

**ΥΠΟΥΡΓΕΙΟ ΠΑΙΔΕΙΑΣ, ΘΡΗΣΚΕΥΜΑΤΩΝ ΚΑΙ ΑΘΛΗΤΙΣΜΟΥ
ΚΕΝΤΡΙΚΗ ΕΠΙΤΡΟΠΗ ΕΞΕΤΑΣΕΩΝ ΕΙΔΙΚΩΝ ΜΑΘΗΜΑΤΩΝ
ΕΛΛΗΝΩΝ ΕΞΩΤΕΡΙΚΟΥ
ΚΑΙ
ΥΠΟΨΗΦΙΩΝ ΕΠΑΝΑΛΗΠΤΙΚΩΝ ΕΞΕΤΑΣΕΩΝ ΓΕΛ-ΕΠΑΛ**

ΕΞΕΤΑΣΗ ΣΤΗΝ ΑΓΓΛΙΚΗ ΓΛΩΣΣΑ

15 Σεπτεμβρίου 2025

ΟΔΗΓΙΕΣ ΓΙΑ ΤΟΥΣ ΥΠΟΨΗΦΙΟΥΣ ΚΑΙ ΤΙΣ ΥΠΟΨΗΦΙΕΣ

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. – A
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 ζητούμενες λέξεις.
15. ...
16. ...
 - B3. Να αντιστοιχίσετε τον αριθμό 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.

Helping others may be one of the simplest ways for teenagers to help themselves, as new research highlights the mental health benefits of volunteering. There is already considerable evidence among adults that volunteering—doing something for someone else or for one's community—benefits a person's physical and mental health and improves overall well-being. Researchers have found that the sense of mattering that volunteering provides is one important reason associated with psychological well-being.

Now scientists are finding similar links to both physical and mental health in children and adolescents. An early experiment found that 10th graders who volunteered in an elementary school for two months showed fewer signs of harmful inflammation and lower levels of obesity compared with students who didn't volunteer. A 2023 analysis found that, among more than 50,000 children and adolescents in the National Survey of Children's Health, young people who had participated in community service or had volunteered over the previous 12 months were more likely to be in very good or excellent health and stayed calm and in control when faced with challenges, and the adolescents were less likely to be anxious, among other benefits. This improvement was in comparison with young people who did not volunteer.

It should be noted that those findings are only correlations. "It could be that the children who were volunteering were already in great health," says study co-leader Kevin Lanza, an environmental health scientist at UTHealth Houston School of Public Health.

However, Lanza and others believe this early evidence is promising enough to pursue. A 2021 U.S. advisory warned that the proportion of young people reporting persistent feelings of sadness or hopelessness had increased by 40 percent over the previous decade, starting even before the pandemic. In the first years of the pandemic, the percentage of young people with depressive and anxiety symptoms doubled. Experts note many contributing factors, such as the pandemic, political tensions, climate concerns, social media, and personal challenges—yet volunteering might be the solution: helping young people find balance, purpose, and hope amid these pressures.

Adapted from <https://www.scientificamerican.com>

A. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

(30 points)

A1. Answer questions 1-3, based on information from the text (max. 30 words each).

(3 x 4 points = 12 points)

1. What would be a suitable title for this text?
2. What is the purpose of the text?
3. According to the text, what is the impact of volunteering on children's well-being?

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

(6 x 3 points = 18 points)

4. Where is the text more likely to appear?

A. In a psychology textbook.	B. In a popular science magazine.	C. In a teenagers' blog.
-------------------------------------	--	---------------------------------
5. Early experiments with 10th graders showed that volunteers had

A. improved physical health.	B. higher anxiety rates.	C. stronger academic performance.
-------------------------------------	---------------------------------	--
6. The 2023 National Survey of Children's Health

A. was based on adolescents who volunteered for a whole period of 12 months.	B. studied children and adolescents who volunteered sometime within a 12-month period.	C. used a sample of 50,000 volunteering and non-volunteering children and adolescents.
---	---	---
7. Kevin Lanza, a co-leader of the experiment of volunteering, argued that the results of the study

A. are proof-tight because of the rigorous selection criteria of the participants.	B. show patterns but not definite links between volunteering and physical well-being.	C. are positive because all participants were in poor health prior to the survey.
---	--	--
8. The 2021 US Advisory warned that the number of young people who claim to be unhappy and helpless

A. has risen by 40% after the pandemic.	B. has been on the rise prior to the pandemic.	C. has tripled in the first years of the pandemic.
--	---	---
9. Among the possible causes of youth mental health struggles, experts include

A. demanding academic environments.	B. pressure to volunteer as part of extra-curricular credit.	C. political, social, and environmental uncertainty.
--	---	---

B. ΓΛΩΣΣΙΚΗ ΕΠΙΓΝΩΣΗ

(30 points)

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

(5 x 2 points = 10 points)

A.	imagine	B.	future	C.	final	D.	<i>invent</i> (example)
E.	real	F.	emotion	G.	convention	H.	prestige

The example is in **bold** and *italics*.

