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 3				
p32				
host (v)	/həʊst/	to plan and provide services as a venue for a special event	*Greece hosted the Olympic Games in 2004.*	φιλοξενώ
p33				
anticipate (v)	/ænˈtɪsɪpeɪt/	to expect something	*We anticipate more tourists this year.*	προσδοκώ
attitude (n)	/ˈætɪtjuːd/	the way you feel or behave towards somebody or something	*Sarah's attitude towards the boss should change if she wants to get promotion.*	στάση
awareness (n)	/əˈweərnəs/	knowing that something exists or is important	*The campaign aims to raise awareness on the issue of racism in schools.*	επίγνωση, συναίσθηση
bronze (adj)	/brɒnz/	made of reddish colour metal	*China won several bronze medals in the last Olympic Games.*	μπρούντζινος, -η, -ο
captain (v)	/ˈkæptɪn/	to lead and be in charge of a team, group, ship or plane	*Diane captained the school hockey team.*	είμαι επικεφαλής
championship (n)	/ˈtʃæmpiənʃɪp/	a competition which decides who is the best player	*The international swimming championships will be held in France next year.*	πρωτάθλημα
compete (v)	/kəmˈpiːt/	to take part in a competition	*I'd like to compete in the next track race.*	διαγωνίζομαι

energetic (adj)	/ˌenə(r)ˈdʒetɪk/	being active with a lot of energy	*Young children can be very energetic.*	ενεργητικός
forward (n)	/ˈfɔːwəd/	a team player, e.g. in football, who has an attacking position towards the front in a game	*She played as a forward in the school football team.*	φόργουορντ
goal (n)	/gəʊl/	the act of kicking a ball into a net to score a point	*Andy shot the winning goal for his team*	γκολ
hold (a record) (v)	/ˌhəʊld (ə ˈrekɔːd)/	to have (the best result or the highest level, etc.)	*Do you know who holds the world record for the fastest runner?*	κατέχω
season (n)	/ˈsiːzn/	a period or time when an event takes place	*The cricket season starts around summer time.*	(αθλητική) σεζόν
set (a new record) (v)	/ˌset (ə njuː ˈrekɔːd)/	achieve the best results than ever before in a particular activity	*Sam set a new personal record in swimming when he came second in the final race.*	κάνω/πετυχαίνω νέο ρεκορ
smash (v)	/smæʃ/	to break something	*He smashed the world cycling record by five minutes.*	σπάω
status (n)	/ˈsteɪtəs/	social position	*People in certain professions, such as doctors and lawyers, are regarded as having a high social status.*	θέση
technique (n)	/tekˈniːk/	method or way you do something	*The coach's technique helped them get into the next round of the championship.*	τεχνική
fame (n)	/feɪm/	the state of being known and recognized by many people	*Many people would prefer fame and fortune over leading a simple life.*	δόξα
medal (n)	/ˈmed(ə)l/	a flat piece of metal given to the winner of a competition	*He won three medals in the Paralympics.*	μετάλλιο
play a key role in (phr)	/ˌpleɪ ə ˌkiːˈrəʊl ɪn/	to be an important part of	*Helen played a key role in winning the game.*	έχω σημαντικό ρόλο
positive role model (phr)	/ˌpɒzətɪv ˈrəʊl ˌmɒd(e)l/	a person you admire that offers good qualities	*Doctors who work for free are very positive role models for young children.*	θετικό πρότυπο
real passion (phr)	/ˌrɪəl ˈpæʃən/	a strong feeling of love, hate, anger, etc.	*Kelly has a real passion for music.*	πάθος

