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A COLLABORATION BETWEEN DELTASTEP & AMENGLISH

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Contents

Unit 1: Family 1 – Vocabulary3	Unit 4: H
Family members – Thành viên trong gia đình3	Basic C
Family types – Các loại gia đình3	Interm
Relationship terms – Các thuật ngữ mối quan hệ4	Home
Phrasal verbs – Các cụm động từ4	Unit 5: Fa
Idioms – Thành ngữ4	Nouns
Unit 1: Family 1 – Tasks5	Phrasa
Basic Questions5	Adjecti
Intermediate Questions5	Colloca
Homework – Videos5	Unit 5: Fa
Unit 2: Daily Routine 1 – Vocabulary6	Basic C
Phrasal verbs6	Interm
Morning routine – Thói quen buổi sáng6	Home
Afternoon routine – Thói quen buổi chiều6	Unit 6: Tr
Evening routine – Thói quen buổi tối7	Colloca
Housework chores – Thói quen làm việc nhà7	Gramn
Unit 2: Daily Routine 1 – Tasks8	từ, độn
Basic Questions8	Patteri động t
Intermediate Questions8	Adjecti
Homework – Videos8	Idioms
Unit 3: Friends 1 – Vocabulary9	Month
Nouns – Danh từ9	Ordina
Adjectives – Tính từ9	Zodiac
Verbs – Động từ9	Vietna
Collocations & idioms – Từ kết họp & thành ngữ10	Weste
Unit 3: Friends 1 – Tasks11	Unit 6: Tr
Basic Questions11	Basic C
Intermediate Questions11	Interm
Homework – Videos11	Homey
Unit 4: Hobbies 1 – Vocabulary12	Unit 7: W
Hobbies – Sở thích12	Genera
Grammar box – Sentence structure – Cấu trúc12	Aspect
Reasons for having hobbies – Lý do cho sở thích13	Phrase
Likes & dislikes – Từ diễn thích / không thích13	Gramn
Phrases and idioms – Cụm từ và hành ngữ13	Idioms
Adverbs of frequency14	

Unit 4: Hobbies 1 – Tasks	15
Basic Questions	15
Intermediate Questions	15
Homework – Videos	15
Unit 5: Fashion & Clothing 1 – Vocabulary	16
Nouns – Danh từ	16
Phrasal verbs – Cụm động từ	17
Adjectives – Tính từ	18
Collocations & idioms – Từ kết họp & thành ngữ	19
Unit 5: Fashion & Clothing 1 – Tasks	20
Basic Questions	20
Intermediate Questions	20
Homework – Videos	20
Unit 6: Travelling & Holidays 1 – Vocabulary	21
Collocations – Từ kết hợp	21
Grammar: Nouns, Verbs, Gerunds – Ngữ pháp: da từ, động từ, danh động từ	
Pattern: Using gerunds in a sentence – Sử dụng da động từ trong một câu	
Adjectives – Tính từ	22
Idioms – Thành ngữ	23
Month names & origins – Tên tháng và nguồn gốc	23
Ordinal numbers – Số thứ tự	24
Zodiac signs – Cung Hoàng Đạo	24
Vietnamese holidays – Các ngày lễ lớn ở Việt Nam	.25
Western calendar days– Các ngày lễ phương Tây	25
Unit 6: Travelling & Holidays 1 – Tasks	26
Basic Questions	26
Intermediate Questions	26
Homework – Videos	26
Unit 7: Work & School 1 – Vocabulary	27
General – Từ vựng chung	27
Aspects of work – Tính chất công việc	28
Phrases – Cụm từ	29
Grammar – Adjective formations	30
Idioms – Thành ngữ	30

₩ ₩

Intermediate Questions......48

Homework – Videos......48

đề......39

"Problem" phrases - Cụm từ dùng từ "problem" về các vấn đè39

Social problems – Các vấn đề trong xã hội40



Unit 1: Family 1 – Vocabulary

"Family is like music, some high notes, some low notes, but always a beautiful song." – Anonymous

What is your family's song?

Family members – Thành viên trong gia đình

parents	/ˈpʰɛː.ɹənts/	bố mẹ	Parents should spend quality time with their children.		their children.
mother	/ˈmʌ.ðə/	mę	I help my mother with the chores.		
daughter	/ˈdoː.tʰə/	con gái	They had a son and four daughters. My sister is having a baby in June.		
sister	/ˈsɪs.də/	chị, em gái			
parents	/ˈpʰɛː.ɹənts/	bố mẹ	child, children	/ˈʧɑjłd, ˈʧɪł.ʤɹən/	con, đứa trẻ
mother	/ˈmʌ.ðə/	mę	father	/ˈfɑː.ðə/	bố
daughter	/ˈdoː.tʰə/	con gái	son	/sʌn/	con trai
sister	/ˈsɪs.də/	chị, em gái	brother	\e&.vrq,\	anh, em trai
sibling	/ˈsɪb.lɪŋ/	anh/chị/em ruột	twins	/tʰwɪnz/	sinh đôi
wife	/wajf/	ΛĠ	husband	/ˈhʌz.bənd/	chồng
spouse	/sbaws/	vợ chồng	cousin	/ˈkʰʌ.zən/	anh/chi/em họ
aunt	/a:nt/	dì, cô, thím	uncle	/ˈʌŋ.kʰəɫ/	chú, bác
niece	/nɪjs/	cháu gái	nephew	/ˈnɛf.jʉw/	cháu trai
grandmother	/ˈgɹan.mʌ.ðə/	bà nội, bà ngoại	grandfather	/ˈgɹan.fɑː.ðə/	ông nội, ông ngoại
godmother	/ˈgɔd.mʌ.ðə/	mẹ đỡ đầu	father-in-law	/ˈfɑː.ðə.ɹɪn.loː/	bố chồng / bố vợ
daughter-in-law	/ˈdoː.tʰə.ɹɪn.loː/	con dâu	brother-in-law	/ːol.nɪʰ.eð.ʌkdˈ/	anh/em rể
stepmother	/ˈsdɛpᠯ.mʌ.ðə/	mẹ kế	stepbrother	/ˈsdɛ/.ˈqɜbɛ/	con trai của bố dượng / mẹ kế
half-sister	/ˈhɑːf.sɪs.də/	con trai của bố dượng	foster-brother	/ˈfɔs.də.b.ʌcd/	anh nuôi
in-laws	/ˈɪn.loːz/	người thân của vợ / chồng tôi	relative	/ˈɹɛ.lə.t ^h ɪv/	họ hàng

Family types – Các loại gia đình

nuclear family	/ˌnjʉw.kʰlɪj.ə ˈfa.mɪ.lɪj/	gia đình hạt nhân	An example of a nuclear family is two parents and their children, living together in one household.
single mother	/ˌsɪŋ.gəł.ˈmʌ.ðə/	mẹ đơn thân	I have never seen anyone as strong as that single mother.
broken home	/ˌwend neh.kh	gia đình tan vỡ	When parents separate, their children have to live in a broken home.
adoptive parents	/sinetr::3 _d d, ni _q tr:dcp'e/	gia đình nhận nuôi đứ bé (bố mẹ nuôi)	Her adoptive parents cared for her as if she were their biological daughter.
extended family	/ɪksˌdɛn.dɪd ˈfa.mɪ.lɪj/	đại gia đình	She grew up surrounded by a large extended family.
divorced (adj)	/dɪˈvoːst/	ly hôn	No children want their parents to get divorced.
widow	/ˈwɪ.dəw/	goá phụ, goá vợ	The widow visited her husband's grave.
foster parents	/ˈfɔs.də ˌpʰɛː.ɹənts/	cha mẹ chăm sóc nuôi	dưỡng Amy was placed in the care of foster parents.



Relationship terms – Các thuật ngữ mối quan hệ

close to	/ˈkʰləws tʰʉw/	thân thiết với	She is very close to her brothers.
admire	/ədˈmɑj.ə/	ngưỡng mộ	Little Jack admired his father.
look after	/luk_ ^{'h} aːf.də/	chăm sóc	I've been looking after their baby since their divorce.
age difference, age gap	/ˈɛjʤ_dɪf.ɹəns/, /ˈɛjʤ gap/	khác biệt tuổi tác	There's a 15-year age difference between her eldest and youngest children.
rely on	/uc ⁱ jal'ıı/	dựa dẫm vào, tin tưởng vào	I want to be friends with someone I can rely on.
bring up	/dv, urrd/	nuôi nấng	She has to bring up three sons all on her own.

Phrasal verbs – Các cụm động từ

take care of	/tʰɛjk_ˈkʰɛː̪ˈɔv/	chăm sóc	Taking care of a toddler is tough work.
take after	/tʰɛjḳ ˈʰɑːf.də/	trông giống	My brother really takes after our father.
give birth	/gɪv ˈbɜːθ/	sinh em bé	She has just given birth to a lovely little girl.
get married to	/gɛʔˈma.ɹɪjd_tʰuw/	cưới ai làm chồng / vợ	John is very happy to get married to Sam.
propose to	/wu ^h t swe ^h q'eu ^h q/	cầu hôn ai	He admitted that he was nervous when proposing to Sam.
get along with	/gɛʔ əˈlɔŋ wɪð/	có mối quan hệ tốt với	My daughter and son get along very well with each other.

Idioms – Thành ngữ

Cụm từ thành ngữ	Từng từ một / Nghĩa đen		Định nghĩa	
to wear the pants	để mặc quần chính		người nắm quyền trong nhà	
/tʰuw_ˈwɛː ðə ˈpʰants/	My mother was very young when I was born, so it was my grandmother who wore the pants in my house.			
(just) one big happy family	_	— một đại gia đình hoà hợp và yêu quý nhau		
/ชุงรt ่พงท big ha.pʰij ˈfa.mɪ.lij/	To outsiders, they seemed like one big, happy family , but they often fought behind closed doors.			
to have a falling out	rơi ra khỏi tình bạn tranh cãi, cãi vã và gây tổn hại đến các mối quan hệ		cãi, cãi vã và gây tổn hại đến các mối quan hệ	
/thə havə fo:.lɪŋ awt/	Margaret and her sister had a falling out a few years back. They hardly even speak to each other now.			

Unit 1: Family 1 – Tasks

When you answer these questions, aim to use vocabulary and phrases from the boxes above.

Can you use the idioms when talking about your family?

Basic Questions

- 1. What's your sister/brother's name?
- **2.** Does your name have a meaning?
- 3. How many people are there in your family?
- **4.** Are you the eldest amongst your siblings?
- **5.** How's everybody doing? / How's the family?
- **6.** Are your parents strict or lenient?

- **7.** Do your parents let you stay out late?
- **8.** Do you ever argue with your parents and siblings?
- **9.** Do you get along with the rest of your family?
- 10. What do you and your family like to do together?
- 11. Who is the funniest person in your family?
- **12.** How often do you go on holiday (vacation) with your family?

Intermediate Questions

- Are friends more important than family?
- 2. What do you like the most about your family?
- 3. Do your family pressure you to act in a certain way?
- **4.** What do you think of your mother and father?
- 5. What're the best things about your mum and dad?
- **6.** Do your parents trust you?
- 7. Do you think your parents understand you? Why, or why not?

- **8.** Do you think that people should get married in their early 20s?
- **9.** Would you live with your parents after you get married?
- **10.** Which do you think is better: being single or being married? Why?
- 11. What is the perfect number of children to have?
- 12. What are some of your childhood family memories?
- 13. Do you think that money is one of the most important requirements to have a happy family?

Homework - Videos

Questions	✓
1. If you could change one thing about how you had grown up or been raised, what would it be?	
2. Of all the things your parents taught you, what do you think helps you the most?	
3. What family tradition that is not there anymore would you most like to bring back?	

End of Unit 1: Family 1







Unit 2: Daily Routine 1 – Vocabulary

"We become what we repeatedly do." - Sean Covey

So, what is your daily routine like?

Phrasal verbs

Morning routine – Thói quen buổi sáng

to wake up	/tʰə wεjk_ˈʰʌp/	tỉnh giấc	Every day I wake up at 6:30.
to get up	/tʰə gɛt̪ˈʰʌp/	thức dậy	He will get up in twenty minutes.
to wash my face	/tʰə ˈwɔʃ maj ˈfɛjs/	rửa mặt	Wash your face with a gentle cleanser in the morning and evening.
to brush my teeth	/tʰə ˈbɹʌʃ maj ˈtʰɪjθ/	đánh răng	Don't forget to brush your teeth before going to bed.
to press snooze	/tʰə pʰɹɛs_ˈsnʉwz/	hoãn báo thức	I need to press snooze on my phone!
to comb / brush my hair	/tʰə ˈkʰəwm , ˈbɹʌ∫ mɑj ˈhɛː/	chải tóc	I go to the bathroom to comb/brush my hair.
to have a shower	/tʰə ˈhav ə ˈʃaw.ə/	tắm vòi sen	My son doesn't like to take/have a shower.
to have a bath	/tʰə ˈhav ə ˈbɑːθ/	tắm ngâm bồn	Having a bath is very relaxing.
to make breakfast	/tʰə mɛjkᠯ ˈbɹɛkᠯ.fəst/	làm bữa sáng	People usually have Pho for breakfast in Viet Nam.
to get dressed	/tʰə gɛt៉_ˈʤɹɛst/	thay đồ	I get dressed and prepare to go to work.
to leave home	/tʰə lɪjv ˈhəwm/	rời nhà	I usually leave home at 7:45 every morning.
to get to school, to arrive at school	/tʰə ˈgɛt̪ tʰə ˈsgʉwl/, /tʰʉw_əˈɹajv ətˈ ˈsgʉwl/	đến trường	I always get to school 5 minutes late!
to start class	/tʰə ˌsdɑːtʰ ˈkʰlɑːs/	bắt đầu lớp	Mr. Whitesmith always starts class on time, at 8:30.
to have a break	/tʰə hav ə ˈbɹɛjk/	nghỉ giải lao	After the second class of the morning, we have a break.

Afternoon routine – Thói quen buổi chiều

to have lunch	ăn trưa
/tʰə hav ˈlʌnt͡ʧ/	We put our blanket on the grass and sat down for lunch.
to do my homework	làm bài tập
/tʰə ˈdʉw maj ˈhəwm.wɜːk/	Every night I have to do my Chinese homework.
to come back home	về nhà
/tʰə ˈkʰʌm bakʰ ˈhəwm/	My husband comes back home at 7 PM.
to play with my schoolfriends	chơi với bạn
/tʰə ˈpʰlɛj wɪð maj ˈsgʉwl.fɹɛnz/	He misses going to sleepovers and playing with his schoolfriends.
to watch TV / cartoons	xem tivi / hoạt hình
/tʰə ˈwɔtʃʃtʰɪjˈvɪj , kʰɑːˈtʰʉwnz/	Most children like to watch TV and cartoons.
to play football / volleyball / basketball	đá bóng / bóng chuyền / bóng rổ
/tʰə pʰlɛj ˈfet.boːl , ˈvɔ.lɪj.boːl , ˈbɑːs.gɪt͡.boːl/	When I was at/in primary school, I often played badminton with my classmates.



Evening routine – Thói quen buổi tối

to have dinner with my parents	/tʰə hav ˈdɪ.nə wɪð maj ˈpʰɛː.ɹənt͡s/	ăn tối với bố mẹ	No matter how busy I am, I always try to have dinner with my parents.
to take the trash / rubbish out	/tʰə ˈtʰɛjkˀ ðə ˈtʰɹa[ʃawt , ˈɹʌ.bɪ[ʃawt/	đi đổ rác	Normally, children don't like to take the trash out.
to dance	/tʰə ˈdɑːnˀs/	nhảy múa	Let's dance tonight!
to call my friends	/tʰə ˈkʰoːɫ maj ˈfɹɛnz/	gọi điện thoại cho bạn	I tried to call my friends yesterday to study together but, oddly, they were all busy.
to read a book	/tʰə ˈɹɪjd ə ˈbək/	đọc sách	In her spare time, she reads books about cooking.
to watch TV / cartoons	/tʰəˈwɔtʃʃtʰɪjˈvɪj , kʰɑːˈtʰʉwnz/	xem tivi / hoạt hình	
to send a text	/tʰəˈsɛnd əˈtʰɛkst/	nhắn tin	I sent a text to my boyfriend two hours ago, but he still hasn't responded!
to go to bed	/tʰə ˈgəw tʰə ˈbɛd/	đi ngủ	Peter said he'll try to go to bed early tonight.

Housework chores – Thói quen làm việc nhà

•	to wipe the table	lau bàn /ˈdɪ.ʃɪz/
	/tʰə ˈwɑjpˀ ðə ˈtʰɛjbɫ/	After we have dinner together, my husband has to wipe the table and wash the dishes
•	to mop the floor	lau sàn nhà
	/tʰə ˈmɔpˀ ðə ˈfloː/	Before mopping the floor, we need to sweep.
•	to tidy up the room	dọn phòng
	/tʰə tʰaj.dɪj ˈʌp ðə ˈɹʉwm/	You're supposed to tidy up your room, so get off your phone and do it now!
•	to make the bed	dọn giường
	/tʰə ˌmɛjkᠯ ðə ˈbɛd/	My mum always airs the sheets before she makes the beds.
•	to sweep the floor	quét nhà
	/tʰə ˈswɪjpˀ ðə ˈfloː/	I made him sweep the floor.
•	to prepare meals	chuẩn bị bữa ăn
	/tʰə pʰɹɪˌpʰɛː ˈmɪjɫz/	We'll come over and <i>prepare a</i> meal for you.
•	to fold clean clothes	gấp quần áo sạch
	/tʰə ˌfɔɫd kʰlɪjn ˈkʰləwðz/	I try to teach my son to fold [the] clean clothes.

Unit 2: Daily Routine 1 – Tasks

When you answer these questions, aim to use vocabulary and phrases from the boxes above.

