NATIONAL GEOGRAPHIC LEARNING PERSPECTIVES

Upper Intermediate Word lists

Greek

Συντομογραφίες στο μάθημα λέξεων:
Οι ακόλουθες συντομογραφίες χρησιμοποιούνται στον κατάλογο λέξεων: n = noun (ουσιαστικό), v = verb (ρήμα), adj = adjective (επίθετο), adv = adverb (επίρρημα), phr = phrase (φράση), phr v = phrasal verb (ρήμα με πρόθεση ή/και επίρρημα)

Word	Pronunciation	Definition	Example(s)	Translation
Unit 1				
p8				
grand (adj)	/grænd/	very impressive or large	*Many grand old mansions in the city centre are now luxury hotels.*	μεγαλειώδης
p9				
B&B (abbrev)	/biː æn biː/	accommodation that offers bed and breakfast	*The hikers stopped at a mountain village and stayed the night in a B&B.*	ξενώνας με πρωινό, διαμονή με πρωινό
food poisoning (n)	/ˈfuːd ˌpɔɪzənɪŋ/	an illness caused by something you ate that has harmful bacteria	*All the guests got food poisoning from the meat which had gone off.*	τροφική δηλητηρίαση
get a (real) feel for (phr)	/ˌget ə (rɪəl) ˈfiːl fɔː(r)/	become familiar with something and understand it	*Staying with locals helped us get a real feel for the town*.	καταλαβαίνω την ουσία, έχω κλίση σε κάτι
get used to (phr v)	/ˌget ˈjuːzd tuː/	become accustomed to	*After living in the centre of Tokyo for a while, I got used to the noise of the traffic.*	συνηθίζω

hang out (phr v)	/ˌhæŋ ˈaʊt/	to spend a lot of time in one place or with somebody	*Local teenagers enjoy hanging out at the cafés square in the summer.*	περνώ τον καιρό μου
hiking (n)	/ˈhaɪkɪŋ/	the activity of going for a long walk in the country as a hobby	*The best time to go hiking in the hills is in spring, when the trees are in bloom.*	πεζοπορία
host family (n)	/ˈhəʊst ˌfæmɪli/	a family that takes you into their home for a few days or a long period of time	*The host family I stayed with in Liverpool really made me feel at home.*	οικογένεια που φιλοξενεί κάποιον
left to your own devices (phr)	/ˌleft tuː jɔː əʊn dɪˈvaɪsɪz/	not supervised; free to do what you want	*When the children were left to their own devices for ten minutes, they made a mess of the kitchen.*	έλευθερος να κάνω ότι θέλω χωρίς επίβλεψη
lie around (phr v)	/ˌlaɪ əˈraʊnd/	to spend time lazily not doing much	*Tim's idea of chilling out is lying around a hotel pool all day.*	αράζω
off the beaten track (phr)	/ɒf ðə ˌbiːtən ˈtræk/	far away from other people and places	*We had difficulty finding the small hotel because it was so far off the beaten track.*	πέρα από τους συνηθισμένους δρόμους
prawn (n)	/prɔːn/	a shellfish with ten legs and a tail	*I love seafood and my favourite Indian dish is prawn curry.*	γαρίδα
rob (v)	/rɒb/	to steal something from a person or a place	*A masked man tried to rob the local bank this morning.*	ληστεύω
sights (n pl)	/saɪts/	places of interest to see in an area	*Tourists can take a trip on an open-top bus to see the interesting sights of Glasgow.*	αξιοθέατα
welcoming (adj)	/ˈwelkəmɪŋ/	friendly towards somebody who is visiting	*My grandparents are always very welcoming when I haven't seen them in a long time.*	φιλόξενος
p10				
date back (phr v)	/ˌdeɪt ˈbæk/	to have existed in the past for a period of time	*The statues in the museum date back to 300 B.C.*	χρονολογούμαι (από)

