

ΥΠΟΥΡΓΕΙΟ ΠΟΛΙΤΙΣΜΟΥ ΠΑΙΔΕΙΑΣ ΚΑΙ ΘΡΗΣΚΕΥΜΑΤΩΝ  
ΚΕΝΤΡΙΚΗ ΕΠΙΤΡΟΠΗ ΕΞΕΤΑΣΕΩΝ ΕΙΔΙΚΩΝ ΜΑΘΗΜΑΤΩΝ  
ΕΛΛΗΝΩΝ ΕΞΩΤΕΡΙΚΟΥ

**ΕΞΕΤΑΣΗ ΤΩΝ ΥΠΟΨΗΦΙΩΝ ΣΤΗΝ ΑΓΓΛΙΚΗ ΓΛΩΣΣΑ**

14 Σεπτεμβρίου 2015

**ΟΔΗΓΙΕΣ ΓΙΑ ΤΟΥΣ/ΤΙΣ ΥΠΟΨΗΦΙΟΥΣ/ΕΣ**

1. Να απαντήσετε σε όλα τα ερωτήματα στο τετράδιό σας ακολουθώντας την αρίθμηση των θεμάτων ως εξής:
  - A1. 1 ...  
2 ...
  - A2. Να γράψετε μόνο τον αριθμό του ερωτήματος και το γράμμα που αντιστοιχεί στη σωστή απάντηση, π.χ.  
4 – C  
5 ...
  - B1. Να γράψετε μόνο τον αριθμό του ερωτήματος και τη ζητούμενη λέξη.  
10 ...  
11 ...
  - B2. Να γράψετε μόνο τον αριθμό του ερωτήματος και τις ΔΥΟ (2) ζητούμενες λέξεις.  
15 ...  
16 ...
  - B3. Να αντιστοιχίσετε τον αριθμό του ερωτήματος με το σωστό γράμμα και να γράψετε μόνο την αντιστοιχία, π.χ.  
20 – A  
21 ...
  - Γ. Να αναπτύξετε το ζητούμενο θέμα στο τετράδιό σας χωρίς να αντιγράψετε την οδηγία-εκφώνηση.
2. Να χρησιμοποιήσετε μόνο μπλε ή μαύρο στυλό διαρκείας και μόνο ανεξίτηλης μελάνης.

**Καλή Επιτυχία**

Διάρκεια εξέτασης: Τρεις (3) ώρες

Έναρξη χρόνου εξέτασης: Αμέσως μετά τη διανομή των θεμάτων

Δυνατότητα αποχώρησης: 17:00

**A. Read the text below and respond to tasks A1 and A2.**



Source: Reuters

Aristotle taught while doing it, Bertrand Russell did it for an hour every morning, and Nietzsche was at it all day long: walking has long been associated with intellectual pursuits.

A new study, however, argues that there is something very special about the act of taking your mind for a stroll, which is distinct from other types of walking.

Mia Keinänen, of the Norwegian School of Sport Sciences, interviewed researchers in her country who are also keen walkers, and found that all of them believed that they got their best ideas while they were stretching their legs.

In an article Dr Keinänen sets out what she has identified as the unique characteristics of walking for thinking.

All of the nine interviewees identified the speed of their walking and the maintaining of a steady rhythm as being key to their ability to think, with a pace of between three and four miles per hour preferred in order to stimulate the body but not overly tax it.

Dr Keinänen says that aerobic activity such as moderate walking helps to increase blood flow and neurotransmitter activity, and can decrease stress hormones, all of

which can be beneficial for cognition. In addition, there is evidence that simple repetitive movement can help to focus attention, in a world which is becoming increasingly characterised by multitasking and distractions, she writes.

The interviewees suggested that walking allowed them to access a “place” where they are able to immerse themselves in their thoughts and access inner perspectives that were previously unknown.

Dr Keinänen highlights how people often reference space when discussing problem-solving, for example, by talking about “seeing from a new perspective”. Literally moving through a landscape may assist this process, she says.

The interviewees also suggested that walking helped them to remember things more easily. What Dr Keinänen’s subjects may implicitly be doing, she suggests, is using the loci memorisation technique, in which individuals remember items by imagining them in a physical space, such as a house.

Dr Keinänen, a keen walker, concludes that walking for thinking is a “potent work method that also has health benefits” for academics, and is accessible to almost everyone.

“The interesting thing is that, if you ask anybody what happens when they walk, they say that they suddenly get these thoughts,” Dr Keinänen said. “It is happening already without even cultivating it. If you want to focus, you can tweak it and make it more purposeful.”

(TES, 2015)

ΑΡΧΗ 3ΗΣ ΣΕΛΙΔΑΣ

**A. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ**

**(30 points)**

**A1. Answer questions 1-3 based on information from the article (about 20 words each).**

(3 x 4 points = 12 points)

1. What is the main purpose of this text?
2. What would be a suitable title for the text?
3. Who would be most interested in the results of this study? Justify your opinion.