How many can you use?

Basic Questions

- 1. What is your morning routine?
- 2. Where do you usually have breakfast?
- 3. What do you usually eat for breakfast?
- 4. Who do you have dinner with?
- 5. How often do you eat out?

- **6.** What is your evening routine?
- **7.** Which part of your day do you like best?
- 8. When you go out for the evening, what do you like to do?
- **9.** What kind of things make you laugh?
- 10. How do you organise your study time?

Intermediate Questions

- 1. What is the busiest part of your day?
- 2. Are all your days the same?
- 3. What is your typical daily routine?
- 4. Which activities do you prioritise each day?
- 5. Do you like to plan out what you will do each day?
- 6. Can you list all the kinds of entertainment you know?
- 7. Do you think that it's important to have a daily routine?
- 8. In the evening, do you prefer relaxing at home or going out?
- 9. What is the balance between work or study and free time in your day?
- 10. Are there any kinds of entertainment that you don't like? Why don't you like them?

Homework - Videos

Questions		
1.	What is your typical daily routine?	
2.	Do you agree with the statement "your success is what you repeat every day"? Why, or why not?	
3.	Tell me something you want to be good at, and:	
	- What activities you do each day/week to improve it;	
	- How much time you usually spend on it.	

End of Unit 2: Daily Routine 1







Unit 3: Friends 1 – Vocabulary

Good friends bring laughter & joy to daily activities and support you during hard times. Can you describe them?

Nouns - Danh từ

mutual friend	/ˈmjʉw.ʧʉwəɫ fɹɛnd/	bạn chung	The two met each other through a mutual friend.
trust (n, v)	/t ^h unst/	(dt) sự tin tưởng	She has no trust in the security of online banking.
fair-weather friend	/ˈfɛː.wɛ.ðə fɹɛnd/	bạn phù phiếm	I thought Gene would always stick by me, but when I got into trouble, he turned out to be a fair-weather friend.
a circle of friends	/saː.kəł ɔv fɹɛndz/	một nhóm bạn	You should be selective when it comes to choosing your circle of friends.
pen-pals	/ˈpʰɛn fɹɛnd/	bạn qua thư tín	She and I became pen pals when we were both only 11 years old.
teammate	/ˈtʰɪjm.mɛjt/	đồng đội	You must have a teammate in order to apply for the show.
soulmate	/ˈsɔwl.mɛjt/	bạn tâm giao; tri kỉ	For her, he was the perfect soul mate.
companion	/kʰəmˈpʰan.jən/	bạn đồng hành; bầu bạn	A dog is a faithful companion.
partner	/ˈpʰɑːt.nə/	cộng sự, đối tác	Me and my partner are trying to build our company.
buddy	/ˈbʌ.dɪj/	bạn thân; anh bạn	She is my college buddy.
childhood friend	/ˈʧaj.łd.hød fɹɛnd/	bạn thời thơ ấu	She reconnected with her childhood friend after 10 years.

Adjectives – Tính từ

similar	/ˈsɪ.mɪ.lə/	giống nhau	Our cats are similar in size.
funny	/ˈfʌ.nɪj/	hài hước	My dad always has so many funny stories to tell.
kind	/kʰajnd/	tử tế, ân cần, tốt tính	Kind words are worth much and cost little.
generous	/ˈdʒɛ.nə.ɹəs/	rộng lượng, hào phóng	She has always been very generous toward/to the poor.
sweet	/swɪjt/	ngọt ngào	Everyone likes him because he's a really sweet guy.
considerate	/kʰənˈsɪ.də.ɹət/	ân cần, chu đáo	He seems to be considerate because he turned down the music when we asked him to.
thoughtful	/ˈθoːt.fəɫ/	hay trầm tư, sâu sắc, ân cần	After her mother passed away, the young woman received a lot of thoughtful cards expressing sympathy for her loss.
different	/ˈdɪ.fɹənt/	khác nhau	He is very different to his brother.
different pleasant	/tne.tl.nb'/ /tnez.sal ^d q'/	khác nhau vui vẻ, dễ chịu	He is very different to his brother. The weather is rather pleasant today.
			·
pleasant dependable,	/ˈpʰlɛ.zənt/ /dɪˈpʰɛn.də.bəɫ/	vui vẻ, dễ chịu	The weather is rather pleasant today. I need someone dependable to look after the children while
pleasant dependable, reliable	/ˈpʰlɛ.zənt/ /dɪˈpʰɛn.də.bəɫ/ /rɪˈlɑj.ə.bəɫ/	vui vẻ, dễ chịu đáng tin cậy	The weather is rather pleasant today. I need someone dependable to look after the children while I'm at work.
pleasant dependable, reliable caring	/ˈpʰlɛ.zənt/ /dɪˈpʰɛn.də.bəł/ /rɪˈlɑj.ə.bəł/ /ˈkʰɛː.ɹɪŋ/	vui vẻ, dễ chịu đáng tin cậy chu đáo	The weather is rather pleasant today. I need someone dependable to look after the children while I'm at work. A friend who anticipates your needs is a caring friend.

Verbs – Động từ

trust (v, n)	/t ^h ɹʌst/	(đt) lòng tin	If you want someone to trust you, you must first trust them.
tolerate	/ˈtla.ːɛl.cʰtˈ/	tha thứ, bao dung	It can be hard to tolerate inconsiderate friends.
confide	/kʰənˈfajd/	chia sẻ, tâm sự	She's nice, but I don't feel like I can confide in her.
make friends	/mɛjk ˈfɹɛndz/	kết bạn	I make new friends easily.



Collocations & idioms – Từ kết họp & thành ngữ

onocations & laterns Ta	Ket hộp à thành hiệu	
enjoy each other's company	thích ở bên cạnh ai đó	Bạn có biết rằng?
/ɪnˈʤoj ɪjʧ ʌ.ðəz ˈkʰʌm.pə.nɪj/	I enjoy her company.	Từ "company" đến từ <i>com</i> (với) và <i>pan</i> (bánh), th nghĩa đen là <i>bạn bè cùng chia sẻ bánh mì.</i>
shoulder to cry on	một người bạn sẵn sàng nghe bạn chi	
/ˈʃɔwł.də tʰə ˈkʰɹɑj ɔn/	Let me be your shoulder to cry on.	
to have a lot in common	có nhiều điểm chung	
/tʰə ˈhav ə ˈlɔt̪ ʰɪn ˈkʰɔ.mən/	My best friend and I have a lot in com	nmon.
to drift apart (from)	dần dần xa cách	
/tʰə ˈdɹɪft̪ ʰəˈpʰɑːt fɹɔm/	Little by little, we drifted apart from e	each other.
to fall out with someone	cãi nhau	
/tʰə foːʰ ˈawt̪ ʰwɪð sʌm.wʌn/	He moved house after falling out with	n his housemates.
form/develop a friendship	tạo/phát triển một tình bạn	
/foːm/, /dɪ.vɛˈləp ə rɪˈlɛj.ʃən.ʃɪp/	Developing a friendship takes hard w	ork.
love you for who you are	yêu/chấp nhận bạn vì bản thân bạn	
/ˈlʌv jʉw foː hʉw jʉw ɑː/	A true friendship is when someone lo	ves you for who you are.
pick you up	vực ai đó dậy	
/pʰɪk jʉw ˈʌp/	Amy promises to always pick her hus	band up whenever he is having a hard time.
raise your spirit	nâng đỡ tinh thần	
/ˈrɛjz joː ˈsbɪ.ɹɪt/	The purpose of this charity event is to	o raise children's spirits this holiday season.
form a lasting friendship	hình thành một tình bạn lâu dài	
/ˈfoːm ə ˈlɑːs.dɪŋ rɪˈlɛj.ʃən.ʃɪp/	Real and lasting friendships are hard and authenticity comes at the cost of	to form because they require authenticity, vulnerability.
a healthy relationship	mối quan hệ bền vững	
/ə ˈhɛɫ.θɪj rɪˈlɛj.ʃən.ʃɪp/	If you want to have a healthy relation disrespect your significant other.	ship with your partner, you should never
have a working relationship	phát triển một mối quan hệ	
/tʰə ˈwɜːk̪ ʰat̪ ʰə rɪˈlɛj.ʃən.ʃɪp/	Our goal is to have a decent working	relationship with the company.
to get on well with somebody	có mối quan hệ hòa thuận	
/tʰə ˈgɛṭʰɔn ˈwɛɫ wɪð sʌm.bə.dɪj/	My two brothers and I get on well to	gether. / I get on well with my two brothers.
to get to know someone	bắt đầu quen biết ai đó	
/ tʰə ˈgɛt_tʰʉw ˈnəw sʌm.wʌn/	To get to know someone better requi	res good communication.
to see eye to eye	đồng thuận nhất trí về cùng một vấn	đề
/tʰə sɪj ˈaj tʰʉw ˈaj/	My sister didn't see eye to eye with n	ne about how to confess to our parents.
to lose touch with someone	không còn liên lạc, nghe tin tức	về ai đó nữa
/tʰə lʉwz ˈtʰʌʧ wiɪð sʌm.wʌn/	She lost touch with her college	roommate after graduation.
to hit it off with somebody	nhanh chóng trở thành bạ	n tốt
/ tʰə ˈhɪt̪ ʰɪt̪ ʰɔf wɪð sʌm.bə.dɪj/	Joe hits it off with his neig	nbour right away.
to keep in / get in touch with some	one giữ liên lạc với ai	
/tʰə ˈkʰɪjp̪ʰɪn , gɛt̪ʰɪn tʰʌʧ wiɪð sʌm	.wʌn/ They keep in touch I	by email.
to be together through thick and thi	in / ups and downs có những khoản	g thăng trầm



Unit 3: Friends 1 - Tasks

When you answer these questions, aim to use vocabulary and phrases from the boxes above.

How many can you use?

Basic Questions

- **1.** Describe one of your closest friends.
- 2. How do you make new friends?
- 3. Do you make friends easily?
- **4.** How do you maintain a good friendship?
- 5. Has a friend ever let you down?
- 6. Have you made any friends over the internet?
- 7. How many people do you consider as your "best friend"?
- 8. What do you usually do with your friends?
- 9. Do you have any childhood friends that are still strong today? Tell us about them.
- 10. What did you and your friends do during childhood that you still remember vividly to this day?

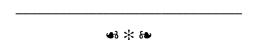
Intermediate Questions

- 1. Why do you like your best friend(s)?
- 2. What qualities do you think are important in a friend?
- **3.** What type of people do you get along with best?
- **4.** How can you get to know a person better?
- **5.** What do you do when you have a misunderstanding with a friend?
- **6.** What factors may result in the breakdown of a good friendship?
- **7.** How are your friendships different now than they were when you were a child?
- **8.** Do you think you can find eternal friendships through the internet?
- 9. Do you think it would be possible for you to still be friends with an ex-boyfriend or ex-girlfriend?
- 10. What is the difference between making friends when you were a child and making friends now?

Homework – Videos

Questions 1. Describe one of your best friends. - What are they like? - Why do you like them? - What are their good and bad traits? - etc. 2. What is the difference between making friends when you were a child and making friends now? 3. What do you do when you have a misunderstanding with your friend? Why do you do that?

End of Unit 3: Friends 1







Unit 4: Hobbies 1 – Vocabulary

When you want to get to know someone, ask them about their hobbies and interests. Talking about hobbies means you can share details about yourself, listen to them, and discover shared interests and free-time activities.

Hobbies – Sở thích

go swimming	/gəw ˈswɪ.mɪŋ/	bơi	Since it'll be hot tomorrow, we'll go swimming.
play sports	/pʰlɛj.sboːts/	chơi thể thao	Joe prefers playing sports to studying.
listen to music	/ˈlɪ.sən tʰə mjʉw.zɪk/	nghe nhạc	She loves to sing while listening to music.
read books	/rɪjd ˈbəks/	đọc sách	Reading books every day can broaden our knowledge in many ways.
travel	/ˈtʰɹa.vəɫ/	du lịch	His job requires him to travel frequently.
sing	/sɪŋ/	hát	She's a great actress, and she can sing and dance too.
dance	/ˈdɑːns/	nhảy	Dance is movement of the body, usually in a rhythmic way.
go jogging	/gəw ˈʤɔ.gɪŋ/	chạy bộ chậm	Tom goes jogging in the park every morning.
watch TV	/wɔtʃ tʰɪjˈvɪj/	xem tivi	I think my boyfriend watches too much television.
go shopping	/gəwˈʃɔ.pɪŋ/	đi mua sắm	In my spare time, I enjoy going shopping with my friends.
walk my dog	/ˈwoːk maj dɔg/	dẫn chó đi bộ	I walk my dog in the park every morning before work.
play cards	/busr.e Ísl _d d/	chơi bài	Many Vietnamese parents don't allow young children to play cards.
do gardening	/dʉwˈgaː.də.nɪŋ/	làm vườn	My mother enjoyed doing the gardening and growing her own fruit and vegetables.
take photos	/tʰɛjkwfəw.tʰəwz/	chụp ảnh	A lot of Vietnamese teenagers love taking photos.
do yoga	/dʉw ˈjəw.gə/	tập Du-già	She does yoga for an hour a day.
exercise	/ˈɛk.sə.sɑjz/	tập thể dục	Swimming is my favourite kind of exercise.
hang out with friends	/han_ˈawt wɪð ˈfɹɛnz/	đi chơi với bạn	She likes hanging out with friends and going to the movies.
cook	/k ^h ek/	nấu ăn	We're too busy to cook at home.
play guitar / piano	/pʰlɛj gɪˈtʰɑː/ , /pʰlɛj pʰɪjˈa.nəw/	chơi ghi-ta / đàn piano	He doesn't know how to play the guitar.

Hãy nhớ...

[verb]-ing là danh động từ [dđt], ngoại trừ việc nói trong các thì tiếp diễn.

Grammar box – Sentence structure – Cấu trúc

[verb]-ing (dđt) is a good way for me to	[dđt] là một cách tốt để	Exercising is a good way for me to improve my health.
		By studying hard, I can have the chance to get good grades and gain certification of my skills and abilities.
[Verb]-ing gives me the chance/opportunity to	[dđt] cho tôi cơ hội để	Going hiking on the weekends gives me the opportunity to enjoy & explore nature at the same time as keeping fit.
[Verb]-ing allows me to	[dđt] cho phép tôi	Gaming allows me to train my reflexes and problem-solving skills, whilst having fun and playing with/against my friends!
I find [noun] + [adjective].	Tôi cẩm thấy [dt] + [tt]	I find climbing exhilarating.
I find that [noun] + [verb] + [reason].	Tôi cẩm thấy rằng [dt] + [đt] + [lý do].	I find that singing karaoke helps me to unwind after a stressful day at work!

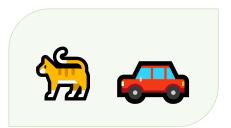


Reasons for having hobbies – Lý do cho sở thích

relieve stress	/sacbs' vitl, It/	giảm bớt căng thẳng	Listening to music is a good way for me to relieve stress.
unwind after a stressful day	/ʌnˈwajnd_aːf.dəੁ-ə ˌsdɹɛs.sfə+ ˈdɛj/	thư giãn sau một ngày căng thẳng	Meditating is a good way for me to unwind after a stressful day.
help with my mental health	/ˈhɛłp wɪð maj ˌmɛn.tʰəł ˈhɛɫθ/	giúp sức khoẻ tinh thần	I find singing very therapeutic because it helps with my mental health.
help with my physical health	/ˈhɛłp wɪð maj ˌfɪ.zɪ.kʰəł ˈhɛłθ/	giúp sức khoẻ thể chất	Running helps with my physical health.
keep fit	/kʰɪjpʰˈfɪt/	giữ dáng	By exercising regularly, I have the chance to keep fit.
make friends	/mɛjkʰ ˈfɹɛnz/	kết bạn	Joining school clubs helps me make friends.
temporarily escape reality	/tʰɛm.pʰəˌɹɛ.ɹɪ.lɪj_ ˈɪˌsgɛjp_ʰɹɪjˈa.lɪ.tʰɪj/	tạm thời thoát khỏi cuộc sống thực tế	In order to temporarily escape reality, people choose to go travelling.
hectic/busy lifestyle	/ˈhɛkᠯ.tʰɪk , ˈbɪ.zɪj ˈlajf.sdajɫ/	lối sống bận rộn	People who have a busy lifestyle often don't have much time for their hobbies.
it's on my bucket list	/ɪtˈs_ɔn maj ˈbʌ.kʰɪtʾ lɪst/	mục tiêu/ ước mơ bạn muốn đạt được	Going skydiving is on my bucket list.
cross it off my bucket list	/ˌkʰɹɔṣ_ɪṭ ˈʰɔf maj ˌbʌ.kʰɪtˀ lɪst/	gạch bỏ nó khỏi danh sách mục tiêu của bạn	Crossing things off your bucket list can be hard when you are overwhelmed by your job every day.

Likes & dislikes – Từ diễn thích / không thích

		=	
be keen on	/kʰɪjn ɔn/	quan tâm đến [dt]	I am keen on drawing.
be crazy about	/ˈkʰɹɛj.zɪjႍ ^j ə.bawt/	phát cuồng vì [dt]	I am crazy about computer games.
have a great passion for	/gɹɛjtᠯˈpʰa.ʃən/	có một niềm đam mê lớn với [dt]	I have a great passion for singing.
be a big fan of (idiom)	/bɪg ˈfan/	là (fan) hâm mộ lớn của [dt]	I am a big fan of classical music.
[noun] is not my kind of thing	/ˌnɔt maj ˌkajnd ɔv ˈθɪŋ/	[dt] không phải gu của tôi	Reading is not my kind of thing.
[noun] is not my cup of tea (idiom)		[dt] không phải gu của tôi gu = ly/tách trà	Mountain climbing is not my cup of tea.
can't stand	/kʰɑːntᠯˈsdand/	không thể chịu được [dt]	I can't stand cooking.
don't mind	/dəwnt ˈmajnd/	không ngại [dt]	I don't mind doing housework.
can take it or leave it	/tʰɛjk_ʰɪt_ʰoː lɪjv ɪt/	có cũng được, không có cũng được	A: Do you like lobster? B: Hmm, I can take it or leave it.