role model (n)	/ˈrəʊl ˌmɒd(ə)l/	a person you admire	*It's good to have healthy athletes as role models.*	πρότυπο
p34				
determine (v)	/dɪˈtɜːmɪn/	to discover the facts about something	*Athletes have to go through blood tests to determine whether they are fit to participate in major competitions.*	προσδιορίζω
stamina (n)	/ˈstæmɪnə/	physical or mental strength that helps you do something	*He didn't have enough stamina to finish the race.*	αντοχή
p35				
agree with (v)	/əˈgriː wɪð/	to say that you share the same opinion	*I agree with the idea that all animals should be protected.*	συμφωνώ με
instantly (adv)	/ˈɪnstəntli/	immediately	*I instantly recognised my cousins after so many years.*	στη στιγμή
injury (n)	/ˈɪndʒəri/	harm done to part of the body	*He suffered serious injuries in the car accident.*	τραυματισμός, τραύμα
junk food (n)	/ˈdʒʌŋk fuːd/	unhealthy pre-cooked food like crisps, sweets, etc.	*Eating too much junk food can cause many health problems.*	πρόχειρο φαγητό
money (n)	/ˈmʌni/	what we use to pay for things	*We had just enough money to buy a new car.*	χρήματα
personality (n)	/ˌpɜː(r)səˈnæləti/	parts of a person’s character that make them different from others	*You need a strong personality to be successful in business.*	προσωπικότητα
p36				
amount (n)	/əˈmaʊnt/	sum or quantity	*We've had an enormous amount of rain this year.*	ποσό
choose (v)	/tʃuːz/	to decide which one to use from two or more people or things	*We chose to visit the stadium and not the museum.*	διαλέγω
elite (adj)	/ɪˈliːt/	of a small group of people with power and influence	*Politicians are among the elite groups in our society.*	επίλεκτος, -η, -ο
establish (v)	/ɪˈstæblɪʃ/	to start or create an organization	*The women's club was established in 1968.*	ιδρύω

exception (n)	/ɪkˈsepʃ(ə)n/	person or thing not included in a general statement	*With very few exceptions, the work is of high standard.*	εξαίρεση
funding (n)	/ˈfʌndɪŋ/	money given for a specific purpose	*Governments should give more funding to schools and hospitals.*	χρηματοδότηση
select (v)	/sɪˈlekt/	to choose between two or more people or things	*Denise was selected for the national swimming team.*	επιλέγω
set up (phr v)	/ˌset ˈʌp/	to organise something	*The police set up a new system to help them catch thieves.*	στήνω
sum (n)	/sʌm/	the amount of something	*The sum of the building costs was quite large.*	άθροισμα
tackle (v)	/ˈtækl/	to make a strong effort to deal with something difficult	*We tackled the problem with great care.*	αντιμετωπίζω
target (n)	/ˈtɑːgɪt/	the result you aim to have	*Zach has set high targets for his business.*	στόχος
top (adj)	/tɒp/	the highest place or part; the best	*The team's top player broke his arm and can't play.*	καλύτερος, -η, -ο
principle (n)	/ˈprɪnsəpl/	a moral idea, or belief	*Lying goes against all my basic principles.*	διευθυντής
ranking (n)	/ˈræŋkɪŋ/	position somebody or something is in that shows how good or important they are	*Serena Williams is a top ranking tennis player.*	κατάταξη
p37				
billion (n)	/ˈbɪljən/	1,000,000,000; one thousand million	*Athletes and actors can make billions of dollars.*	δισεκατομμύριο
conquer (v)	/ˈkɒŋkə(r)/	to defeat somebody or succeed in something	*He managed to conquer his opponents and won first place.*	κατακτώ
debt (n)	/det/	money somebody owes	*When Caroline lost her job, she fell into debt and lost her house.*	χρέος
educational (adj)	/ˌedjʊˈkeɪʃnl/	connected with education	*He needed better educational qualifications for the job.*	εκπαιδευτικός, -η, -ο
expense (n)	/ɪkˈspens/	the money you spend on something	*She has more expenses than she can afford.*	έξοδο