**A2. Choose the correct answer (A, B, or C) for items 4–9 based on information from the article.**

(6 x 3 points = 18 points)

4. Where would you expect this text to appear?

- A.** A newspaper for education      **B.** A journal for athletes      **C.** A university textbook on physical education

5. According to the text, what do Aristotle, Russell, Nietzsche have in common?

- A.** They were interviewed for Dr Keinänen's research      **B.** They were well known philosophers      **C.** They liked to walk in order to think

6. Which of the following statements according to the text is true?

- A.** Any kind of walking can help you think      **B.** Walking at a steady and relaxing pace can help you think      **C.** Walking at a quick speed can help you think

7. Dr Keinänen's findings were based on interviews with...

- A.** athletes from Norway      **B.** researchers from Norway      **C.** people from Norway with concentration problems

8. According to the people Dr Keinänen interviewed, walking...

- A.** allowed them to discuss and solve problems      **B.** took them to places which helped them think      **C.** allowed them to concentrate and see things from a new perspective

9. Apart from being good for your health, walking...

- A.** can help anyone think clearly      **B.** makes thinking more purposeful      **C.** helps us remember things more easily

ΑΡΧΗ 4ΗΣ ΣΕΛΙΔΑΣ

**B. ΓΛΩΣΣΙΚΗ ΕΠΙΓΝΩΣΗ**

**(30 points)**

**B1. Use the following words (A-H), in the correct form, to complete gaps 10-14, as in the example. There are two words you do not need.**

(5 x 2 points = 10 points)

<b>A.</b>	bank	<b>B.</b>	instruct	<b>C.</b>	passion	<b>D.</b>	remain
<b>E.</b>	mathematics	<b>F.</b>	character	<b>G.</b>	study	<b>H.</b>	vivid

**Example:** Charles Babbage was born in London on 26 December 1791, the son of Benjamin Babbage, a London banker.

As a youth Babbage was his own 10. \_\_\_\_\_ in algebra, of which he was 11. \_\_\_\_\_ fond, and he studied at Trinity College, Cambridge.  
In his twenties, Babbage developed an interest in calculating machinery which became his consuming passion for the 12. \_\_\_\_\_ of his life. In 1821, he invented the Difference Engine for compiling 13. \_\_\_\_\_ tables. On completing it, he conceived the idea of a better machine, the Analytical Engine, which had some of the 14. \_\_\_\_\_ of today's computers.

**B2. Fill in the TWO gaps in the statements 15-19 of Column B, so that they have a similar meaning to the statements of Column A.**

(5 x 2 points = 10 points)

**Example:** I've grown used to the room's cold and damp.

The room's cold and damp don't bother me anymore.

	<b>COLUMN A</b>	<b>COLUMN B</b>
<b>15.</b>	After he had learned his lessons, he went out to play.	_____ his lessons, he went out to play.
<b>16.</b>	She excelled in maths under the tutorship of her father.	She excelled in maths having _____ by her father.
<b>17.</b>	It isn't easy for patients and doctors to communicate.	Patients and doctors have _____ communicating.
<b>18.</b>	The story is narrated in flashback except for two scenes at the beginning and the end.	_____ two scenes at the beginning and at the end, the story is narrated in flashback.
<b>19.</b>	We can't keep up with the large numbers of orders" he said.	"It has not been _____ us to keep up with the large numbers of orders" he said.

ΑΡΧΗ 5ΗΣ ΣΕΛΙΔΑΣ

**B3. Read items 20-24 below and decide where these notices are most likely to appear. Use each of the options (A–F) only once. There is one option you do not need.**

(5 x 2 points = 10 points)

<b>A.</b>	River bank	<b>B.</b>	Hospital entrance	<b>C.</b>	Car park
<b>D.</b>	High rise building	<b>E.</b>	Library	<b>F.</b>	Beach

<b>20.</b>	The management cannot accept responsibility for loss or damage of property or vehicles	
<b>21.</b>	Caution: Tipping hazard. Do not climb on shelves	
<b>22.</b>	These waters may be temporarily polluted with high levels of bacteria following heavy rainfall	
<b>23.</b>	This area must be kept clear for emergency vehicles	
<b>24.</b>	Caution: High waves and strong current and underflow may exist	

**Γ. ΠΑΡΑΓΩΓΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ**

**(40 points)**

**TASK:** A European Youth magazine has launched a debate on the topic “Are today’s teenagers more stressed out than previous generations?” and invites teenagers from all around Europe to express their views on the matter. Write an article (180-200 words) for the magazine in which you:

- A) discuss whether you think today’s teenagers experience more stress in their daily lives than previous generations
- B) explain what you think the sources of teenagers’ stress is
- C) suggest two ways of making teenagers’ life less stressful

Do not sign your article.

You do not need to provide a title for your article.

**ΤΕΛΟΣ ΜΗΝΥΜΑΤΟΣ**