



**ΠΑΝΕΛΛΑΔΙΚΕΣ
ΕΞΕΤΑΣΕΙΣ 2026**

ΑΠΑΝΤΗΣΕΙΣ

ΜΑΘΗΜΑ

ΑΓΓΛΙΚΑ

ΩΡΑ ΑΝΑΡΤΗΣΗΣ

13:10



**φροντιστήρια
ΠΟΥΚΑΜΙΣΑΣ**

Ο ΜΕΓΑΛΥΤΕΡΟΣ ΦΡΟΝΤΙΣΤΗΡΙΑΚΟΣ ΟΜΙΛΟΣ ΣΤΗΝ ΕΛΛΑΔΑ

ΗΜΕΡΟΜΗΝΙΑ ΕΞΕΤΑΣΗΣ: 16-6-2026

ΕΞΕΤΑΖΟΜΕΝΟ ΜΑΘΗΜΑ: ΑΓΓΛΙΚΑ

ΠΡΟΤΕΙΝΟΜΕΝΕΣ
ΑΠΑΝΤΗΣΕΙΣ ΘΕΜΑΤΩΝ

A1

1. The Fight-or-Flight Response: How Stress Helps and Protects Us
2. The text explains how the sympathetic and parasympathetic nervous systems work together to regulate stress responses, helping people react to challenges, recover afterward, and maintain physical and mental balance.
3. The text shows that stress can be beneficial because it increases energy, focus, and readiness during challenges. Short-term stress responses help performance, while the body later restores calm and balance.

A2

4. B
5. C
6. A
7. A
8. C
9. B

B1

10. purity
11. addition
12. significance
13. revival
14. religious

B2

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

B3

20. C
21. B
22. A
23. E
24. D

C

Paragraph 1: Introduction

Provide the basic details of the trip (where you went, who you went with, etc.). Explain briefly why it was so memorable.

Paragraph 2: Description of the Trip

Describe more about the trip (how you travelled, the activities you did, etc.).

Paragraph 3: Life Lesson 1

Present the first lesson learned during the trip and explain how it changed your attitude or behaviour.

Paragraph 4: Life Lesson 2

Present the second lesson learned during the trip and explain how it changed your attitude or behaviour.

Paragraph 5: Conclusion

Reflect on the overall significance of the trip and how the lessons continue to influence your life.