fluent (adj)	/ˈfluːənt/	to read, speak and write a language very well	*Shirley is fluent in Chinese and French, so she works as a tour guide.*	που έχει ευχέρεια, εύγλωττος
overseas (adv)	/ˈəʊvə(r)siːz/	in other countries	*Many of my relatives live overseas.*	στο εξωτερικό
participant (n)	/pɑː(r)ˈtɪsɪpənt/	person who takes part in an activity or event	*There were more than thirty participants in today's game.*	συμμέτοχος
perspective (n)	/pəˈspektɪv/	point of view; way of looking at something	*International travel enables people to see life from different perspectives.*	προοπτική, οπτική
roots (n)	/ruːts/	where a family comes from	*Our family has roots in India and Turkey.*	ρίζες
p12				
basically (adv)	/ˈbeɪsɪkli/	most importantly	*The two hotels offer basically the same facilities, but the Milton is a bit more expensive.*	βασικά
break down (phr v)	/ˌbreɪk ˈdaʊn/	to stop working	*Our car broke down on the way to the airport.*	χαλάω, παθαίνω βλάβη
come down to (phr v)	/ˌkʌm ˈdaʊn tuː/	the most important aspect of a situation or problem	*When it comes down to it, you'll never succeed without hard work and a bit of luck.*	συνοψίζομαι σε κάτι
community (n)	/kəˈmjuːnəti/	all the people who live in a particular area	*Our community helped many incoming refugees to settle here.*	κοινότητα
decline (n)	/dɪˈklaɪn/	a drop in the frequency, number or value of something	*The decline in sales from traditional shops is partly due to online shopping.*	ελάττωση
evaluate (v)	/ɪˈvæljueɪt/	to have an opinion about something after thinking about it carefully	*We studied the farm animals closely to evaluate what made them ill.*	αξιολογώ
hitchhiking (n)	/ˈhɪtʃˌhaɪkɪŋ/	travelling by waiting at the roadside and	*When they went hitchhiking, a friendly farmer stopped and gave them a lift to the next town.*	ωτοστόπ

		getting vehicles to stop to ask for free rides		
individual (n)	/ˌɪndɪˈvɪdʒuəl/	one person or thing	*Every individual has to go through security checks at the airport.*	άτομο
legal (adj)	/ˈliːg(ə)l/	allowed by law	*The minimum legal age for driving a car is 18 in many countries.*	νόμιμο
look after (phr v)	/ˌlʊk ˈɑːftə(r)/	to take care of	*I look after my brother when my parents are at work.*	προσέχω
pick up (phr v)	/ˌpɪk ˈʌp/	to collect from	*My parents picked me up from school yesterday.*	μαζεύω, παίρνω από
pull up (phr v)	/ˌpʊl ˈʌp/	to stop your vehicle by the side of a road	*The police officer signalled the driver to pull up because he was driving too fast.*	κάνω στην άκρη
queue up (phr v)	/ˌkjuː ˈʌp/	to wait in line	*They had to queue up for hours to get into the Vatican.*	περιμένω στην ουρά
restriction (n)	/rɪˈstrɪkʃn/	a law or rule that limits what you can do	*The club has an age restriction of 18.*	περιορισμός
robbery (n)	/ˈrɒbəri/	the crime of stealing things from a place or person	*There was an armed robbery at the local post office; the thieves got away with a bag of parcels and some cash.*	ληστεία
step out (phr v)	/ˌstep ˈaʊt/	to go out, usually for a short time	*He stepped out for a breath of fresh air and then continued working.*	βγαίνω έξω για λίγο
turn out (phr v)	/ˌtɜːn ˈaʊt/	to end in a particular way	*Despite the rain, the party turned out to be fun.*	καταλήγω
wealth (n)	/welθ/	large amount of money or things	*Wealth is something that not many people have.*	πλούτος
p13				
accessible (adj)	/əkˈsesəb(ə)l/	that can be reached	*The sandy beach is only accessible by an old dirt road.*	προσιτός

