local stores rather than big supermarkets, if I can.

The next thing that I pay careful attention to is how I flavour the lamb. I mix a handful of freshly chopped rosemary, sage and thyme with olive oil, salt and pepper and rub it all over the lamb before **(4b)** _____ it in the roasting tin. I cut a head of garlic in half and put that in too. Then it's just some water and a splash of white wine in the bottom of the tin.


Finally, I make sure I have enough time to cook the lamb very slowly in the oven. It can take up to five hours for the lamb to cook so it just falls away from the bone. I start the lamb in a hot oven, so the meat starts to brown and after about twenty minutes I loosely cover the roasting tin and turn the oven down to low. I then leave it to cook, but I'm really careful because **(5b)** _____ care of it while it's in the oven is part of the secret. The meat must not lose its juices and get dry or burnt. When it's done, I usually serve it with roast potatoes and some steamed green vegetables.

ACTIVITY 2


Fill in the gaps 6b-10b with suitable PREPOSITION, so that the text makes sense.

← → ↺ ↻ 🏠
🔍 www.elle.com/clothing-industry
📄 ⋮ ⭐
🔍 Αναζήτηση


☰ ELLE NEWS FASHION BEAUTY LIFE + CULTURE
SUBSCRIBE NEWSLETTER 🔍 🇬🇧




1 WHAT IS CIRCULAR FASHION?




2 BEST NEW AND UPCOMING TV SHOWS




3 ELLE EDIT: 21 OF THE BEST EYESHADOW PALETTES



4 50 OF THE MOST CHIC ONLINE VINTAGE STORES



5 JUST A SUPER USEFUL GUIDE TO BALANCING OILY SKIN



Can clothing really be sustainable?

Did you know the clothing industry is responsible for a huge 10% of the planet's total carbon emissions each year?

The percentage of carbon emissions is high because many clothing brands in the world are manufacturing their clothes and running their businesses unethically, **(6b)** _____ considering their environmental impact. If this continues at the same rate, our clothing will contribute massively to the climate emergency we face. But can clothes be produced sustainably?

The answer is yes. The clothing industry's negative impact has led to the rise of the eco-friendly fashion movement, with existing clothing brands like Levis, Adidas and Patagonia, **(7b)** _____ many new brands, seeking to make clothes with eco-friendly fabrics and doing all that they can to keep their environmental footprint as small as possible.

It is important to understand what exactly defines sustainable clothing. Sustainable clothing is designed using sustainable fabrics, like hemp and organic cotton, that have less of a negative impact on the planet. In addition, sustainable clothing is usually created by sustainable clothing brands, **(8b)** _____ main mission is to produce stylish and comfortable clothing without sacrificing the environment in doing so.

Sustainable clothing goes hand **(9b)** _____ hand with high quality products. Eco-friendly fabrics are softer, stronger and will last for years. In fact, sustainable clothing guarantees you won't have to continue buying new clothes all the time.

If you do want to contribute to wearing the most sustainable clothes, the best thing that you can do is to wear things **(10b)** _____ you already own! The average person buys 30-40 new things every year, and we don't often really think about how much we really own. Spending some time reorganising, rediscovering, and restyling can bring back excitement you once had for your clothes, and probably save you money on some things you otherwise would have bought.

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