<u>Tip</u>

"You can, or you can't?!"

In British English, we usually differentiate between can and can't by changing the sound of the (a) vowel and the length of the (n).

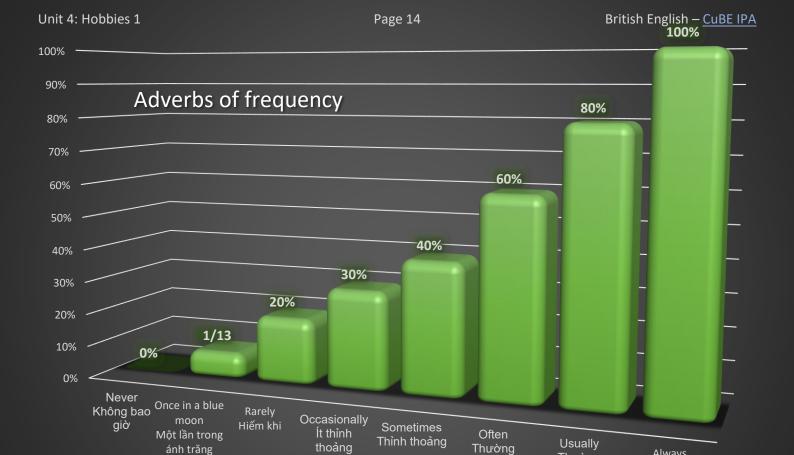
Can uses the /a/ vowel, like in cat and a normal /n/.

Can't uses the /a/ vowel, like in car and a short /n/.

Phrases and idioms – Cụm từ và hành ngữ

on a daily basis	/ɔn_ə ˌdɛj.lɪj ˈbɛj.sɪs/	hàng ngày	I eat rice on a daily basis.	
nine times out of ten	/ˈnɑjn tʰɑjmz awʔ ɔv ˌtʰɛn/		e: If I have free time, nine times out of ten I will go for a walk around my neighbourhood.	
once in a while	/ˈwʌns ɪn ə ˌwajt/	thỉnh thoảng	My family eats out once in a while.	





Always

Luôn luôn

Thường xuyên

thường

ánh trăng

xanh

Adverb of frequency	Định nghĩa			
• Never	Không bao giờ Từ này cũng có nghĩa là "chưa bao giờ" khi kết hợp với thì quá			
/ˈnɛ.və/	I never say "never". I have never eaten pizza in a cinema.			
Once in a blue moon	Rất hiếm khi Một lần trong ánh trăng xanh – một tháng, trăng tròn t			
/ˈwʌnᠯs_ɪn ə ˈblʉw ˌmʉwn/	I go to the cinema perhaps once in a blue moon!			
• Rarely	Hiếm khi			
/ˈɹɛː.lɪj/	I rarely cook for mysel	If because I'm too busy working and sleeping.		
Occasionally	Ít thỉnh thoảng			
/əˈkʰɛj.ʤʰ.nʰ.lɪj/	Occasionally, my friends and I will go out for a coffee and to play foosball or billiards.			
• Sometimes	Thính thoảng			
/ˈsʌm.tʰajmz/	When it rains, sometimes there's a rainbow.			
• Often	Thường thường			
/'ɔf. ^f n/ , /'ɔ.fən/ , /'ɔf. ^f dən/	I meditate often, but p	perhaps not often enough!		
• Usually	Thường xuyên			
/ˈjʉw.ʒə.lɪj/	During rainy season it usually rains every day. Luôn luôn			
• Always				
/ˈoːɫ.wεjz/	I always drink a coffee and do yoga in the morning.			

Unit 4: Hobbies 1 – Tasks

When you answer these questions, aim to use vocabulary and phrases given for the topic.

Can you also use the idioms?

Basic Questions

- 1. What do you like doing in your spare time?
- 2. What do teenagers in your country like doing?
- **3.** Have you got a hobby? If so, what is it?
- **4.** Which hobbies are usually the most expensive?
- **5.** How much time do you spend on your hobbies?
- **6.** Are there any new hobbies that you would like to take up?
- 7. Which game or sport requires the most strength?
- 8. In your opinion, which is the most dangerous sport?
- **9.** What other countries have you visited?
- 10. What is your preferred method to travel?

Intermediate Questions

- 1. Describe a place that you want to visit, and why.
- 2. Would you prefer somewhere lively or quiet?
- 3. Would you rather stay in one place or go to different places?
- **4.** Would you prefer to stay in a hotel or rent an apartment?
- **5.** How has the way people spent their free time changed over the years?

- **6.** Why do people have hobbies?
- 7. Is it important to have a hobby? Do you think that there is a problem if somebody only works and sleeps?
- 8. Some people turn their hobbies into a career, or a way of making money. Can you think of any examples?
- 9. Some people plan on taking up new hobbies when they retire. Are there any that you would like to start later in life?
- 10. How has the pandemic changed people's usual activities, such as work, travel and hobbies?

Homework - Videos

Questions What do you think clothing can tell you about a person? Is it possible to look good without spending lots of money on clothes? Describe clothes you wear on special occasions. You should say: What they are Where you buy them Why you wear them What people think about them

End of Unit 4: Hobbies 1









Unit 5: Fashion & Clothing 1 – Vocabulary

Every item of clothing we buy shows our choices, in taste, style and fashion. Can you describe your clothing style?

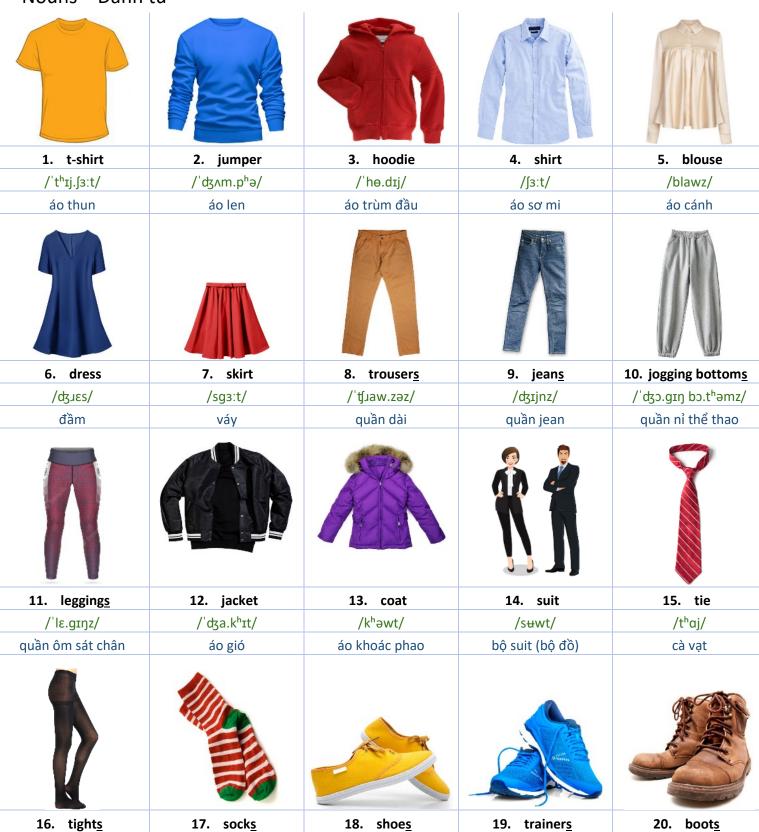
Nouns – Danh từ

/thajts/

tất da

/sɔks/

đôi tất, vớ





/ʃuwz/

<u>đôi</u> giày

/ˈʧɹɛj.nəz/

đôi giày thể thao

/buwts/

<u>đôi</u> ủng









21. baseball / peak cap	22. scarf	23. pyjama <u>s</u>	24. slipper <u>s</u>	25. dressing gown / bath robe
/ˈbɛjs.boːɫ , pʰɪjk_kʰap/	/sga:f/	/pʰɪˈʤɑː.məz/	/ˈslɪ.pʰəz/	/ˈʤɹɛ.sɪŋ_gawn/, /bɑːθ Jəwb/
mũ lưỡi trai	khăn quàng cổ	đồ ngủ	dép đi trong nhà	áo choàng











26. bikini	27. swimsuit	28. swimming shorts	29. flip flop <u>s</u>	
/bɪˈkʰɪj.nɪj/	/ˈswɪm.sʉwt/	/ˈswɪ.mɪŋ ʃoːts/	/ˈflɪpᠯ flɔps/	
áo tắm hai mảnh	đồ bơi	quần đùi bơi	dép tông, dép xỏ ng	

30. sunglass<u>es</u> /'sʌn.glaːs.sɪz/

kính râm dép tông, dép xỏ ngón

Phrasal verbs - Cum động từ

be, is	fashionable /ˈfa.ʃnə.bəɫ/ hợp thời trang	/bɪj/, /ɪz/	thì / là	He always tries to be fashionable. I like to be fashionable. She is very fashionable.
look		/lek/	trông	Your new clothes look fashionable.
become		/bɪˈkʰʌm/	trở thành	To become fashionable, simply follow the latest trends.
remain		/ɹɪˈmɛjn/	vẫn là	Last year's summer style has remained fashionable.
make something		/ˈmɛjk sʌm.θɪŋ/	làm một cái gì đó	You can make something fashionable by combining it with contrasting colours.
consider something		/kʰənˈsɪ.də sʌm.θɪŋ/	coi một cái gì đó	You can consider something fashionable even if it is old!

Tip

"Everyday" or "every day"?

Some words get joined together when they are used together a lot. This doesn't mean that the separate form isn't also used! Usually they have different meanings.

Every day: I eat food **every** day. [adverb]

Everyday: The sunrise is an **every**day occurrence. [adj] Many days: We have to wait for days for the rain to stop. Every person: I need to talk to every person (individually). Everyone: I need to talk to everyone (as a group).

<u>Tip</u>

"Hằng", "mỗi" hoặc "mọi"?

Một số từ được nối với nhau khi các được sử dụng cùng nhau rất nhiều. Điều này không có nghĩa là hình thức riêng biệt cũng không được sử dụng! Thông thường các có ý nghĩa khác nhau.

Tôi ăn thức ăn hằng (mỗi) ngày. Every day:

Everyday: Mặt trời mọc là một sự xuất hiện hằng ngày. Many days: Chúng ta phải chờ lâu nhiều ngày mưa tạnh. Every person: Tôi có phải nói chuyện với **mỗi** người ở đây.

Everyone: Tôi có phải nói chuyện với **mọi** người ở đây.

Adjectives – Tính từ

, tajecti				
fashionable		/ˈfa.ʃnə.bəɫ/	hợp thời trang	Tattoos are very fashionable among young people.
old-fashioned		/ɔwɫd ˈfa.ʃənd/	lỗi thời	The house was dull, old-fashioned and in bad condition.
well-dressed		/wɛヤ ˈdʒɹɛst/	đẹp / chỉnh chu	He's still the most well-dressed man.
worn-out		/ˌwoːn ˈawt/	cũ / bạc màu	My old jacket is so worn-out but I still love it! 😁
boring		/ˈboː.ɹɪŋ/	nhàm chán	After just three days, I find my new clothes boring.
girly (thường	là từ xúc phạm)	/ˈgɜː.lɪj/	nữ tính	Wearing girly clothes makes her feel like a princess.
boyish		/ˈbɔj.ɪʃ/	nam tính	But, on the weekends, she likes boyish clothes for skating.
loose		/l u ws/	rộng	He prefers loose clothes because they're more comfortable.
see-through		/ˈsɪj θɹʉw/	xuyên thấu	She loved the dress but the fabric was just too see-through.
clean		/kʰlɪjn/	sạch sẽ	You always look neat and clean.
dirty	clothes /	/ˈdɜː.tʰɪj/	bẩn thỉu	My trousers got dirty from our adventure in the forest.
wet	shirt /	/wɛt/	ướt	My clothes got all wet during the rainstorm.
dry	trousers / pants /	/ds.aj/	khô	I took a dry shirt to wear after swimming in the sea.
everyday	etc.	/ev.ɹɪˈdɛj/	đời thường	When I'm with my friends, I just wear everyday clothes.
		/'l-h/	bình thương,	That is a much too casual skirt for her to wear to the wedding!
casual		/ˈkʰa.ʒʉw.əɫ/	mặc giản dị	You can wear casual attire to the wedding reception party.
formal	attire	/ˈfoːm.əɫ/	chính thức	Formal attire is a good idea if you're not sure what to expect.
business		/ˈbɪz.nɪs/	công sở	When making a deal with someone, wear business attire.
appropriate	- /ə.tʰɑj.ə/ - trang phục	/əˈpʰɹəw.pʰɹɪj.ət/	phù hợp	Appropriate attire for an event shows care and consideration.
traditional	- crang prișc	/tʃɹəˈdɪ.ʃə.nəɫ/	truyền thống	In some cultures, ceremonial events call for traditional attire.
interview	_	/ˈɪn.tʰə.vjʉw/	phỏng vấn	Wear interview attire to look your best for your interview!
new		/njʉw/	mới	Kelly bought herself a new outfit for her new job.
summer	outfit	/ˈsʌ.mə/	mùa hè	Spring is here, it's time to buy my next summer outfit!
winter	/awť.frť/ trang phục	/ˈwɪn.tʰə/	mùa đông	Luckily I have my winter outfit from last year, it's so cold now!
party		/pʰɑː.tʰɪj/	dự tiệc	It's your birthday next week?! Let's go to buy our party outfits
full-length		/ˈfət_lɛŋkᠯ/	độ dài đầy đủ	For work, I have to wear full-length trousers.
long		/lɔŋ/	dài	Your dress is long enough to wear to church!
short	shirt /	/ʃoːt/	ngắn	My short shorts are so short that I got sunburn on my thighs!
tight	trousers / pants /	/tʰajt/	chật	My shoes are too tight, I need to buy some new ones.
tight-fitting	etc.	/ˈtʰajtᠯˌfɪ.tʰɪŋ/	bó sát	I like tight-fitting shirts, especially for working out.
loose-fitting		/ˈlʉws ˌfɪ.tʰɪŋ/	lắp lỏng lẻo	A loose-fitting silk shirt is great to wear for painting.
shapeless	_	/ˈʃɛjp.ʰləs/ k	hông có hình dạn	g I can't wear these! These trousers are shapeless!
hiking	_ gear	/ˈhaj.kʰɪŋ/	đi bộ đường dài	He was carrying a backpack filled with his winter hiking gear: several layers of clothes, a sleeping bag and a tent.
winter	/gɪː , gɪj.ə/	/ˈwɪn.tʰə/	mùa đông	<u>Tip</u>
climbing	thiết bị	/ˈkʰlaj.mɪŋ/	leo núi	In English, "gear" is the collective noun of things that
sailing		/ˈsɛj.lɪŋ/	chèo thuyền	are specific to an activity or purpose, and often includes equipment and clothing.

8 ×

includes equipment and clothing.

Collocations & idioms – Từ kết họp & thành ngữ

	• •				
to be on-trend	đua/theo xu hướng				
/on 'tʃɹɛnd/	Teenagers want to be on-trend every time they	go out.			
casual clothes	quần áo bình thường hằng ngày				
/ˈkʰa.ʒʉw.əɫ kʰləwðz/	Students are allowed to wear casual clothes wh	nen they go to tutoring classes.			
classic style	phong cách cổ điển				
/ˈkʰla.sɪḳksdɑjɫ/	His designs are always unusual, with a rare but	classic style that is often admired.			
designer label	thương hiệu mắc tiền bởi nhà thiết kế	"nhãn của nhà thiết kế"			
/dɪˈzɑj.nə lɛj.bəł/	You must have a lot of money to keep buying d	esigner labels so often.			
dressed to kill	lên đồ để gây ấn tượng	"lên đồ để giết"			
/ˈdʒɹɛst̅_tʰə ˈkʰɪɫ/	The man was dressed to kill, in a suit, fedora ha	t, gold watch and expensive shoes			
to dress for the occasion	lên đồ cho lễ đặc biệt				
/ˈdʒɹɛsssfoː ðɪj jəˈkʰɛj.ʒən/	John had obviously made an effort to dress up	for the occasion.			
fashion icon	biểu tượng thời trang				
/ˈfa.ʃən αj.kʰɔn/	David Beckham is a fashion icon.				
to get dressed up	lên đồ xịn				
/ˈgɛt_ʤɹəstਫੈʌp/	He was excited to get dressed up for his weddir	ng.			
to be in fashion	sanh điệu				
/ˌbɪj_ ⁱ ɪn ˈfa.ʃən/	The style of this dress is in fashion.				
to go out of fashion	lỗi thời				
/gəw ˌawt_hɔv_ˈfa.ʃən/	Jeans never go out of fashion!				
to have an eye for fashion	rất có mắt nhìn thời trang				
/ˈhav_ən ˈɑj fə ˈfa.ʃən/	I wish I could have an eye for fashion like the po	op-culture trend setters do!			
to have a sense of style	có cảm nhận về thời trang				
/ˈhav ə ˈsɛns əv ˈsdɑjɫ/	I've always admired her sense of style. I don't re	eally have one.			
to mix and match	phối đồ	"phối và làm cho hợp"			
/ˈmɪks ənd ˈmaʧ/	You can mix and match jeans with any type of s	hirt.			
to look good in (something)	trông rất đẹp trong (một cái gì đó)				
/lek 'ged ɪn/	Anne looks so good in her wedding dress.				
to suit someone	thích hợp với ai đó				
/ˈsʉwt sʌm.wʌn/	That hat suits you.				