White Cat, Black Dog by Kelly Link

Published in 2023, this stunning collection of seven (ex.) ***reinvented*** fairy tales was a (10) _____ for the (11) _____ Kirkus Prize. Kelly Link's (12) _____ stories feature diverse characters, from an old billionaire who must choose his heir with the help of a talking white cat, to a futuristic Hansel and Gretel.

"Kelly Link has long delighted readers with her uncanny and wildly (13) _____ story collections, including *Magic for Beginners* and the Pulitzer Prize finalist *Get in Trouble*", says Theodore McCombs, author of *Uranians* and winner of the 2024 Colorado Book Award. "But 2023's *White Cat, Black Dog* may be the perfect showcase for her genius for modern fairy tales, knitting the wondrous, sinister and dreamlike unrealness of Scandinavian folk story with the savvy (14) _____ realism of a contemporary novel. These stories are funny, startling, heartbreaking and always a pleasure to read."

B2. Use the correct form of the following verbs (A-H) to complete the gaps (15-19) in the text below, as in the example. There are TWO verbs you do not need.

(5 x 2 points = 10 points)

A.	<i>find</i> (example)	B.	run	C.	open	D.	shove
E.	get	F.	begin	G.	drive	H.	enclose

The example is in **bold** and *italics*.

After a full year of being unemployed, I finally (ex.) ***found*** a job. I (15) _____ cross-country to start my new job. What (16) _____ as a fun adventure turned into a nightmare when I realized I (17) _____ through most of my money and still had a way to go. I pulled over and let the tears flow. That's when I noticed the unopened farewell card my neighbor (18) _____ in my hand as I left. I pulled the card out of the envelope, and \$100 dropped out – just enough to get me through the remainder of my trip. Later, I asked my neighbor why she (19) _____ the money. She said, "I had a feeling it would help."

B3. Match the extracts in Column A (20-24) with the headings in Column B (A-F). There is ONE heading you do not need to use.

(5 x 2 points = 10 points)

	COLUMN A		COLUMN B
20.	Scientists in China have calculated the direct age of a fossilized dinosaur egg for the first time. The newly dated egg, from a cluster of 28 found in a nesting area in Shiyan, China, is around 85.9 million years old, according to a study published in <i>Frontiers in Earth Science</i> today.	A.	Art Events
21.	A binaural beat occurs when two tones with different frequencies are played in each ear, producing a third phantom tone, or binaural beta. The frequency of that third beat is a gap in the frequencies between the two separate tones. These are auditory illusions your brain creates when it hears different tones in each ear. But be sure you're wearing headphones.	B.	Economy and Finance
22.	The month of September doesn't hold back, welcoming a variety of must-see London exhibitions across the city. Explore Paul McCartney's backstage photographs of Beatlemania at the Gagosian, to Manuel Mathieu's paintings, and sculptural works at Pilar Corrias. Or cling onto the last fleeting moments of summer at Offer Waterman.	C.	Music Festivals
23.	The so-called "Zucman tax", named after Gabriel Zucman, a professor at the Ecole Normale Supérieure, targets the wealthiest individuals with considerable assets. It has become central in France's budget debate. However, the actual revenue that such a measure could generate may be overestimated.	D.	Culinary Destinations
24.	The Cycladic Islands are like stepping into a picture-perfect postcard. If you are a food lover like me, then you will absolutely want to make a stop in a little island called Sifnos. What I love most about Sifnos, besides the food, is the lack of indoor dining. You will dine al fresco as the sun sets and the ocean breeze carries you away.	E.	Medical Advances
		F.	Natural History

Γ. ΠΑΡΑΓΩΓΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

(40 points)

TASK: You are a popular teenage blogger. Recently you have been following an international debate on whether teenagers should hold a summer job. Using your knowledge and personal, social, and cultural experience, write a **blog entry (180-200 words)**, discussing:

- a) **two (2)** benefits of having a summer job during your high school years;
- and,
- b) **two (2)** possible drawbacks.

Do not give a title to your blog entry.

Do not mention your name anywhere in the text.

Do not sign your blog entry.

ΤΕΛΟΣ ΜΗΝΥΜΑΤΟΣ