alongside (prep)	/əˈlɒŋˌsaɪd/	together with	*We worked alongside the locals to help stop their homes flooding.*	παραπλευρώς
ban (v)	/bæn/	to forbid something by law	*Certain dangerous chemicals have been banned from use on farms.*	απαγορεύω
budget (adj)	/ˈbʌdʒɪt/	low-priced	*Before booking flights with budget airlines, consider how much they charge for extras, such as check-in bags and in-flight meals.*	χαμηλού κόστους
cause (v)	/kɔːz/	to make happen	*The heavy rains caused the river to overflow so the roads were flooded.*	αναγκάζω, κάνω, προκαλώ
genuinely (adv)	/ˈdʒenjuɪnli/	in a way that is true or real	*He was genuinely sorry for causing the confusion.*	πραγματικά
major (adj)	/ˈmeɪdʒə(r)/	very large, important	*The Eiffel Tower is a major tourist attraction in Paris.*	σημαντικός, πρεσβύτερος
media (n pl)	/ˈmiːdiə/	where we get information from, e.g. newspapers, TV, radio, the internet	*We can't always trust what the media say – they just love to turn everything into a drama.*	μέσα ενημέρωσης
necessarily (adv)	*/ˈnesəsərəli/*	always, or in every situation	*Expensive backpacks aren't necessarily better than cheaper brands.*	αναγκαίως
opt (v)	/ɒpt/	to choose	*We opted for a three-day visitor's pass as it worked out cheaper than paying for every museum separately.*	επιλέγω
reinforce (v)	/ˌriːɪnˈfɔːs/	to make stronger	*The ghost story simply reinforced his fear of the dark.*	ενισχύω
reliability (n)	/rɪˌlaɪəˈbɪlɪti/	the quality of being able to be considered correct or reliable	*We questioned her reliability as a cashier after we caught her lying.*	αξιοπιστία

simply (adv)	/ˈsɪmpli/	used to say how easy and straightforward something is	*It's simply not true that I took your bag!*	απλά, απλώς
standard (n)	/ˈstændərd/	how good or bad something is	*We are lucky to have a good standard of living in our country.*	επίπεδο, πρότυπο
vice versa (adv)	/ˌvaɪsi ˈvɜːsə/	used to mean the opposite of what you have just said is also true	*You can walk from the station to the centre or vice versa.*	αντιστρόφως
p14				
establish (v)	/ɪˈstæblɪʃ/	to make something become known	*The town's polo club was opened in 1948 and was soon established as one of the best in the country.*	γνωστοποιώ
extensive (adj)	/ɪkˈstensɪv/	covering a wide area	*We visited the town's extensive parks and beaches.*	εκτενής
independence (n)	/ˌɪndɪˈpendəns/	freedom from control by others	*Many countries had to fight for their independence.*	ανεξαρτησία
influence (v)	/ˈɪnfluəns/	to have an effect on somebody or something	*Some famous people lead the kind of lifestyles which negatively influence younger people*.	επηρεάζω
resource (n)	/rɪˈzɔː(r)s/	a supply of things we can use	*The climbers ran out of essential resources, such as food, and had to turn back.*	πόρος
revolution (n)	/ˌrevəˈluːʃ(ə)n/	an attempt to change a government or the way something is done	*The French Revolution started in 1789 and changed the way the country was run.*	επανάσταση
servant (n)	/ˈsɜːvənt/	a person who cooks, cleans, and does many other chores in another person's home	*The rich actor has five servants who do everything for her.*	υπηρέτης