Unit 5: Fashion & Clothing 1 – Tasks

When you answer these questions, aim to use vocabulary and phrases from the boxes above.

How many can you use?

Basic Questions

- 1. Do you enjoy buying clothes?
- 2. What type of clothes do you like to wear?
- 3. What type of clothes do you not like to wear?
- 4. Do you think the brand of clothing is important?
- 5. Are you happy to wear a uniform at work?
- **6.** Do your friends wear the same kinds of clothes as you?
- 7. What types of clothes do people in your area enjoy wearing?
- 8. Do you wear different styles of clothes now compared to ten years ago?

Intermediate Questions

- 1. What can clothing tell you about someone?
- 2. Do you think fashion trends are constantly changing?
- **3.** Are people's ideas about fashion today the same as during earlier times?
- **4.** Is it possible to look good without spending lots of money on clothes?
- **5.** What are some traditional clothing styles and costumes in your culture and region?

Homework - Videos

Que	Questions				
1.	What do you think clothing can tell you about a person?				
2.	Is it possible to look good without spending lots of money on clothes?				
3.	Describe clothes you wear on special occasions. You should say: - What they are - Where you buy them				
	Why you wear themWhat people think about them.				

End of Unit 5: Fashion & Clothing 1







Unit 6: Travelling & Holidays 1 – Vocabulary

The reasons we travel may vary from person to person, but everyone who travels grows more empathetic and educated about different cultures. What's your favourite place to visit?

Collocations – Từ kết hợp

		•	•		
go on	/gəw_von/		/ˈhɔ.lɪ.dɛj/ /vɛjˈkʰɛj.ʃən/	đi nghỉ ngơi	I'm going on vacation for four days.
take a	/tʰɛjk_ʰə/	holiday		"lấy một nghỉ ngơi"	I need to take a holiday as soon as possible!
have a	/hav ə/	vacation		"có một nghỉ ngơi"	I'll have a holiday with my family this spring.
to be on	/nc ⁱ _iɪd G ^h t\		,,,,,,	đang đi nghỉ ngơi	Soon I'll be on holiday in Puerto Rico!
a gotavi	214	/ə ˈgɛtʰə.wεj/		một nơi nghỉ ngơi	I need to find a countryside getaway to relax.
a getawa	ay			một kỳ nghỉ	We going on an adventure weekend getaway.
to go on	a tour	/tʰə ˈgəw	on ə ˈtʰoː/	đi tour du lịch	He really wants to go on a world tour.
an overs	seas trip	/ən ˈəw.v	əˌsɪjz ˈʧɹɪp/	chuyến đi nước ngoài	She couldn't take her dog on her overseas trip.
a backpa	ack	/ə ˈbakᠯ.pʰ	ak/	một ba lô	I need to buy a very big backpack.
go backp	oacking	/gəw ˈbal	ง.ืpʰa.kʰɪŋ/	đi du lịch ba lô	I'm gonna go backpacking solo!
a camp,	campsite	/ə kʰamp	, kʰampື.sɑjt/	một khu vực cắm trại	Let's set up the campsite before it gets dark.
go camp	ing	/gəw ˈkʰa	m.p ^h ɪŋ/	đi cắm trại	Our original plan was to go camping.
go sights	seeing	/gəw ˈsaj	ť.sɪj.ɪŋ/	đi ngắm cảnh	Shall we go sightseeing around Mexico City?
to book đặt	accommodation	/əˌkʰɔ.mə	oˈdεj.ʃən/	đặt chỗ ở	The travel agent will help us book accommodation.
	a hotel room	/ə həwˈtʰ	/mw u u ts	đặt phòng khách sạn	We booked a hotel room and had two amazing days, without even stepping outside!
	a flight	/ə ˈflɑjt/		đặt chuyến bay	She had already booked a flight to a Greek island.
	flight tickets	/ˈflajt_tʰɪ	.kʰɪt͡s/	đặt vé máy bay	We always book our flight tickets online.
make a k	oooking / ion	/ˌmɛjk_ʰə	ˈbe.kʰɪŋ/	đặt chỗ	We must make a reservation in advance.
cancel a reservat	booking / ion	/ˈkʰan.səɫ	ł ə ˌɹɛ.səˈvɛj.∫əi	n/ hủy đặt chỗ	He had a family emergency, so he had to cancel his booking.
check in	to the hotel	/ʧɛk <u>ˈ</u> ʰɪn.t	^h ʉw ðə həwˈtʰ	εł/ nhận phòng khách sạ	n After a long day of driving, I was so glad just to check into the hotel.
check ou	ut of the hotel	/ʧɛk <u>ˈ</u> ʰaw	t_pov ðə həwˌtʰ	εł/ trả phòng khách sạn	They packed and checked out of the hotel.
pack you	ur suitcase / bag	/ˌpʰak_ʰjo	oːˈsʉwt.kʰɛjs/	sắp xếp đồ vali	Quickly, pack your suitcase, we need to leave!
call roon	n service	/kʰoːɫˈɹʉ	wm saː.vɪs/	gọi/đặt dịch vụ phòng	Let's call room service, I need some breakfast.
rent a vi	lla	/ˌɹɛnt_ʰə ˈ	vɪ.lə/	thuê biệt thự	You can rent a beautiful villa from just \$1,600 a week in Bali!
it costs \$	\$100	/ɪʔ ˌkʰɔsts	s 100 'dɔ.ləz/	phí \$100	The ticket costs only \$100.
destinati	ion	/ˌdɛs.dɪˈn	εj.∫ən/	điểm đến	Life is about the journey, not the destination.
holiday r	resort	/ˈhɔ.lɪ.dɛj	JI,ZO:t/	khu nghỉ dưỡng	Being so close to the coast, it is quite a popular holiday resort.
out of se	eason	/ˌawt_ʰəv	ˈsɪj.zən/	mùa thấp điểm	The out-of-season room price is very low.
high sea	son	/ˈhaj sɪj.z	ən/	mùa cao điểm	Hotels usually raise their prices in high season.



Page 22	British English – <u>CuBE IPA</u>
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-	to the seaside	/ˌtʰə ðə ˈsɪj.sajd/	nghỉ ngoài biển	I went to spend a few days at the seaside.
	to the mountains	/ˌtʰə ðə ˈmawn.tʰɪnz/	đi lên núi	We're heading to the mountains to camp.
	to the countryside	/ˌtʰə ðə ˈkʰʌn.tʰɹɪj.sajd/	đi đồng quê	I've always loved the English countryside.
	to relax	/ˌtʰə ɹɪˈlak͡s/	để thư giãn	The peaceful countryside helps me to relax.

Grammar: Nouns, Verbs, Gerunds – Ngữ pháp: danh từ, động từ, danh động từ

noun	a camp	Here is our camp.	a backpack	This is your backpack.
verb – <i>infinitive</i>	to camp	I like to camp in summer.	to backpack	I want to backpack around Europe.
verb – present	I camp	We camp in the woods.	I backpack	I backpack from Nepal to Tibet.
verb – continuous	I am camp ing	We're camping for 3 nights.	I am backpack ing	I am backpacking around South East Asia.
noun – gerund	I like camp ing	Let's go camping tomorrow!	I am going backpack ing	I am going backpacking in South America.

Pattern: Using gerunds in a sentence – Sử dụng danh động từ trong một câu

"I like to" + [verb] + [choice or habit]

Unit 6: Travelling & Holidays 1

I like to travel abroad.	I like to try the local food.	I like to go camping.
• "I like" + [verb]-ing + [something you	enjoy]	
l like travel ling abroad.	I like visit ing museums.	I like go ing camping.
• "I am fond of" + [verb]-ing + [somethi	ng you enjoy]	
I'm fond of visit ing the local bars.	I'm fond of visit ing museums.	I'm fond of going camping.
• "Go" + [verb]-ing + [activity]		
Go sightsee ing . (Visit attractions.)	Go swimm ing .	Go camping.

Adjectives – Tính từ

fun-filled, enjoyable	/ˈfʌn.fɪɫd , ɪnˈʤoj.əbəɫ/	rất vui và tận hưởng	This is gonna be a fun-filled weekend getaway!
exciting	/ɛki̇̀.saj.tʰɪŋ , ɪki̇̀.saj.tʰɪŋ /	hào hứng	Simon told us an exciting story of his adventures.
disastrous, terrible	/dɪˈzɑː.sdʒɹəs, ˈtʰɛ.ɹə.bəɫ/	tai hại	Our holiday was disastrous, it rained every day.
dreamy	/ˈʤɹɪj.mɪj/	như mơ	The mist drifting through the forest looks dreamy.
ideal	/ajˈdɪj.ət/	lý tưởng	It was an ideal spot for a vacation.
perfect	/ˈpɜː.fɪkt/	hoàn hảo	A jacuzzi overlooking the snowy mountains is the perfect combination of extreme experiences.
unforgettable	/ʌn.fəˈɡɛ.tʰə.bəɫ/	khó quên	Yesterday was an unforgettable day for me.

<u>Tip</u>

Excited or exciting?

"Exciting" derives from the <u>present continuous</u> verb "exciting". The object that is causing me to feel excitement is <u>exciting</u> me.

"Excited" derives from the past participle (past tense) verb "excited". The recipient of the excitement has been excited.

Therefore:

An adventure is *exciting* (for someone). [Someone] feels *excited* by the adventure.

Idioms – Thành ngữ

soaking up the fresh air	/ˌsəw.kʰɪŋ ˈʌpˀ ðə ˌfɹɛʃ_ˈɛː/	sť wɔt ðə "cái đó đúng là những gì bác		I love soaking up the fresh air.		
"it's just what the doctor ordered"	/ɪt͡s ˈdʒʌstˈ wɔt ðə ˈdɔklːtʰə oː.dəd/			This holiday in the countryside is just what the doctor ordered.		
to travel light	/tʰə ˈʧɹa.vəɫ_lajt/	đi du lịch với ít hành lý		It's much easier to travel light!		
to get away from the crowds	/tʰə ˌgɛt̪ʰəˈwɛj fɹɔm ðə ˈkɹawdz/	để tránh xa đám đông		I prefer to get away from the crowds, cities are too busy!		
to get away from it all	/tʰə ˌgɛt̯ʰəˈwɛj fɹɔm ɪt̯ʰoːɫ/			I've been so stressed lately; I just need to get away from it all!		
to get up bright and early	/tʰə gɛt‿ʰʌp ˈbɹajtੁʰən ˈɜː.lɪj/	thức dậy vào sáng sớm		When I'm camping, I love to get up bright and early to catch the sunrise.		
To relax, we can also say	To relax, we can also say:			Để thư giãn, cũng có thể nói:		
take things easy	/ˌtʰεjkʰθɪŋzˈɪj.zɪj/	làm mọi thứ dễ dàng	I am so	so stressed; I need to take things easy!		
• chill out	/ʧɪ[ˈawt/	bình tĩnh, "để làm lạnh tính khí"	Let's go	go to chill out on the beach.		
let my hair down	let my hair down /ˌlɛʔ mɑj ˈhɛː dawn/ để tóc tôi xuống Don't		Don't v	vorry! Let your hair down tonight.		
• put my feet up	put my feet up /ˌpʰeʔ maj ˈfɪjṭʰʌp/ đặt chân tôi lên A		After work I'm gonna put my feet up.			
 recharge my batteries 	/រɪjˈʧɑːʤ mɑj ˈba.ʧɹɪjz/			ng time in the forest, listening to the of nature, really recharges my batteries.		

Month names & origins – Tên tháng và nguồn gốc

Most month names come from the Roman culture. The modern calendar was created by Julius Caesar. /ˌʤʉw.lɪj.əs ˈsɪj.zə/

1	January	/ˈdʒan.jʉw.ɛ.ɹɪj/	Janus, the Roman god of beginnings and transitions.
2	February	/ˈfɛb.jʉw.ɛ.ɹɪj/	Maybe from <i>Februa</i> , the purification festival, or the Etruscan underworld god, <i>Februus</i> .
3	March	/maːʧ/	<i>Mars</i> , the god of war. This was when Roman military campaigns resumed. March was previously the start of the year, thus September to December are numbered seven to ten.
4	April	/ˈɛjp.ʰɹəɫ/	Possibly from <i>aperio</i> , "to open", the opening flowers of springtime, or from <i>Aphrodite</i> .
5	May	/mɛj/	Possibly from <i>Maia</i> , the Roman goddess of growth and increase.
6	June	/ʤʉwn/	Juno, the Roman goddess of marriage and women.
7	July	/ʤeˈlaj/	Julius was the Roman dictator who created the modern Solar calendar of the West.
8	August	/ˈoː.gəst/	Augustus, the first Roman emperor, had several fortunate events during this month.
9	September	/sɛp̄'tʰɛm.bə/	'septem', Latin for seven. It used to be the seventh month back when March was the first.
10	October	/ɔkʰəw.bə/	' octo ' means <i>eight</i> . Cognate with Ancient Greek <i>ochtố</i> [οχτώ]. (Octo pus, octa gon.)
11	November	/nəwˈvɛm.bə/	'novem' means nine, from Latin nówem. Pronounced / no.μεm/ in Latin.
12	December	/dɪˈsɛm.bə/	'decem' means ten. Pronounced / ˈdɛ.kɛm/ in Latin.



Ordinal numbers – Số thứ tự

1 st	one	first	/faːst/	7 th	seven	seventh	/ˈsɛ.vən̪ᠯθ/
2 nd	two	second	/ˈsɛ.kʰənd/	8 th	eight	eighth	/ε <u>j</u> <u>t</u> θ/
3 rd	three	third	/θɜːd/	9 th	nine	ninth	/najnੁੌθ/
4 th	four	fourth	/fo:θ/	10 th	ten	tenth	/tʰεn̪ਰ/
5 th	five	fifth	/fɪfθ , fɪθ/	11 th	eleven	eleventh	/ɪˈlɛ.vən̪ਰਿ/
6 th	six	sixth	/sɪksθ, sɪkθ/	12 th	twelve	twelfth	/ˈtʰwεɫvfθ , tʰwεਖ਼θ/

IPA Tip – Smooth speech – Nói suôn sẻ

A letter with this symbol (_) underneath, the *dental modifier* means that the tongue touches the edge of the teeth, just like in θ and δ . Here, we have \underline{n} and $\underline{\dagger}$. It happens naturally in preparation for the next phoneme.

Did you know that most Western holidays come from the ancient Druid *Wheel of Time* calendar?

Bạn có biết rằng hầu hết các ngày lễ phương Tây đều bắt nguồn từ lịch Bánh xe Thời gian Tu sĩ Xen Tơ cổ đại?

Which holidays can you match up with the wheel on the right?

Bạn có thể ghép các ngày lễ dưới đây với các biểu tượng trên bánh xe không?

Which symbols do you recognise?

Bạn nhận ra những biểu tượng nào?

What is your Zodiac sign in English?

Cung hoàng đạo của bạn trong Tiếng Anh là gì?



Zodiac signs - Cung Hoàng Đạo

△ 🤚 📅 🦙	Aries	/ˈɛː.ɹɪjz/	Bạch Dương	Cừu đực	Sheep	March 21 – April 19
₹▲ 🗸 🐂	Taurus	/'tʰoː.ɹəs/	Kim Ngưu	Bò mộng	Bull	April 20 – May 20
∆€) <u>□</u> ₩	Gemini	/ˈdʒɛm.ɪ.naj/	Song Tử	Cặp song sinh	Twins	May 21 – June 21
$\nabla \lozenge \ \overline{\ \ } \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \$	Cancer	/ˈkʰan.sə/	Cự Giải	Cua	Crab	June 22 – July 22
Δ 🤚 🕡 🕡	Leo	/ˈlɪj.əw/	Sư Tử	Sư tử	Lion	July 23 – August 22
$\forall \triangle \boxed{m} $	Virgo	/ˈvɜː.gəw/	Xử Nữ	Trinh nữ	Virgin	August 23 – September 22
∆ €) 🖸 🧛	Libra	/ˈlɪj.bɹə/	Thiên Bình	Cân	Scales	September 23 – October 23
$\nabla \lozenge \square $	Scorpio	/ˈsgoː.pʰɪj.əw/	Thiên Yết	Во сар	Scorpion	October 24 – November 21
$\triangle \bigcirc \boxed{2} \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \$	Sagittarius	/ˈsa.ʤɪˈtʰɛː.ɹɪj.əs/	Nhân Mã	Cung thủ	Archer	November 22 – December 21
₹ <u>™</u> 📆	Capricorn	/ˈkʰapʰɹɪ.kʰoːn/	Ma Kết	Dê	Goat	December 22 – January 19
∆€ 🚾 🤤	Aquarius	/əˈkʰwɛː.ɹɪj.əs/	Bảo Bình	Người gánh nước	Water carrier	January 20 – February 18
$\nabla \lozenge \mathbb{H} $	Pisces	/ˈpʰaj.sɪjz/	Song Ngư	Cá	Fish	February 19 – March 20

Vietnamese holidays – Các ngày lễ lớn ở Việt Nam

New Year's Day	/ˌnjʉw jɪːz ˈdɛj/	Tết Dương Lịch	1 st of January	01/01
Tet Holiday	/ˌtʰɛt ˈhɔ.lɪ.dɛj/	Tết Nguyên Đán	1/1 of the Lunar calenda	r (Âm lịch)
Hung King's Festival	/ˌhʌŋ kʰɪŋz̯ sˈfɛs.dɪ.vəɫ/	Giỗ Tổ Hùng Vương	10 th of April	10/04
Reunification Day	/ˌɹɪj.jʉw.nɪ.fɪˈkʰɛj.ʃən dɛj/	Ngày Thống nhất đất nước	30 th of April	30/04
Labour Day	/ˈlɛj.bə dεj/	Ngày Quốc tế Lao động	1 st of May	01/05
Children's Day	/ˈʧɪɫ.ʤɹənzੑ ^z dɛj/	Ngày quốc tế thiếu nhi	1 st of June	01/06
National Day	/ˈna.ʃə.nəɫ dɛj/	Ngày Quốc khánh	2 nd of September	01/07
Vietnamese Women's Day	/ˈwɪˈmɪnzႍ²dɛj/	Ngày phụ nữ Việt Nam	20 th of October	20/10
Vietnamese Teachers' Day	/ˈtʰɪj.ʧəz̪²dɛj/	Ngày nhà giáo việt nam	20 th of November	20/11

