

ΥΠΟΥΡΓΕΙΟ ΠΑΙΔΕΙΑΣ, ΘΡΗΣΚΕΥΜΑΤΩΝ ΚΑΙ ΑΘΛΗΤΙΣΜΟΥ
ΚΕΝΤΡΙΚΗ ΕΠΙΤΡΟΠΗ ΕΙΔΙΚΩΝ ΜΑΘΗΜΑΤΩΝ
ΚΟΙΝΗ ΕΞΕΤΑΣΗ ΟΛΩΝ ΤΩΝ ΥΠΟΨΗΦΙΩΝ

ΣΤΗΝ ΑΓΓΛΙΚΗ ΓΛΩΣΣΑ

16 Ιουνίου 2026

ΠΡΟΤΕΙΝΟΜΕΝΕΣ
ΑΠΑΝΤΗΣΕΙΣ ΘΕΜΑΤΩΝ

A. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

A1.

1. The Fight-or-Flight Response: How Stress Helps and Protects Us
2. The text explains how the body reacts to stress and how the sympathetic and parasympathetic nervous systems help us respond and recover.
3. It shows that short-term stress can boost energy, focus and performance, while the body later calms down and restores balance.

A2.

Ερώτημα	Απάντηση
4	B
5	C
6	A
7	A
8	C
9	B

Β. ΓΛΩΣΣΙΚΗ ΕΠΙΓΝΩΣΗ

Β1.

Ερώτημα	Απάντηση
10	purity
11	addition
12	significance
13	revival
14	religious

Β2.

Ερώτημα	Απάντηση
15	having doubted
16	as long
17	did we
18	The more
19	explanation was

Β3.

Ερώτημα	Απάντηση
20	C
21	B
22	A
23	E
24	D

Γ. ΠΑΡΑΓΩΓΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Ενδεικτική απάντηση

Last summer I travelled to Crete with my parents and my sister. We stayed in a small village near Chania, far from the crowded tourist areas. What made the trip unforgettable was not only the beautiful beaches, but also the warm people we met.

One day, we hiked through a gorge, visited an old monastery and swam in clear blue water. In the evening, a local family invited us to taste homemade food and told us stories about the island. I felt as if I was discovering a different way of life.

The first lesson I learned was to be open to new experiences. At first, I was nervous about hiking for hours in the heat, but I realised that trying something difficult can make you stronger and more confident.

The second lesson was to appreciate simple moments. Watching the sunset without checking my phone made me understand that happiness is often found in quiet, ordinary experiences.

Since then, I have tried to spend less time online and pay more attention to people and places around me every day.

Young Traveller

ΤΕΛΟΣ ΑΠΑΝΤΗΣΕΩΝ

EST.1993

ΧΡΥΣΗ ΤΟΜΗ