spread (v)	/spred/	to make a thing, an idea or value go to a different place	*In her travel blog, Tracy spreads the idea of independent tourism by giving loads of advice for solo travellers.*	εξαπλώ
tutor (n)	/ˈtjuːtə(r)/	a private teacher; a teacher who instructs a small group	*I have a tutor who helps me with maths and history.*	καθηγητής, καθηγήτρια, παιδαγωγός
p15				
come across (phr v)	/ˌkʌm əˈkrɒs/	to find or see by chance	*I came across a beautiful garden on my walk through the village.*	συναντώ τυχαία
force (v)	/fɔːs/	to make someone do something	*We were forced to leave the room by the police.*	αναγκάζω, υποχρεώνω
keep in touch (phr)	/ˌkiːp ɪn ˈtʌʧ/	to communicate with someone	*We use text messages to keep in touch.*	κρατάω επαφή
p16				
investment (n)	/ɪnˈves(t)mənt/	the act of putting money into something to make it better; the thing that you invest in	*An improved education system would be an investment in the future of the next generation.*	επένδυση
stare (v)	/steə(r)/	to look at something for a long time	*Everyone stared at the waiter when he dropped the tray of food.*	κοιτάω επίμονα
p17				
anxiety (n)	/æŋˈzaɪəti/	the feeling of being nervous or worried	*A feeling of anxiety always comes over me when I visit people in hospital.*	ανησυχία
be up for (phr v)	/ˌbiː ʌp fɔː(r)/	want to do	*I'm up for a game of tennis. Are you?*	έχεις θέληση για να κάνουμε κάτι
honesty (n)	/ˈɒnɪsti/	the quality of being honest and not telling lies	*She answered all the interviewer's questions with complete honesty, but the media still made her look like a liar.*	τιμιότητα

look back (phr v)	/ˌlʊk ˈbæk/	to look at the past	*I sometimes look back and try to learn from my mistakes.*	αναπολώ
reputation (n)	/ˌrepjʊˈteɪʃ(ə)n/	the opinion that people have about what somebody/something is like	*The new doctor has a very good reputation for being helpful.*	φήμη
rush (v)	/rʌʃ/	to be in a hurry	*I rushed to the bus stop so I wouldn't miss the bus*.	σπεύδω
similarity (n)	/ˌsɪməˈlærəti/	the state of being or looking the same as something/somebody else	*The similarity between the two brothers makes you think they are twins.*	ομοιότητα
suffer (v)	/ˈsʌfə(r)/	to hurt, to be in pain	*I suffer from asthma, especially in the spring, when the flowers come out.*	υποφέρω
summarize (v)	/ˈsʌməˌraɪz/	to give a short account of something	*Could you summarize the whole book in 500 words?*	συνοψίζω
trip up (phr v)	/ˌtrɪp ˈʌp/	to confuse; to cause somebody to make a mistake	*The final exam question tripped me up and I got a very bad mark.*	μπερδεύω
culture shock (n)	/ˈkʌltʃə(r) ˌʃɒk/	the feeling of anxiety and worry when you experience life in another country	*I grew up in the centre of Boston so I went through a culture shock when I moved to a small village in Cyprus.*	πολιτισμικό σοκ
p19				
deal (n)	/diːl/	an agreement	*We reached a deal after three hours of meetings.*	συμφωνία
ideal (adj)	/aɪˈdɪəl/	perfect, the best	*In an ideal world, no one would be hungry.*	ιδανικός
incredibly (adv)	/ɪnˈkredəbli/	extremely, very	*I find it incredibly hard to concentrate with music playing.*	απίστευτα

negotiate (v)	/nɪˈgəʊʃieɪt/	to try and reach an agreement	*The shop manager refuses to negotiate wage increases with employees.*	διαπραγματεύομαι
ridiculous (adj)	/rɪˈdɪkjʊləs/	silly	*The restaurant's ridiculous prices will stop people eating there.*	αξιογέλαστος
stand for (phr v)	/ˈstænd fɔː(r)/	to represent an idea or a word	*The number of stars given for each hotel stands for the type of facilities offered.*	σημαίνω, υποστηρίζω
strategy (n)	/ˈstrætədʒi/	a set way of doing something	*It's good to use strong strategies to help you learn a new language.*	στρατηγική
strongly (adv)	/ˈstrɒŋli/	very much; to a great degree	*I strongly suggest you eat better if you want to be healthier.*	πολύ ίσχυρα
upgrade (n)	/ʌpˈgreɪd/	to get a better place in a hotel or seat on a plane/train.	*We paid a little more and got an upgrade to a luxury room.*	αναβάθμιση
upgrade (v)	/ʌpˈgreɪd/	to improve the quality of something	*I upgraded my old computer by installing a new hard drive.*	αναβαθμίζω