Western calendar days– Các ngày lễ phương Tây

public holiday	/pʰʌb.lɪkʰˈhɔ.lɪ.dɛj/	ngày nghỉ lễ chung	National holiday days, decided by law.
bank holiday	/baŋkʰˈhɔ.lɪ.dɛj/	kỳ nghỉ ngân hàng	Days when the banks are (or used to be) closed.
New Year's Day	/njʉw ˈjɪj.əz̪ zˈdɛj/	Ngay đâu năm	1 st of January
Spring Equinox	/sbɹɪŋ ˈɛk.wɪ.nɔk͡s/	điểm xuân phân	21st March
Pancake Day (Shrove Tuesday)	/ˈpʰan.kʰɛjkˈdɛj/ /ˌʃɹəwv_ˈˈʧʉwz.²dɛj/	ngày bánh kếp	Traditional day of feasting on sweet foods before Lent, a 40-day period of fasting leading to Easter.
Lent	/lɛnt/	mùa chay (tưởng tự)	The 40-day period of fasting prior to Easter, from the Christian tradition of confession and sacrifice.
Easter	/ˈɪjs.sdə/	lễ Phục sinh	The first Sunday after the first Full Moon on or after 21st of March (the Spring Equinox)
April Fools' Day	/ɛj.pʰɹət ˈfʉwtzႍzdɛj/	ngày Cá tháng Tư Fool = kẻ ngốc	1 st of April, the day of playing tricks on each other.
May Day	/ˈmɛj dɛj/	ngày mông một tháng năm	1 st of May
Summer Solstice	/ˈsʌ.mə ˈsɔt.sdɪs/	điểm hạ chí	21 st June
Summer holidays	/ˈsʌ.mə ˈhɔ.lɪ.dɛjz/	kỳ nghỉ hè	Approximately 6 weeks, from mid-July to the end of August
Autumn Equinox	/ˈoː.təm ˈek.ʰwɪ.nɔk͡s/	điểm thu phân	21 st September
Halloween	/ha.ləˈwɪjn/	Đêm trước Lễ các Thánh Hallowed = linh thiêng Saints = các Thanh	31 st of October, <i>Hallowe'en</i> from <i>All Hallows' Eve</i> , where 'eve' means 'evening'.
Thanksgiving	/θæŋks ^{'s} gɪ.vɪŋ/	lễ Tạ Ơn	Canada – second Monday in October USA – fourth Thursday in November
Harvest	/'ha:.vɪst/	lễ hội Thu hoạch	1 st of November
Christmas holidays	/ˌkʰɹɪs.məs̪sʰhɔ.lɪ.dɛjz/	kỳ nghỉ Giáng sinh	19 th of December to 3 rd of January (usually)
Winter Solstice	/ˌwɪn.tʰə ˈsɔł.sdɪs/	điểm đông chí	21 st December
Christmas Eve, Christmas Day	/kʰɹɪs.məṣsˈɪjv/ , /kʰɹɪs.məs̞sˈdɛj/	đêm, ngày Giáng sinh	24 th and 25 th of December
Boxing Day	/ˈbɔkᠯ.sɪŋ dɛj/	ngày tặng quà	26 th of December; originally a day to give gifts to household servants and other staff.



Unit 6: Travelling & Holidays 1 – Tasks

When you answer these questions, aim to use vocabulary and phrases given for the topic.

Can you also use the idioms?

Watch out! Some of the questions might include idioms, too!

Basic Questions

- 1. Do you like travelling?
- 2. Do you like to travel alone or in a group?
- 3. In which seasons do you prefer to travel?
- 4. What kind of places have you visited?
- 5. What do you usually do on holidays?
- 6. Do you like long or short holidays?

- 7. When you visit new places, what do you like to do?
- **8.** Would you say your country is a good place for travellers to visit? Why?
- **9.** Can you name all the public holidays in Vietnam?
- **10.** How many Western holidays can you remember?
- **11.** What do most people do during the public holidays in your country? Why?

Intermediate Questions

- **1.** Describe a recent vacation that you went on.
- 2. How do you plan and prepare for your vacation?
- 3. What do you take with you when you travel? Do you try to pack light?
- 4. How long should a vacation be?
- **5.** What is the importance of travelling?

- 6. Which method of travel do you consider safest?
- 7. What are the pros and cons of low-cost methods of travel?
- 8. What is the best place for a vacation in your country? Why?
- 9. Things can go wrong when you travel. Have you had any bad travel experiences?
- **10.** Do you think there are negative impacts of tourism?

Homework - Videos

Questions 1. What are the pros and cons of low-cost methods of travel? 2. Things can go wrong when you travel. Have you had any bad travel experiences? Tell us about them. 3. Do you think there are negative impacts of tourism? What they are Why they are negative – who and/or what they impact How they could be avoided or offset.

End of Unit 6: Travelling & Holidays 1





Unit 7: Work & School 1 – Vocabulary

As people spend so much time working, the way that they feel about their jobs can reflect on their satisfaction and fulfilment in life. Have you ever asked yourself if you truly enjoy your occupation? Are you following your true path?

General – Từ vựng chung

interview	/ˈɪn.tʰə.vjʉw/	phỏng vấn	I have an interview on Saturday.
appointment	/əˈpʰojntᠯ.mənt/	buổi hẹn gặp	We have an appointment with a new client at 11 AM.
meeting	/ˈmɪj.tʰɪŋ/	cuộc họp	Our manager scheduled a meeting for Friday evening!
career	/kʰəˈɹɪj.ə/ , /kʰəˈɹɪː/	nghề nghiệp	I want to change my career.
full-time	/fet_'thajm/	toàn thời gian	I wish I could be a full-time artist!
part-time	/pʰɑːt̞་ˈtʰajm/	bán thời gian	I work part-time at a night club.
temporary	/jtr.3r.e _d d.m3 _d t,/	tạm thời	An internship is a temporary position.
permanent	/ˈpʰɜː.mə.nənt/	dài hạn	A permanent role provides financial security.
internship	/ˈɪn.tʰɜːn.ʃɪp/	kỳ thực tập	After studying mechanics, I will start an internship with an engineering company.
advertisement, advert, ad	/ədˈvɜː.tʰɪs.mənt/ , /ˈad.vɜːt/ , /ad/	quảng cáo	I saw an advertisement for an interesting job.
to apply for a job	/tʰʉw_əˈpʰlaj foːᢩ-ə ˈʤɔb/	xin việc	I really need to apply for a job, but I am too busy studying at university.
to hire	/tʰə ˈhɑj.ə/	thuê (người), tuyển dụng	We will hire a long-term contractor to take care of the fire safety for our building.
to fire	/tʰə ˈfɑj.ə/	sa thải	My boss is going to fire my colleague for spending too much time on TikTok.
notice period	/ˈnəw.tʰɪs ˌpʰɪː.ɹɪj.əd/	thời gian thông báo (nghỉ việc)	My boss requires that I give her 2 weeks' notice period before I leave the job.
contract	/ˈkʰɔn.tɹakᠯ/	hợp đồng	Some employers offer short-term contracts.
sick pay	/ˈsɪkᠯ pʰεj/	tiền lương ngày ốm	A good employer will provide sick-pay.
overtime	/ˈəw.və.tʰajm/	ngoài giờ làm việc	If you aren't paid extra for overtime, you should find a new job!
holiday entitleme	nt /ˈhɔ.lɪ.dɛj_ɪnˌtʰaj.tʰəɫ.m	ənt/ chế độ ngày nghỉ	All companies' employees should have holiday entitlement.
holiday pay	/ˈhɔ.lɪ.dɛj pʰɛj/	tiền lương ngày nghỉ	Some employers even provide holiday pay!
wages	/ˈwɛj.dʒɪz/	lương tuần	Wages are based on an hourly rate.
salary	/ˈsa.lə.ɹɪj/	lương tháng	A salary is a fixed amount of money per year, usually paid monthly.
health insurance	\shaper::\ell_u_b\shaper.\	bảo hiểm y tế	Big companies usually provide health insurance to their employees.
qualifications	/ˌkwɔ.lɪ.fɪˈkʰɛj.ʃənz/	bằng cấp	Skilled jobs typically require certain qualifications.



Unit 7: Work 8	k School 1	Page 28	British English – <u>CuBE IPA</u>
to accept an offe	r /tʰʉw əkʰsɛptౖʰən ˌɔ.fə/	nhận lời mời làm việc	I'm going to accept the job offer from the IT company.
starting date	/ˈsdaː.tʰɪŋ dɛjt/	ngày bắt đầu	My starting date is next Monday!
maternity leave	/məˈtʰɜː.nɪ.tʰɪj lɪjv/	nghỉ thai sản	Pregnant women and new mothers should always be granted maternity leave.
promotion	/ne[.wem'er _d d/	thăng chức	Good performance and skill development shall be rewarded with promotion.
manager	/ˈman.ɪ.ʤə/	người quản lý	My manager is so helpful and friendly.
trainee	/ʧɹɛjnˈɪj/	nhân viên tập sự	The new trainee has a lot of skills already.
co-worker (<i>also</i> coworker)	/ˈkʰəw.wɜː.kʰə/	đồng nghiệp	My co-workers want to go for dinner together.
department	/dɪˈpʰɑːʔ.mənt/	phòng ban	The admin department and IT department

cộng việc hành chính 8 tiếng

cộng việc có lương tốt

các điều kiện làm việc

đáp ứng thời hạn

ảnh hưởng

communicate terribly!

department operates.

meet our deadlines.

feel valued and supported.

A new manager can have a big impact on how a

A nine-to-five job may seem boring, but it allows me to have a simple, stable routine so that I can have enough time for leisure.

It can take several years to get a well-paid job.

To keep a business running smoothly, we must

Good working conditions really help employees

Aspects of work – Tính chất công việc

/ˈɪm.pʰakt/,/ɪˈfɛkt/

/ə ˈwɛł ˌpʰɛjd_ˈdʒɔb/

/thə 'mɪjt hə 'dɛd.lajn/

/ˈwɜː.kʰɪŋ kʰənˌdɪ.ʃənz/

a nine-to-five job /ə ˈnajn tʰə ˌfajv_vˈdʒɔb/

impact (noun),

a well-paid job

to meet a

deadline

working conditions

effect

satisfaction	/ˈsa.tʰɪsˈfakᠯ.ʃən/	sự hài lòng	Job satisfaction helps us to enjoy our daily lives.
exhaustion	/ɪgˈzoːs.⁵ʤən/	sự kiệt sức	Too much overtime leads to exhaustion.
freedom	/ˈfɹɪj.dəm/	tự do	Sometimes my boss gives me too much freedom!
supervision	/sʉw.pəˈvɪ.ʒən/	sự giám sát	The new trainee is under constant supervision.
restriction	/ɹɪˈsʤɹɪkᠯ.ʃən/	hạn chế	There is a legal restriction on overtime hours.
distraction	/dɪsˈsdʒɹak̄.ʃən/	sự phân tâm	I trained myself to not get caught by distractions.
procrastination	/pʰɹəˌkʰɹas.sdɪˈnɛj.ʃən/	sự trì hoãn	Adults are surprisingly good at procrastination.
performance (work)	/pʰə.foː.məntᠯs/	hiệu suất (công việc)	Removing distractions helps improve performance.
productivity	/¡tʰɪ.vɪ.tʰɪ]/	năng suất	Since my promotion, my productivity has increased.
vacancy (n)	/ˈvɛj.kʰəntᠯ.sɪj/	vị trí trống, chỗ khuyết	Does this position have any vacancies?
challenging (adj)	/ˈʧa.lən.ʤɪŋ/	đầy thách thức	A higher position will be more challenging.
suitable (adj)	/ˈsʉw.tʰə.bəɫ/	phù hợp	This job is suitable for my skillset.
responsibility (n)	/ɹɪˌsbɔn.sɪˈbɪ.lɪ.tʰɪj/	trách nhiệm	Everyone has responsibilities in their jobs.
pressure (n)	/ˈgʰ.3ɪ. ^h qˈ/	áp lực	My boss puts a lot of pressure on me!



job satisfaction (n) /ˈdʊ̯	ʒɔb sa.tʰɪsˌfakᠯ.ʃən/	sự hài lòng đối với công việc	Job satisfaction is hard to find.
high-powered job (n) /	haj ˈpʰaw.əd_ർვാb/	công việc có vị trí lớn	I don't want a high-powered job.
busy work schedule (n)	/ˈbɪ.zɪj ˈwɜːk ˌsgɛ.ʤមwɫ,	/ lịch trình công việc bận r	ộn I have a busy work schedule during April.
to learn various skills	/tʰə ˈlɜːn ˈvɛː.ɹɪj.əs_ˈsgɪ	tz/ học được những kỹ năr	ng I need to learn various skills for my new job.
to learn from experience	/tʰə ˈlɜːn fɹɔm ɪkˈsbɪː	ıj.ənts/ rút kinh nghiệm	An internship lets me learn from experience.
procrastinate (v)	/pʰɹəˈkʰɹa.sdɪ.nɛjt/	hoãn lại	I procrastinate when I dislike a task at work.

Phrases – Cụm từ

 to work with your hands 	công việc tay chân					
/ˈwɜːk wɪð joː ˈhanz/	I love w	I love working with my hands, doing things like woodwork.				
to frequently feel exhausted	thườ	ờng xuyên cảm thấy kiệt sức				
/ˈfɹɪj.kʰwəntᠯ.lɪj ˌfɪjł ɪgˈzoːs.sdɪd/	I freq	quently feel exhausted in my role as the office manager.				
to have no supervision or restrictions	khô	ông có sự giám sát hay hạn chế nào				
/hav ˌnəw sʉw.pʰəˈvɪ.ʒən oː ɹɪˈsdɹɪkᠯ.ʃənz/	I an	m the boss so I have no supervision or restrictions.				
 to easily get distracted by things like movies, games, etc. 	dễ	lễ dàng bị sao nhãng bởi các thứ như phim, trò chơi				
/tʰʉw_ɪj.zɪ.lɪj gɛt dɪˈsdɹakˀ.tʰɪd bɑj ˌθɪŋz lɑjk ˈmʉw.vɪjz, ˈgɛjmz, ɛtˀˌsɛ.tʰə.ɹə/ /ɛtˀˌsɛtˀ.tʃɹə/		On Fridays I easily get distracted by things like online games and my friends' stories on Instagram.				
to find it difficult to develop social skills	1	thấy khó phát triển các kỹ năng xã hội				
/ˌfajnd ɪt̪ ˈdɪ.fɪ.kʰəɫt̪ tʰə dɪˌvɛ.ləp ˈsəw.ʃəɫ sgɪɫzˌ		Children who don't go to school often find it difficult to develop social skills.				
• to not need to go to the office on a daily basis	'	không cần tới công sở hàng ngày				
/ˌnɔtᠯˈnɪjd_tʰə ˈgəw tʰə ðīj ˈɔ.fɪs ɔn ə ˈdɛj.lɪj ˈbɛj	j.sɪs/	In my new job, I don't need to go to the office on a daily basis.				
• to have the freedom to choose when and where	e to worl	rork có sự tự do lựa chọn khi nào và nơi đâu để làm việc				
/ hav $\eth \theta$ 'fızj.dəm $t^h \theta$, $t \theta \psi $	w3:k/	Self-employment gives me the freedom to choose whe and where to work.				
to negatively affect work performance and prod	ductivity	ảnh hưởng tiêu cực tới hiệu suất và năng suất				
/ˈnɛ.gə.tʰɪv.lɪj_əˌfɛkt ˈwɜːkˀ pʰəˌfoː.məntঙ ənd ˌp	t'Anb.cu ^d c	'thi.vi.thij/ Noise can negatively affect work performance and productivity.				

Grammar – Adjective formations

- **-ed** I feel exhausted /ɪgˈzoːs.sdɪd/
 - o Tôi cảm thấy kiệt sức
 - → được dùng để miêu tả ai cảm thấy như thế nào.
- -ing Volleyball is exhausting /ɪgˈzoːs.sdɪŋ/
 - O Môn bóng chuyền khiến bạn cảm thấy kiệt sức
 - → Được dùng để miêu tả ai, cái gì mang lại cảm giác như thế nào cho đối tượng khác.

		hài lòng	kiệt sức	giải phóng	giám sát	hạn chế	phân tâm	sản xuất
verb		ˈsa.tʰɪs.sfɑj satisfy	ɪgˈz oː st exhaust	fu ij free	ˈsʉw.pʰə.vɑjz supervise	rɪˈsʤɹɪkt̀ restrict	dı'sdyuakt distract	pıəˈʤʉws produce
adjective	-ed	satisfied	exhausted	free		restricted	distracted	produced
noun	-ion	satisfaction	exhaustion	freedom	supervision	restriction	distraction	production
adjective	-ing	satisfying	exhausting	freeing		restricting	distracting	productive
adverb	-ly	satisfyingly	exhaustedly exhaustingly	freely		restrictively	distractedly distractingly	productively

Can you put these different word forms into sentences?