formal (adj)	/ˈfɔːməl/	suitable for official situations	*It's important for children to receive a formal education.*	επίσημος, -η, -ο
glory (n)	/ˈglɔːri/	fame, praise or honour for achieving something important	*She enjoyed the glory of coming first in the race.*	δόξα
schedule (n)	/ˈʃedjuːl/	programme of activities; timetable	*Her busy schedule always includes a morning workout.*	πρόγραμμα
similarly (adv)	/ˈsɪmələrli/	in nearly the same way	*The staff members were all similarly dressed in formal suits.*	ομοιότητα
specialize (v)	/ˈspeʃəlaɪz/	to be an expert in a particular area of work	*Joanne specializes in speech therapy for young children.*	ειδικεύομαι
spirit (n)	/ˈspɪrɪt/	feelings or state of mind	*He was in high spirits when he won the finals.*	πνεύμα
subway (n)	/ˈsʌbˌweɪ/	a system of trains that travel under the ground	*The best way to get around New York quickly is by taking the subway.*	υπόγειο τρένο
tend to (v)	/ˈtɛnd tuː/	likely to do something	*Healthy people tend to live longer.*	τείνω να
terminal (n)	/ˈtɜːmɪnl/	a set of buildings at an airport where passengers arrive and leave	*London Heathrow is a busy airport with several large terminals.*	τερματικός σταθμός, τέρμιναλ
long-term (adj)	/ˈlɒŋˌtɜːm/	having an effect or results over a long period of time	*Her long-term plan will help them save more money in the end.*	βραχυπρόθεσμα
nation (n)	/ˈneɪʃən/	a country with people who speak the same language, have the same history and culture, and live under one government	*Africa is a continent with many different and interesting nations.*	έθνος
participate (v)	/pɑːˈtɪsɪpeɪt/	to take part in	*I love to participate in online games and competitions.*	συμμετέχω
pay off (phr v)	/ˌpeɪ ˈɒf/	to finish paying money you owe	*He was able to pay off his house in six years.*	ξεπληρώνω
percentage (n)	/pəˈsentɪdʒ/	a part of the whole of something	*A high percentage of Europeans can speak English.*	ποσοστό
preferably (adv)	/ˈprefrəbli/	in a way that is more suitable, better for you	*We'd like to have a holiday somewhere near a beach, preferably an island.*	κατά προτίμηση

psychological (adj)	/ˌsaɪkəˈlɒdʒɪkl/	connected with a person's mind and the way it works	*Taking care of our psychological health is very important.*	ψυχολογικός, -ή, -ό
represent (v)	/ˌreprɪˈzent/	to act or speak on behalf of a group, etc.	*Only a few athletes represented our country at the Olympic Games.*	εκπροσωπώ
p38				
slightly (adv)	/ˈslaɪtli/	a little, not too much	*We agreed to take a slightly different route back home.*	ελαφρώς
surface (n)	/ˈsɜːfɪs/	the top part of something	*The surface of the wooden table was smooth and highly polished.*	επιφάνεια
quote (n)	/kwəʊt/	the exact words that somebody has said or written	*Freddy knows a lot of quotes by famous philosophers.*	απόφθεγμα, γνωστή φράση
p39				
intensively (adv)	/ɪnˈtensɪvli/	in a way that requires doing a lot in a very short time	*They trained intensively to make sure they were ready for the finals.*	εντατικά
p40				
advance (n)	/ədˈvɑːns/	development or progress in something	*It's hard to keep up with technological advances as new products are constantly being developed.*	πρόοδος
athletic (adj)	/æθˈletɪk/	physically strong, fit and active	*James is quite athletic and enjoys taking part in different sports.*	αθλητικός
entire (adv)	/ɪnˈtaɪə(r)/	all of something	*We searched the entire house for the missing watch.*	ολόκληρο
evolve (v)	/ɪˈvɒlv/	to develop from something simple to something more complex	*The idea to plant a forest in our village evolved from a simple picture of a tree.*	εξελίσσομαι
gardening (adj)	/ˈgɑːdənɪŋ/	used for working in a garden	*The Browns keep all their gardening tools in their garage.*	κηπουρευτικός, -ή, -ό
greatly (adv)	/ˈgreɪtli/	very much	*I greatly appreciate all his help.*	πολύ
slow down (phr v)	/ˌsləʊ ˈdaʊn/	to stop going fast	*If Greg doesn't slow down and stop working so much overtime, he'll get ill.*	επιβραδύνω
subsequently (adv)	/ˈsʌbsɪkwəntli/	as a result after something else has happened	*Mr Jones left and, subsequently, I became the new manager.*	μεταγενέστερα