Idioms – Thành ngữ

Cụm từ thành ngữ	Từng từ một	Định nghĩa			
sick of [object]	làm cho bị bệnh bởi [thứ gì đó]	Chán ngấy đối với ai, việc gì hoặc làm gì			
/ˈsɪk_ʰɔv sʌm.θɪŋ/	I am sick of always waiting for you!				
• had it	đã có nó (và từ chối có no nữa)	Điều đó xảy ra với bạn quá nhiều và bạn không chịu đựng được nữa			
/ˈhad ɪt/	I've absolutely had it with all my boss's ridi	culous demands!			
to be stuck behind a desk	mắc kẹt sau bàn làm việc	mắc kẹt trong công việc bàn giấy buồn chán			
/ˈsdʌk bɪˈhajnd ə ˈdɛsk/	I hate being stuck behind a desk all day!				
to figure [obj] out	dùng sơ đồ tinh thần để giải quyết thứ gì đó	Hiểu hoặc giải quyết thứ gì đó			
/ˈfɪ.gə [] ˈawt/	I need to figure this problem out.				
/ˈfɪ.gə_¹ˈawt []/	I'm trying to figure out a way to make this	vork.			
• to learn [obj] by heart		Học (một cái gì đó) thuộc lòng			
/ˈlɜːn baj ˌhaːt/	She learns all the singer's songs by heart.				
to rack [one's] brain	hành hạ óc mình bằng căng nó trên bàn tra (tên của loại bàn này là <i>rack</i>)	ấn nặn óc để cố nhớ một chuyện gì			
/ˈrakᠯ mɑj ˌbɹɛjn/	I racked my brain trying to remember the name of that restaurant.				
• to catch on	cuối cùng móc vào nắm một khái niệm di chuyển	lúc đầu không hiểu lắm nhưng sau đó thì đã rõ vấn đề			
/kʰaʧ_ˈʰɔn/	At first my grandmother didn't understand Facebook, but she finally caught on.				

Unit 7: Work & School 1 – Tasks

When you answer these questions, try to use vocabulary and phrases given in the vocabulary section.

Can you also use the idioms?

Basic Questions

- 1. Describe the company or organisation you work for.
- 2. What are your responsibilities?
- 3. Why did you choose that kind of work?
- 4. Is that a popular job in your country?
- 5. Is there anything special about the job?

- **6.** Do you like your job? / Do you enjoy your work?
- 7. Is there another type of job that you would like to do?
- 8. How many hours do you work each day?
- **9.** Would you recommend your job to other people?
- 10. What do you do after work?

Intermediate Questions

- 1. Where do you want to be in ten years?
- 2. Where do you see (imagine) yourself in ten years?
- **3.** Do you miss being a student? Why, or why not?
- 4. Would you like to change your job in the future?
- **5.** Which jobs would you say are most respected in your country?
- **6.** How do you make a good first impression in a job interview?

- **7.** What are some important things that a candidate should find out before accepting a job?
- **8.** Some people say that it's better to be self-employed than to work for a company. What's your opinion?
- **9.** In recent years, what changes have there been in employment in your country?
- **10.** What is one thing you are looking forward to doing when you retire?

Homework - Videos

Que	Questions	
1.	What are/were your favourite subjects and topics to study at school/college/university?	
2.	What have been your most memorable and most enjoyable jobs? Why?	
3.	Where do you imagine yourself to be in ten years' time? How do you plan to get there?	
	(Place, career, rank, job title, company position, etc)	

End of Unit 7: Work & School 1









Unit 8: Internet 1 – Vocabulary

The Internet is a practically infinite source of information. It has made our lives easier and more convenient. However, there are some negative aspects that affect our lives. What are the good and bad things of the Internet?

General – Từ vựng chung

keyboard	/ˈkʰɪj.boːd/	bàn phím	My son learned to use the keyboard.
mouse	/maws/	chuột (máy tính)	A keyboard & mouse are primary input devices.
screen	/sgɹɪjn/	màn hình	CGV Cinemas has huge screens.
touchscreen	/ˈtʰʌʧ. ^ʃ sgɹɪjn/	màn hình cảm ứng	Touchscreens revolutionised the phone industry.
tablet	/ˈtʰab.lɪt/	máy tính bảng	Can I download new programs to my tablet?
web	/wɛb/	web <i>như</i> mạng nhện	The Internet connects us like a spider's web.
webpage	/ˈwɛbdphɛjʤ/	trang mạng	This website has a lot of webpages.
website	/ˈwɛb.sajt/	đất mạng (site như đất)	I got Jon to create a website for me.
web browser	/ˈwɛbd_bɹaw.zə/	trình duyệt web	There used to be only a few web browsers.
Internet	/ˈɪn.tʰə.nɛt/	mạng internet	We mostly use the Internet for streaming.
online	/ɔnˈlɑjn/	on <i>như</i> trên; line <i>như</i> dây	There are online versions of most activities now.
to go online	/tʰə ˌgəw_ɔnˈlajn/	lên online	I need to go online to check my emails.
social media	/ˌsəw.ʃətˈmɪj.dɪj.ə/	mạng xã hội	A lot of Vietnamese people are on social media.
addictive	/əˈdɪk̄.tʰɪv/	dễ gây nghiện	Facebook and Instagram are addictive.
distracted	/dɪsˈsdʒɹakᠯ.tʰɪd/	sao nhãng	I was distracted by a loud noise.
to scroll through the internet	/tʰə ˌsgɹɔwł θɹʉw ðɪj <u>ˈˈ</u> ɪn.tʰə.nɛt/	lướt internet	It's easy to lose track of time when you keep scrolling through the internet.
to spend time online	/tʰə sbɛnd_tʰajm ɔnˈlajn/	dành thời gian online	Many young people now spend most of their time online.
means of communication	/ˌmɪjnz ɔv kʰəˌmjʉw.nɪˈkʰɛj.ʃən/	phương tiện giao tiếp	In the past, letters were their only means of communication.
all-time favourite	/ˌoːɫ tʰajm ˈfɛj.vɹət/	yêu thích nhất	The Voice is my all-time favourite show.
hardly a day passe without	es /ˌhɑːd.lɪj ə dɛj ˈpʰɑː.sɪz wɪ.ðawt/	không một ngày nào mà không	Hardly a day passes without getting tagged in spam posts on Twitter.
education and entertainment purposes	/ˌɛ.ʤəˈkʰɛj.ʃən ənd ˌɛn.tʰəˈtʰɛjn.məntʾ pʰɜː.pʰə.sɪz/	cho các mục đích giáo dục và giải trí	The Internet can be used for education and entertainment purposes.
for the sake of	/fo: ðə ˈsɛjk <u></u> ʰɔv/	vì lợi ích của	For the sake of our mental & emotional health, we need to stop comparing our lives to social media.
to download [something] /thə dawn'ləwd [] from the internet dij_i'ɪn.thə.nɛt/ internet the internet.			



Internet activities – Hoạt động internet

As names of activities, all of the words ending in -ing are first verbs, then continuous verbs, then gerund nouns.

Trong các tên của hoạt động, tất cả các từ kết thúc bằng -ing đều đầu tiên là động từ, sau đó là động từ tiếp diễn, và cuối cùng là danh động từ.

[verb] [continuous verb] [gerund noun]

I stream videos. → I am streaming videos. → I like streaming videos.

streaming	/ˈsdɹɪjm.ɪŋ ; sʃʤɹɪjm.ɪŋ/	sự truyền dòng	Almost everyone likes streaming videos online.
online shopping	/ˌɔn.lajn ˈʃɔ.pʰɪŋ/	shopping online	It's easy to get addicted to online shopping.
gaming	/ˈgɛjm.ɪŋ/	gaming	Online gaming has become incredibly popular.
livestreaming	/ˈlajv.sʤɹɪjm.ɪŋ/	phát trực tiếp	People like watching me livestream my games.
chatting	/ˈʧa.tʰɪŋ/	trò chuyện	He's always chatting with strangers on Tinder.
scrolling through	/ˈsgrɔwෞˈˈlɪህ θɹfɨmcrbs/	lướt	I can't help passively scrolling through Instagram!
hacking	/ˈha.kʰɪŋ/	hack như chém, chặt mạnh	The skills of hacking can be used to make something work better, not only for crime.
researching	/ɹɪˈsɜː.ʧɪŋ/	nghiên cứu	I use the Internet for researching biochemistry.
downloading	/dawnˈləw.dɪŋ/	tải xuống	Cốc Cốc is an excellent web browser for downloading videos from any website!
uploading	/ʌpˈʰləw.dɪŋ/	tải lên	Uploading videos takes a really long time.
YouTube	/ˈjʉw.ʧʉwb/	không phải là "du tu bi"	YouTube started out as a video-based dating site.
Netflix	/ˈnɛt.ʰflɪks/	không phải là "net pơ lik"	Netflix started out as a DVD-rental postal service.

Benefits of the internet – Lợi ích

fast	/faːst/ nha	anh chóng The Wi-Fi he	ere is very fast.
cheap	/ʧɪjp/	rẻ Mobile d	ata in Viet Nam is far cheaper than in the UK.
convenient	/kʰənˈvɪj.nɪj.ənt/	thuận tiện It's co	invenient to use Shopeefood for food delivery.
to widen our knowled	ge /tʰəˈwɑj.dən aw.əˌnɔ.lɪʤ,	/ mở rộng kiến thức Re	eading research articles widens our knowledge.
to do research online	/tʰə dʉw ˈɹɪj.sɜːtt̪ ʰɔnˌlajn/	nghiên cứu trên mạng	Kim does research online for her project.
to practise foreign languages	/tʰə ˈpʰɹakᠯ.tʰɪs fɔ.ɹən ˈlaŋ.gwɪ.ʤɪz/	luyện tập nhiều ngôn ngí	In my free time, I usually practise foreign languages.
to chat with friends in other countries	/tʰə ˌtʃat wɪð ˈfɹɛnz ɪn ˌʌðə ˈkʰʌn.tʃɹɪjz/	chat với nhiều bạn từ các đất nước khác nhau	Chatting with friends in other countries helps me with my English.
to keep in touch with family/friends	/tʰə ˌkʰɪjp̪ʰɪn ˈtʰʌʧ wɪð ˈfa.mɪ.lɪj , ˈfɹɛnz/	giữ liên lạc với gia đình/ bạn bè	I still keep in touch with my friends since moving away from the UK.
to make international friends	/tʰə mɛjk hɪn.tʰəˈna.ʃə.nəɫ fɹenz/	kết bạn quốc tế	I made a lot of international friends when I was travelling around Europe.
one of the widest sources of knowledge	/wʌn ɔv ðə ˌwaj.dɪst soːsɪz ɔv ˈnɔ.lɪʤ/	một trong những nguồn kiến thức rộng lớn nhất	Books and the Internet are two of the widest sources of knowledge available.

Drawbacks of the internet – Tác hại

internet addiction	/ˈɪn.tʰə.nɛt̪ ʰəˌdɪk̄.ʃən/	nghiện internet	Internet addiction is a growing problem since its widespread adoption through the 1990s.
to be addicted to	/tʰə ˌbɪj_əˈdɪk̄.tʰɪd tʰʉw/	bị nghiện	Meta want us to be addicted to their services.
to hack	/tʰə ˈhak/	hack từ này đến từ chặt mạnh	If you hack a website, you could steal their private information.
a hacker	/ə ˈha.kʰə/	hacker	We need to be careful of hackers.
to waste time	/tʰə ˌwɛjstౌˈtʰajm/	lãng phí thời gian	Websites designed to give us dopamine are really effective at making us waste time.
no face-to-face communication	/nəw ˌfɛjs tʰə ˈfɛjs kʰə.mjʉw.nɪˈkʰɛj.ʃən/	không giao tiếp trực tiếp	A lack of face-to-face communication is usually the main drawback in online dating.
to spend less time with family	/tʰə sbɛnd ˌlɛs̪sˈtʰajm wɪð ˈfa.mɪ.lɪj/	ít dành thời gian cho gia đình	Technology has led to people spending less time with their family.
to neglect their studies	/tʰə nɪˈglɛkᠯtืðɛː ˌsdʌ.dɪjz/	bỏ việc học tập	She's been neglecting her studies this term.
to reduce physical activity	/tʰə ɹɪˈʤʉws̞sfɪ.zɪ.kəɫ akˌtʰɪ.vɪ.tʰɪj/	cơ thể giảm hoạt động	Having a busy desk job tends to reduce someone's physical activity.
inactivity	/ˌɪn.ak [¬] ˈtʰɪ.vɪ.tʰɪj/	không hoạt động	His recent inactivity is a result of doing overtime for his end-of-year tax return.
health-related problems	/ˈhɛɫ� ^ᢔ ɹɪ.lɛj.tʰɪd ˌpʰɹɔ.bləmz/	vấn đề về sức khỏe	She had suffered a number of serious health-related problems in recent years.
physical development	/ˌfɪ.zɪ.kʰət‿dɪˈvɛ.ləpᠯ.mənt,	/ sự phát triển về thể chất	Too much computer usage in children often results in stunted physical development.
cyber-bullying	/ˈsaj.bə ˌbə.lɪj.ɪŋ/	bắt nạt qua thế giới ảo	Cyber-bullying is hard to tackle because it is invisible and only experienced by the victim.
cyber-crime	/ˈsaj.bə kʰɹajm/	tội phạm công nghê cao	With wider availability of information technology, cyber-crime is on the rise.
bad websites	/bad ˈwɛb.sɑjtˈs/	website tệ	Bad websites may contain scams.
scam	/sgam/	cú lừa, bị lừa	She was the victim of an insurance scam.
spam (uncountable)	/sbam/	spam (thư rác)	We all get spam and phishing emails.
supervision of parents	ek∷3 ⁴ q ^{'v} yc neξ.ɪv ˈe ⁴ q.w u s,∖	nts/ kiếm soát của bố mẹ	Ten-year-olds could use smartphones as long as they are under parental supervision.

Unit 8: Internet 1 – Tasks

When you answer these questions, try to use vocabulary and phrases given in the vocabulary section.

Basic Questions

- 1. When did you first use the Internet?
- **2.** Do you often use the Internet?
- **3.** How many hours do you use the Internet per day?
- **4.** Do you think you use the Internet too much?
- **5.** What do you usually do on the Internet?
- **6.** Who uses the Internet the most in your family?
- **7.** Do people in your country use the Internet a lot?

- **8.** What are your favourite websites?
- **9.** Do you do any shopping on the Internet?
- **10.** How did you learn to use the Internet?
- **11.** Can you remember the first time you used the Internet?
- 12. Do you use the Internet for fun or education?
- **13.** What are some of the ways the Internet can be used for education?

Intermediate Questions

- 1. How would your life be different without the Internet?
- 2. What are some pros and cons of the Internet?
- 3. What annoys you about the Internet?
- 4. Is the Internet dangerous?

- **5.** What's the best thing about the Internet?
- 6. Do you think Internet usage needs to be controlled?
- **7.** What do you think about online shopping?
- **8.** It is dangerous to meet people from the Internet?
- 9. What do you think about online dating?
- **10.** Would you like to go on a date with someone you met on the Internet?
- 11. Do you think men and women use the internet for different purposes?
- 12. Do you think that the Internet is safe for children? Why, or why not?

Homework - Videos

Questions		
1.	How many hours do you use the Internet per day? What activities & tasks do you typically use it for?	
2.	Compare the things that, in your perspective, are the best and worst parts of the Internet.	
3.	How often do you interact with new people online? How do you usually discover them?	

End of Unit 8: Internet 1









Unit 9: Emotions 1 – Vocabulary

Happiness is the state of acceptance, and it greatly influences our experience of our emotions and states of mind. Acceptance allows us to feel contentment, joy and satisfaction with our life, which we then associate with the word *happiness*. Do you practise happiness, do you practise acceptance? How do you handle hard times?

General - Cum từ vựng chung

well-being	/wɛt ˈbɪj.ɪŋ/	trạng thái hạnh phúc	Our well-being is affected by how we handle our emotions.
a frame of mind	/ə ˌfɹɛjm ɔv ˈmɑjnd/		To do well in an exam, the most important thing is to go into it with a positive frame of mind .
cheer [someone] up	/'ʧɪː <i>[]</i> 'ʌp/ /'ʧɪː <u>'</u> 'ʌp/	•	He always tries to cheer me up during my dance performance. – Cũng phổ biến nói: "Cheer_up!"
brighten up	/ˌbɹɑj.tʰən ˈʌp/	hớn hở	Her presence brightened_up my day.
go through []	/ [] / w _θ ιθ weg	trải qua	Andy has been going through a bad time since his dog died.
tough time	/tʰʌf_f'tʰajm/	thời gian khó khăn	Exam week is always a tough_time for most school students.
comfortable in your own skin	/ˈkʰʌm.fdə.bətiੁɪn joː_təwn ˈsgɪn/	tự tin khoe cá tính	You can begin to feel comfortable in your own skin by accepting yourself for who you are.
outlook on life	/ˈawt.lek_bn ˌlɑjf/	quan điểm về cuộc sốn	g Your outlook on life is a direct reflection of how you think.
Adjectives	s – Tính từ		

blessed	/blɛst/	được ban phước	I am so blessed to have you in my life.
cheerful	/ˈʧɪː.fəɫ/	vui vẻ	You seem cheerful today!
delighted	/dɪˈlaj.tʰɪd/	vui mừng, hài lòng	My teacher was delighted with my performance.
glad	/glad/	vui vẻ, hân hoan	I'm glad that the weather improved this afternoon.
thrilled	/b/Ir/d/	hồi hộp, hứng khởi (từ choáng ngợp phấn khích)	I'm thrilled to be going on holiday to Bali with my friends!
fortunate	/ˈfoː.ʧə.nət/	may mắn	We are very fortunate to have access to the whole world's knowledge via the Internet.
radiant	/ˈɹɛj.dɪj.ənt/	rạng rỡ	Healthy food and an active lifestyle make me feel radiant!
ecstatic	/ɪkᠯˈsda.tʰɪk/	ngây nhất	I'm ecstatic to announce that we are getting married! Wahoooooooooo!!!

Idioms – Thành ngữ

 on cloud nine 	/ˌɔn kʰlawd ˈnɑjn/	trên chín tầng mây	My exam went so well, I'm on cloud nine!
• over the Moon	/ˌəw.və ðə ˈmʉwn/	trên Mặt Trăng	I was over the Moon when I heard the good news.
•a dog with two	tails /ə ˌdɔg wɪð‿tʰʉw ˈtʰɛjɫz/	như con chó với h	ai đuôi When Paul won the competition, he was as happy as a dog with two tails !
• on top of the wor	ld /ɔn ˈtʰɔpౖʰɔvႍºðə	,wɜːɫd/ trên đỉnh thế g	iới I can't believe it, I've passed the university entrance exam! I'm on top of the world !
 grinning from ear 		ːː tʰəʔ ˈɪː/ cười từ tai ːː tʰ <mark>uww</mark> ˈɪː/ tai khác	này qua When we saw Jack grinning from ear to ea r, we knew he'd passed the entrance exam.
• jump for joy	/ˈʤʌmpᠯ_fə ˌc	ർoj/ nhảy vì sui	The football player jumped for joy when he scored the winning goal.
 walking on air / floating on air 	/ˌfləw.tʰɪŋ_	ɔn ˈεː/ thả/đi trong	không khí I'm getting married soon, I feel like I'm walking on air.



Unit 9: Emotions 1 – Tasks

When you answer these questions, try to use vocabulary and phrases given in the vocabulary section.

Can you also use the idioms?

Basic Questions

- 1. What do you think about 'happiness'?
- 2. What do you like to do when you are happy?
- **3.** What kinds of things help you to be happy?
- 4. Do you find it easy to be happy?
- 5. Who do you feel most happy with?
- 6. What do you do when you are unhappy?
- 7. What kinds of things do you think that Vietnamese people typically feel happy about?

Intermediate Questions

- 1. How would you define 'happiness'?
- 2. Do you think money can make people happy?
- **3.** Are people today happier than in the past?
- **4.** What kinds of things make people in your country happy?
- 5. Why do some people say happiness never lasts long?
- **6.** Why are some people unhappy nowadays?
- 7. Do you think that most people feel happy when they are with members of their family?
- 8. Are the things that make people happy today the same as several decades ago?
- 9. Do you think people who are more 'successful' are happier than others?
- 10. If you only had one day left to live, how would you spend it?

Homework - Videos

Questions			
1.	When was the last time that you felt joyous? What caused it and who were you with?		
2.	What things do you find it hard to accept? Are you good at bringing yourself back to happiness through acceptance of those things?		
3.	Do you think it is healthy to force yourself to be happy all the time? Can other emotions be useful?		

End of Unit 9: Emotions 1









Unit 10: Society 1 – Vocabulary

We are all part of a society. What we do affects it, and it also shapes us whether we like it or not.

What do you think are the most important elements of an ideal society in today's modern world?

General – Từ vựng chung

social services	/ˌsəw.ʃə† ˈsɜː.vɪ.sɪz/	cơ quan an sin	h xã hội Every country should have good social services.
domestic violence	e /dəˌmɛs.sdɪk ˈvaj.ə.lə	nts/ bạo lực gia đìn	h Domestic violence happens a lot in Asian countries.
minority groups	/majˈnɔ.ɹɪ.tʰɪj gɹʉwpʾ	s/ dân tộc thiểu s	of Violence against minority groups will not be tolerated.
to discriminate	/tʰə dɪsˈgɹɪ.mɪ.nɛjt/	phân biệt đối ›	rử They believe that the law discriminates against women.
to develop social skills	/tʰə dɪˌvɛ.ləp ˈsəw.ʃəɫ sgɪɫz/	phát triển các kỹ xã hội	năng Their community project offers the opportunity to develop self-esteem, self-confidence and social skills.
subjective	/sʌbdˈdʒɛkdthɪv/	chủ quan	We know that taste in art is a subjective matter.
objective	/ɔbˈˈʤɛk̄.tʰɪv/	khách quan	He tries to be as objective as possible in his judgement.
abstract	/ˈab.sʤɹakt/	trừu tượng	Art is usually far more abstract than we realise.
mindset	/ˈmɑjnd.sɛt/	tự duy	A strong society allows for people with different mindsets to coexist, work, grow and thrive together.
ideology	/aj.dɪjˈɔ.lə.ʤɪj/	hệ tư tưởng	Ideologies can be good or bad, but they are powerful and we mustn't let them prevent us from doing what is right.
virtue	/ˈvɜː.ʧ u w/	đức tính tốt	To have virtues is to have positive behaviours which improve the quality of life for everything around you.
morals	/sfer.cm,/	đạo đức	Not gossiping, and admitting fault, are examples of morals.
ethics	/ˈε.θɪks/	luân lý học	Ethics are the set of values of our society.
outdated values	/awtੑ <u>d</u> ɛj.tʰɪd ˈval.jʉwz/	giá trị lạc hậu, lỗi	thời Women should stay at home?! That's an outdated value!
life goals	/ˈlajf_ ^f gɔwtz/	mục tiêu cuộc sống	His life goal is to experience cultures of all six continents.
attitude	/ˈa.tʰɪ.ʧʉwd/ t	hái độ	He approaches everything in life with a positive attitude.
reality /.	ııjˈa.lɪ.tʰɪj/ th	ực tế	The reality of life is that we must build society together.
meaningful /	mɪj.nɪŋ.fəł/ có	ý nghĩa	Meaningful relationships between friends, colleagues, neighbours – everyone! – makes for a stronger community.
social class	/ˈsəw.ʃəɫ kʰlɑːs/ t	ầng lớp xã hội	The lowest social classes usually have to work the hardest.
rewarding	/ɹɪˈwoː.dɪŋ/	hữu ích	Helping people succeed is a rewarding experience.
to adapt	/tʰʉw_wəˈdapt/	thích nghi	We can survive rapid changes by adapting quickly.
to make sense	/tʰə ˌmɛjkືˈsɛns/	hợp lí	Everything made sense after Cường explained it.
to rely on someo	ne /tʰə ɹɪˈlɑj_ˈɔn ˌsʌm.w	vʌn/ dựa tin vào ai	We should be careful to not rely on people too much.
to make a differe	nce /tʰə ˌmɛjk_ʰə ˈdɪ.frə	nts/ tạo ra sự khác	Reducing usage of animal products makes a difference to agricultural pollution.
to worry about _	/tʰəˈwʌ.ɹɪj_ə.bawt	/ lo lắng về điều	gì Her mum was worried about her travelling solo.
to lead to	/tʰəˈlɪjddtʰə/	dẫn đến cái gì	Relying too much on technology may lead to depression.
poverty	/ˈpʰɔ.və.tʰɪj/	sự đói nghèo	Not spending money wisely can lead to poverty.
homelessness	/ˈhəwm.ləs.nɪs/	vô gia cư	Homelessness is currently a big issue in many major cities.
voluntary work	/ˈvɔ.lən.tʰɹɪj wɜːk/ o	công việc tự giác	Doing voluntary work can help gain experience.
quality of life	/ˌkʰwɔ.lɪ.tʰɪj jɔv ˈlajf/ ch	ất lượng cuộc sống	Healthy relationships, good healthcare, employment and leisure time are all aspects of a good quality of life.



"Issue" phrases – Cụm từ dùng từ "issue" về các vấn đề

	issues concerning	/ˈɪ.ʃʉwz kʰənˌsɜː.nɪŋ/	vấn đề liên quan	đến: There are many issues concerning [subject].
n	> the environment	/ɪnˈvɑj.ɹə(n).mənt/	môi trường	Current issues concerning the environment include pollution, deforestation and global warming.
n	➤ society	/səˈsaj.ə.tʰɪj/		Terrorism, illegal immigration, economic stability and environmental protection are issues concerning society.
n	➤ social equality	/ˌsəw.ʃəł ɪˈkʰwɔ.lɪ.tʰɪj,		Issues concerning social equality include: the wage gap between men & women; discrimination against religion, race, sexual orientation; minimum wage for all people.
n	terrorism	/ˈtʰɛ.ɹɛ.gu/	khủng bố	We must not be controlled by the fear of terrorism.
n	illegal immigration	/ɪˌlɪj.gəɫ ɪ.mɪˈɡɹɛj.ʃən/	′ nhập cư trái phép	The issue of illegal immigration is complicated. Immigrants are often fleeing war, oppression, and poor living conditions.
adj	a thorny issue	/ˈθoː.nɪj ˈɪ.ʃʉw/	hóc búa, khó khán	They must tackle the thorny issue of free speech.
adj	a complex issue	/ˈkʰɔm.pʰlɛk͡s/	phức tạp, rắc rối	Racism is a complex issue all around the world.
adj	an unresolved issue	\bvfcz'ıı.n\\	chưa được giải quyế	Holding on to anger from unresolved issues can eat away at your relationships.
V	clarify an issue	/ˈkʰla.ɹɪ.fɑj/	làm rõ	The article helped clarify the issue for me.
V	highlight an issue	/ˈhaj.lajt/	nhấn mạnh	Your investigation highlights an issue the public needs to know about.
٧	settle an issue	/ˈsɛ.tʰəɫ/	làm dịu vấn đề xuốn	ng We must hold a national vote to settle this issue.

"Problem" phrases – Cụm từ dùng từ "**problem**" về các vấn đè

	•	•	0 1	
adj	an ongoing problem	/ɔnˈgəw.ɪŋ/	một vấn đề đang diễn ra	Railway track maintenance is an ongoing problem and train delays are getting worse.
adj	a pervasive problem	/pʰəˈνεj.sɪv/	một vấn đề lan rộng, có tính lây lan	Police corruption is a pervasive problem in many cities and countries.
adj	a daunting problem	/ˈdoːn.tʰɪŋ/	một vấn đề dễ làm nản chí	Difficult situations that we have never faced before seem incredibly daunting if we aren't adaptable.
adj	an outstanding problem	/awt sdan.dɪŋ/	tồn đọng, chưa giải quyết xong	The blueprints for our new smart city planning still have a lot of outstanding problems.
V	to be faced with a problem	/ˈfɛjstˈwɪð/	đối mặt với	When you're faced with a problem, it's important to keep calm so that you can make rational decisions.
V	address a problem	/e'ʤɹɛs/	chỉ ra	Addressing a problem is only to give it attention, and is not the same as tackling it, nor solving it.
V	analyse a problem	/ˈa.nə.lɑjz/ p	ohân tích	The first step of solving a problem is to analyse it.
V	tackle a problem	/ˈtʰa.kʰəɫ/ xi	ử lý (tackle <i>như</i> chặn đối t	chů) It will take real effort to tackle this problem.
V	solve a problem	/vfcs/	giải quyết	With careful planning, we solved the problem.
V		/gɛjn ˈɪn.sɑjt_ ʰɪn. _wə ˈpʰɹɔb.lem/	t ^h ʉw có được cái nhìn sá có được tầm nhìn l	
V	to be deep in though	t /ˌdɪjp_ʰɪn ˈθoːt _ʰə.bawtੁʰə ˈpʰɹɔ	suy nghĩ sâu bb.ləm/	Don't disturb him, he's deep in thought about the racial discrimination happening at work.



Social problems – Các vấn đề trong xã hội

environmental pollution	/ɪnˌvaj.ɹə(n)ˈmɛn.tʰəɫ pʰəˈlʉw.ʃən/	ô nhiễm môi trường	Recycling helps reduce environmental pollution by reducing the need for waste dumps.
illegal immigration	/ɪˌlɪj.gəł ɪ.mɪˈgɹɛj.ʃən/	nhập cư bất hợp pháp	Tackling illegal immigration and human trafficking requires proper checks to be in place.
terrorism	/mez.ɪk.ek.3 ^d t'/	khủng bố	Terrorism can be committed by the people you least expect
poverty	/ˈpʰɔ.və.tʰɪj/	sự đói nghèo	Poor families struggle to break their cycle of poverty.
racism	/ˈɹɛj.sɪ.zəm/	nạn phân biệt chủng t	ộc Let's build a world against racism and discrimination.
domestic violence	/dəˌmɛs.sdɪk ˈvaj.ə.lənt	's/ bạo lực gia đình	Domestic violence is common all over the world.
child abuse	/ˈʧɑj.əłd əˌbjʉws/	lạm dụng trẻ em	The seed of child abuse is having children for our own selfish desire to be happier.
overpopulation ,	/ˌəw.və pʰɔ.pʰjʉwˈlɛj.ʃənˌ	/ sự bùng nổ dân số	Overpopulation of a region leads to a deficit of resources.
human rights /ˌl	hjʉw.mən ˈrɑjtᠯs/	nhân quyền	He acknowledged a universal equality of human rights.
	hjʉw.mən s s.°bloj'tʰɛj.ʃən/	ự khai thác con người	Human exploitation is the use of humans against their will, including slavery, forced prostitution and sweatshops.
oppression /ə	oˈpʰɹɛ.ʃən/ á		Oppression can happen through social norms, cultural expectations, discrimination against minority groups through pop (popular) culture, and government restrictions
social inequality /ˌs	səw.ʃət ın.ɪˈkʰwɔ.lə.tʰɪj/	bất bình đẳng xã hội	During their staff meeting, the teachers discussed the problem of social inequality between students.
political unrest /p	/tsakˈnʌ feʰlɹːtʰɪ.thˌ.cʰdˈ	bất ổn chính trị	Unemployment will cause social, industrial and political unrest.
political conflict /p	haili.nc ^d h' hedhirti.il,e ^d	mâu thuẫn về chính tr	Political conflict is an inherent condition of any country with social classes, because everyone has different needs.
same-sex marriage	/ˌsɛjm ˌsɛks ˈma.ɹɪʤ/	hôn nhân đồng tính	Same-sex marriage is legal in most Western countries.
teen suicide	/ˌtʰɪjn ˈsʉw.ɪ.sajd/	sự tự tử trong giới trẻ	Growing expectations of parents, coupled with increasing academic pressure, has led to a rise in teen suicide.
abortion	/əˈboː.ʃən/	tình trạng nạo phá tha	About six in ten Americans (62%) say abortion should be legal in all or most cases.
prostitution	/nəl.wufi ibs.cu ^d q/	nạn mại dâm	Prostitution is illegal in most of the United States.
unemployment	/ˌʌn.ɪmˈpʰloj.mənt/	tình trạng thất ngh	iệp The current unemployment rate is six percent.
living conditions	/ˈlɪ.vɪŋ kʰənˌdɪ.ʃənz/	điều kiện sống	Good living conditions are vital for a good quality of life, happiness, and to support a family.
traffic congestion	/ˈʧɹa.fɪk̅kʰənˌʤɛʃ.ʧən/	′ sự tắc nghẽn giao th	ông Traffic congestion is a major issue in Ho Chi Minh city.
fresh water shortage, scarcity	/ˌfɹɛʃ ˈwoː.tʰə ˌʃoː.tʰɪʤ , ˈsgɛː.sɪ.tʰɪj/	thiếu hụt, sự khan hiếm nguồn nước sạch	Production of water-intensive goods like cars, food, and clothing could be limited by fresh water shortage.
the gap between rich and poor states	/ðə ˈgap_bɪˌtʰwɪjn s ˈɹɪʧ anmeˈpʰoː sdɛjts/	khoảng cách giàu nghèo gia tăng	Harvard research has found that the gap between rich and poor states has grown dramatically over the past 40 years
economic inequality	y /ˌɪj.kʰəˈnɔ.mɪk _hɪn.ɪˈkʰwɔ.lə.tʰɪj/	bất bình đắng về kinh	tế We are determined to tackle unjustifiable social and economic inequality through a range of initiatives.
gender imbalance	/ˈdʒɛn.dəs ˈɪmˌba.ləns/	ự mất cân bằng về giới	tính Oman has a large gender imbalance, with men outnumbering women almost 2 to 1 (193:100).



Unit 10: Society 1 – Tasks

When you answer these questions, try to use vocabulary and phrases given in the vocabulary section.

Can you also use the idioms?

Basic Questions

- 1. How well do you know your neighbours?
- 2. How often do you see them?
- **3.** Do you think that you are a good neighbour?
- 4. How can neighbours help each other?
- 5. Have you ever invited your neighbours to your home?
- 6. What kind of problems do people have with their neighbours?

Intermediate Questions

- When a traveller enters a new culture, they should follow the social norms as closely as they can. Do you agree? Why, or why not?
- 2. In recent times, many people prefer to live alone. What are the reasons for this, and does it have a positive or negative effect on society?
- 3. Some people believe that a career should be chosen based upon the amount of money they can earn, whereas others feel that job satisfaction should be the primary deciding factor.
 - a. Do you think money is an important factor when making a career choice?
 - b. What other factors should be considered?

- **4.** Do you believe that famous people have a duty to be good role models for the rest of society?
- **5.** Some people are of the opinion that women should not be allowed to join the army. What do you think?
- **6.** Some people do not do well in school but attain lots of success in later life. Why do you think this happens, and what are the most important factors for success in life?
- **7.** Young people these days spend their free time in shopping centres. Do you think that this has a negative impact on the community and young people themselves?
- **8.** Some people believe that, in order to understand the culture of another country, a person must first learn the language. Do you agree with this opinion?
- **9.** What were you taught as a child, but now believe to be incorrect?

Homework – Videos

Questions
1. What is something that you were taught as a child, but now believe to be incorrect?

- Why and how has your perspective changed?
2. Some people don't do well in school, but go on to achieve a lot in their later lives.

- Why do you think this happens?

- What do you consider to be the most important factors for success in life?
3. When a traveller enters a new culture, they should follow the social norms as closely as they can.