technological (adj)	/ˌteknəˈlɒdʒɪkl/	related to technology	*The computer must be the most important technological development of the twentieth century.*	τεχνολογικός, -ή, -ό
largely (adv)	/ˈlɑːdʒli/	generally	*The team is made up largely of boys.*	σε μεγάλο βαθμό, γενικά
marathon (n)	/ˈmærəθn/	a race that is about 42 kilometres long	*A marathon can take up to two or more hours for the fastest runners.*	μαραθώνιος
p41				
accelerate (v)	/əkˈseləreɪt/	to go faster	*As I was about to cross the road, a car accelerated at great speed around the corner.*	επιταχύνω
brand (n)	/brænd/	a name on products made by a particular company	*Joe likes to wear famous brands like Nike or Adidas.*	μάρκα
change the face of (phr)	/ˌʧeɪnʤ ðə ˈfeɪs ɒv/	to alter; to make different	*The facilities built to host the European Games have changed the face of our city for the better.*	αλλάζω
essentially (adv)	/ɪˈsenʃ(ə)li/	used to emphasize the important aspect of something/somebody	*Though Pablo doesn't show his emotions easily, he's essentially a very good person.*	ουσιαστικά
evolution (n)	/ˌiːvəˈluːʃ(ə)n/	the development of something over a long period of time	*It's interesting to observe the evolution of the fashion industry over the centuries.*	εξέλιξη
shrink (v)	/ʃrɪŋk/	to become smaller	*My woollen sweater shrunk when I washed it in hot water.*	συμπικνώνω
specific (adj)	/spəˈsɪfɪk/	detailed and exact	*The technician gave us specific instructions on how to set up the printer.*	συγκεκριμένος
suit (v)	/suːt/	to be right for a person, situation or occasion	*Flexible working hours suit me very well.*	ταιριάζω
throughout (prep)	/θruːˈaʊt/	in every part	*Team sports like football and basketball are popular throughout the world.*	από άκρη σε άκρη, καθ' όλη τη διάρκεια

fade away (phr v)	/ˌfeɪd əˈweɪ/	to slowly disappear	*The noise from the crowd faded away as we moved away from the stadium.*	ξεθωριάζω
muscle (n)	/ˈmʌs(ə)l/	a piece inside the body that helps you move a part of the body	*Athletes have to stretch their muscles before and after a race.*	μυς
popularity (n)	/ˌpɒpjʊˈlærəti/	the state of being liked or preferred by a large number of people	*Her songs are gaining popularity around the world.*	δημοτικότητα
p42				
chart (n)	/tʃɑː(r)t/	a drawing that shows information in a simple way	*The chart shows the amount of daily exercise recommended according to age and gender.*	διάγραμμα
closely (adv)	/ˈkləʊsli/	in a way that shows you are connected or interested	*Jane works closely with her students to give feedback on their progress.*	προσεκτικά
question (v)	/ˈkwestʃ(ə)n/	to ask about something	*It's a good idea to question where an item of clothing is made before buying it.*	ερωτώ
recreation (n)	/ˌrekriˈeɪʃ(ə)n/	activities done to for pleasure when you are not working	*I enjoy walking as a form of recreation.*	αναψυχή
p43				
vast (adj)	/vɑːst/	great; huge	*Catherine owns a vast amount of land on the island.*	απέραντος
roughly (adv)	/ˈrʌfli/	about; approximately	*Roughly 200 hundred guests came to the wedding.*	χονδρικά, περίπου