- Do you agree? Why, or why not?

End of Unit 10: Society 1







Unit 11: Childhood 1 – Vocabulary

Whenever I reminisce on my childhood years, I always realise how lucky I was. Back then, there weren't a lot of electronics around, so I played outside often, my family took me and my sister to the forest regularly, and we went on lots of inexpensive trips and holidays to historical sites and natural environments.

What is most memorable from your childhood?

General – Từ vựng chung

to grow up	\dv merb e _q t/	lớn lên	Their children have all grown up and left home now.
to nurture	/tʰə nɜː.ʧə/	nuôi dưỡng	Teachers should nurture their students' creativity.
to burden	/tʰə bɜː.dən/	làm gánh nặng	I don't want to burden you with my problems!
to behave	/tʰə bɪ.hɛjv/	cư xử	If you can't behave yourself in the store, we'll have to leave.
to have good manners	/t ^h ə ˌhav gød ˈma.nəz/	cách cư xử tốt	Good manners include: greeting our family, knocking the door when it's closed, listening carefully to others before speaking.
characteristics	/kʰa.ɹɪk̄.tʰə.ɹɪ.sdɪk̄s/	tính cách	Every person has an array of characteristics to their personality.
peer	/pʰɪː , ˈpʰɪj.ə/	bạn bè đồng trang lứa	Peer pressure is often a strong force amongst young people.
inferior (feeling	g) /ɪnˈfɪː.ɹɪj.ə/	thua kém <i>(cảm giác)</i>	He always felt inferior around his elder brother.
to fall behind	/tʰə ˌfoːɫ bɪˈhɑjnd/	tụt hậu, tụt lại	John is falling behind in class because he games too much.
extra class	/ˈɛks.ˤʤɹə , ˈɛkʃ. ^ʃ ʧɹə/	lớp học thêm	Many Vietnamese students attend extra classes after school.
to learn a skill	/tʰə ˌlɜːn ə ˈsgɪɫ/	bắt đầu học kỹ năng	The speed of your ability to learn new skills is impressive.

Games and Activities – Các trò chơi và giải trí

outdoor activitie	s /ˌawtᠯ.doːˌakᠯˈtʰɪ.vː	ı.t ^h ɪjz/ hoạt động r	ngoài trời Our programme is largely built around outdoor activities.
to fly a kite	/ˌflɑj_ə ˈkʰɑjt/	thả diều	There isn't enough wind to fly a kite today.
to play marbles	/ˌpʰlɛj ˈmɑː.bəɫz/	bắn bi	I used to play marbles when I was a kid.
to play cards	/pʰlɛj ˈkʰɑːdz/	chơi bài	Let's play cards at the bar tonight!
skipping rope	/ˈsgɪp.ʰɪŋ ɹəwp/	dây nhảy dây	The kids were playing with skipping ropes and skateboards.
hide-and-seek	/ˈhɑjddən ˌsɪjk/	trốn tìm	He's very good at playing hide-and-seek. No one ever finds him!
tug-of-war	/ˌtʰʌg əv woː/	kéo co	Vietnamese schools usually hold tug-of-war competitions.



Personality adjectives – Tính từ để mô tả tính cách

well-behaved	/ˌwɛł bɪˈhɛjvd/	cư xử tốt	Children who feel respected are usually well behaved.
obedient	/əˈbɪj.dɪj.ənt/	vâng lời	Most parents and teachers just want kids to be obedient to them.
gifted	/ˈgɪf. ^f dɪd/	có năng khiếu	He's very gifted at maths, it seems to come naturally to him!
talented	/ˈtʰa.lən.tʰɪd/	tài năng	He was the most talented teenage guitarist in Spain.
patient	/ˈpʰεj.∫ənt/	kiên nhẫn	A patient teacher is a good teacher.
hyperactive	/ˌhɑj.pʰəˈɹakᠯ.tʰɪv/	quá năng độn	g Hyperactive children usually just need a wider range of activities to satisfy their curiosity about the universe.
difficult	/ˈdɪ.fɪ.kʰəɫt/	khó tính	Difficult kids typically haven't had their basic needs met.
naughty	/ˈnoː.tʰɪj/	nghịch ngợm	"You've been a very naughty boy!"
stubborn	/ˈsdʌ.bən/	bướng bỉnh	She's so stubborn that she'll never admit that she was wrong.
childish immature	/ˈtfɑi əɫ dɪl ɪ məˈtfəː/	tính trẻ con	Getting revenge on someone is a childish way to solve a problem

Later in life – Khi đã lớn và dần già đi

to reminisce about	/ˌuɛ.mɪˈnɪs/	hồi tưởng, nhớ lại, ôn lại	Sometimes it's nice to get together with old friends and reminisce about our schooldays playing in the field.
to drift apart	/ˌʤɹɪft_həˈpʰɑːt/	dần dần xa cách	We began to drift apart, and our relationship finally ended in the summer of 2002.
a lasting impression	/ˈlɑːs.sdɪŋ ɪmˌpɹɛ.ʃən	/ ấn tượng dài lâu	All those forest adventures with my best friend left a lasting impression on my personality.
[it] takes me back	/ˌtʰɛjkᠯs̪smɪj ˈbak/	đưa trí nhớ của mình trỏ về một thời điểm nào đó	S .

Unit 11: Childhood 1 – Tasks

When you answer these questions, try to use vocabulary and phrases given in the vocabulary section.

Basic Questions

- 1. Did you have a happy childhood?
- 2. What did you like to do when you were a child?
- **3.** Where and when were you born?
- **4.** How old were you when you learnt to ride a bicycle?
- 5. Do you remember who taught you to ride a bicycle?
- 6. Did you have a bad bicycle accident?

- **7.** Who was your favourite teacher? Why?
- 8. What was your favourite subject? Why?
- **9.** What was your favourite game?
- 10. What kind of food did you like? Were you happy to eat anything, or were you a picky eater?
- 11. Did you have a nickname? Tell us about it.
- **12.** What were your favourite cartoons and TV shows?

Intermediate Questions

- 1. What do you recall about your childhood personality?
- 2. Were you good at making friends? How did you make friends?
- 3. What did you enjoy doing with your friends?
- 4. Can you recall some embarrassing situations during your childhood?
- **5.** Were you a good student? Did you enjoy school?

- 6. What did you like about school? What did you not like about school?
- **7.** Were your parents overprotective? At what age could you go places by yourself?
- **8.** Did your parents usually tell you what to do?
- 9. When you were a child, what did you want to become when you grew up?
- 10. What was your favourite toy when you were a child? Who gave you that toy?

Homework - Videos

Que	Questions		
1.	What do you recall about your childhood personality?		
2.	What is your most memorable experience with your friends?		
3.	When you were a child, what did you want to become when you grew up? Are you following those dreams? Are you following new dreams?		

End of Unit 11: Childhood 1









Unit 12: Feelings 1 – Vocabulary

Sharing your feelings can help you process them, develop emotional awareness, and clear your mind. However, a lot of people find it hard to explain them. Do you feel the same? Let's learn how to express our feelings.

A reminder about the examples: these sentences do not show every possible way to use the words!

Phrasal verbs – Cụm động từ

brighten up	/ˌbɹaj.tʰən ˈʌp/	vui hơn	He brightened up and decided to play with his friends.
cheer up	/ʧɪː_ˈɹʌp/	làm vui lên	She cheers up for a moment at the sight of a bunch of flowers.
break down	/bɹɛjk ˈdawn/	(tâm trạng) sụp đố	She broke down in tears as she spoke to the reporters.
cool down	/kʰʉwɫ ˈdawn/	(tâm trạng) hạ hoả	Just try to cool down and think rationally.
calm down	/kʰɑːm ˈdawn/	bình tĩnh lại	Look, calm down ! We'll find her.
bottle (it) up	/ˌbɔ.tʰəɫ_ˈʌp/	kiềm chế cảm xúc (tiêu cực)	I know that he's upset, but he always bottles it up inside instead of talking to someone about it.
tear apart	/ˌtʰɛːːɹəˈpʰɑːt/	làm tổn thương	It tears me apart to think I might have damaged her self-esteem.
feel for	/ˈfɪjɫ foː/	đồng cảm	I know what it's like to be lonely, so I do feel for her.
choke back	/ʧəwk ˈbak/	kiềm nén	He was choking back tears as he talked about his late wife.
taken aback	/ˈtʰεj.kʰən əˌbak/	sửng sốt	I was rather taken aback to hear of their engagement.
bowl over	/bowt_aw.va/	ngạc nhiên	She was bowled over when she heard she'd won the competition.
feeling down	/ˌfɪj.lɪŋ ˈdawn/	cảm thấy buồn nản	He's quiet today, maybe he's feeling a bit down ?

Grammar box - Nouns and their adjectives - Thể danh từ và tính từ

Noun			Adjective [a	ndj-effect]	
disgust	/dɪsˈsgʌst/	sự ghê tởm	disgust <i>ed</i>	/dɪsˈsgʌ.sdɪd/	A look of disgust came over his face.
remorse	/rɪˈmoːs/	sự hối tiếc	remorse <i>ful</i>	/rɪˈmoːs.fəɫ/	I am remorseful and regretful about what happened.
bore <i>dom</i>	/ˈboː.dəm/	sự buồn chán	bore d	/boːd/	He had given up attending lectures out of boredom .
frustrat <i>ion</i>	/fɹʌsˈ⁵dʒɹɛj.ʃər	n/ sự bực bội	frustrat <i>ed</i>	/fɹʌsˈsʤɹɛj.tʰɪd/	All that frustration he had inside of him flowed out.
nostalgi a	/noˈsdał.ʤə/	sự hoài niệm	nostalgi <i>c</i>	/nɔˈsdał.dʒɪk/	I always feel nostalgic when I hear music from the 90s.
resent <i>ment</i>	/ɹɪˈzɛntᠯ.məntˌ	/ sự oán giận	resent <i>ful</i>	/rɪˈzɛntᠯ.fəɫ/	He seems resentful because I have new friends.
envy	/ˈɛn.vɪj/	sự đố kỵ	env <i>ious</i>	/ˈɛn.vɪj.əs/	I'm very envious of your new coat – it's beautiful!
pr <i>ide</i>	/biar ₄ d/	∱ lòng tự hào	pr <i>oud</i>	/bwsr _d d/	The child takes great pride in completing his work well.
	€	tính kiêu căng		₽	The princess is far too proud of herself.
fury	/ˈfje.ɹɪj/	sự tức giận	fur <i>ious</i>	/ˈfjə.ɹɪj.əs/	I was so late that he was absolutely furious with me.
delight	/dɪˈlajt/	niềm hạnh phúc	delight <i>ed</i>	/dɪˈlaj.tʰɪd/	We watched the fireworks with delight .
relief	/rɪˈlɪjf/	sự nhẹ nhõm	relie <i>ved</i>	/rɪˈlɪjvd/	I am so relieved to hear that you're feeling better.
fear	/fɪː OR ˈfɪj.ə/	nỗi sợ hãi	fear <i>ful</i>	/ˈfɪː.fəɫ/	He's fearful of losing the dance competition.
confus <i>ion</i> /	'k ^h ənˈfjʉw.ʒən/	' sự hoang mang	confus <i>ed</i>	/kʰənˈfjʉwzd/	I'm so confused that they're getting married. I thought that he loved <i>me</i> !
curio <i>sity</i>	/kʰje.ɹɪjˈɔ.sɪ.tʰɪ̯	j/ sự tò mò	curio <i>us</i>	/ˈkʰjɵ.ɹɪj.əs/	The kitten was curious to learn about the world. They say that " curiosity killed the cat".
depress <i>ion</i>	\ne[.3u ^d qˈɪb\	i. sầu ii. trầm cảm	depress <i>ed</i>	/tsac ⁴ q'īb/	i. I'm bored of my lifestyle, I feel depressed.ii. I have depression, I feel nothing, not even sadness.



Some more feelings – Một sổ cảm xúc khác

bewildered /bɪˈwɪł.dəd/ hoang mang l'm utterly bewildered by all these options. hungry /ˈhʌŋ.gɹɪj/ đói When you're angry because you're hungry, you are hangry. smug /smʌg/ tự mãn với bản thân He was so smug after winning the rap battle. unreasonable /ʌnˈɹɪj.zən.ə.bł/ vô lý I can be unreasonable when I'm really trying to get my own way. concerned /kʰənˈsɜːnd/ lo âu, lo lắng They seem concerned about my academic progress. disgruntled /dɪsˈgɹʌn.tʰłd/ bất bình, bất mãn The boy was rather disgruntled after his mother scolded him. perplexed /pʰəˈpʰlɛkst/ bối rối My students looked perplexed when I taught them etymology. splendid /ˈsblɛn.dɪd/ lộng lẫy, tuyệt vời l'm energetic, the sun is shining, today I feel splendid! ecstatic /ɪkʰsda.tʰɪk/ ngây ngất Wow! I'm ecstatic to hear that you're finally getting married! unsure /ʌnˈʃeː/ không chắc chắn I'm unsure about going to tonight's party, 'cos it's going to rain.
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unsure /ʌnˈʃeː/ không chắc chắn I'm unsure about going to tonight's party, 'cos it's going to rain.
misunderstood /ˌmɪs.sʌn.dəˈsdəd/ bi hiểu lầm I feel misunderstood when my friends don't get that I'm joking.
ignored /ɪgˈnoːd/ bị phớt lờ I know my friend is busy, but I feel kind of ignored .
affectionate /əˈfɛkl.ʃə.nət/ có cảm tình He feels affectionate towards her, but doesn't know how to show it
appreciative /əˈpʰɹɪj.ʃə.tʰɪv/ cảm kích, trân trọng I feel appreciative of the lessons from my parents in my childhood.
grateful /ˈguɛjtᠯ.fot/ biết ơn You helped me so much with this project, I'm very grateful .
craving (n, ν) / kh μεjv. v Iŋ/ thèm, sự thèm muốn It's so hot, I'm craving ice-cold lime cordial.
calm /kʰɑːm/ bình tĩnh Are you awake? You look so calm that you could be asleep!
mischievous /ˈmɪs.stʃɪ.ves/ tinh nghịch Pixies and elves are known to be mischievous creatures.
romantic /ɹəwˈman.tʰɪk/ lãng mạn I have romantic feelings for you Will you be my girlfriend?
guilty /ˈgɪɫ.tʰɪj/ tội lỗi Why should I feel guilty about eating the last biscuit?!
awkward /'o:.khwad/ lúng túng After expressing my love for him, I felt immediately awkward .

Phrases to express feelings – Cụm từ để bày tỏ cảm xúc

Ifeel [adj]	I am / I'm [adj]	/ɑj_ ^j am , ɑjm/	Tôi [tt]	I am happy, but I'm hungry!
This makes me (feel) [adj] / ˈðɪs mɛjkˈs mɪj ˌfɪjt/ Đây khiến tôi cảm thấy [tt] This makes me (feel) excited! This makes me want to [v] / ˈðɪs mɛjkˈs mɪj ˌwənt² thæw/ Đây khiến tôi muốn [dt] This makes me want to jump for joy! I can't take it / ˌaj kʰant² thɛjk hɪt/ Tôi không thể chịu đựng nó I can't take it any longer, this is stressful I'm bursting with [n] / ˌajm ˈbɜː.sdɪŋ wɪð/ Tôi đang bùng nổ với [dt] My son won, I'm bursting with pride! This is too [adj] / ˌðɪs ɪz 'thew/ Đây là quá [tt] This is too bewildering, I can't take it. What a ([adj]) [n] / ˈwət hə/ Thât là [dt] What a (wonderful) day! I wish I didn't feel [adj] / aj ˌdɪdn²t fɪjt/ Tôi ước tôi không cảm thấy [tt] I wish I didn't feel down all the time. I can't help feeling [adj,n] / aj ˈkhənt² hɛtp² ˌfɪj.lɪŋ/ Tôi không khỏi cảm thấy [tt,dt] I can't help feeling ignored by her. [N] is a complicated feeling / ɪz ə ˈkhəm².phlɪ.khɛj.thad/ [dt] là một cảm giác phức tạp Desire is a complicated feeling. I find [n] (to be) [adj-ing] / aj ˌdand _ thə bɪj/ Tôi thấy [dt] [tt] I find your choices (to be) perplexing. I think [pers] is [adj-ed] / aj ˌdɪnk _ ɪz/ Tôi thấy [dt] [tt] I think you are confused. I'm [adj] about [sth] /ajm _ a, bawt/ Tôi [tt] wề [dt] I'm confused about your decision. I'm [adj] because (of) [sth] /ajm _ bɪ,khəz ˌaə.bawt/ Tôi không quan tâm về [điều đó] I don't care about the latest technology.	I feel [adj]	/aj ˈfɪjɫ/	Tôi cảm thấy [tt]	I feel exhausted. I feel frustrated.
This makes me want to [v] /ˈðɪs mɛjks mɪj wənt thew/ Đây khiến tôi muốn [dt] This makes me want to jump for joy! I can't take it /, aj khant 'thejk ht/ Tôi không thể chịu đựng nó I can't take it any longer, this is stressful I'm bursting with [n] /, ajm 'bɜ:.sdɪŋ wɪð/ Tôi đang bùng nổ với [dt] My son won, I'm bursting with pride! This is too [adj] /, ðɪs ɪz 'thew/ Đây là quá [tt] This is too bewildering, I can't take it. What a ([adj]) [n] /'wət hə/ Thật là [dt] What a (wonderful) day! I wish I didn't feel [adj] /aj 'wɪ ʃaj ˌdɪdnt fijł/ Tôi ước tôi không cảm thấy [tt] I wish I didn't feel down all the time. I can't help feeling [adj,n] /aj 'khant help ft.j.lɪŋ/ Tôi không khỏi cảm thấy [tt,dt] I can't help feeling ignored by her. [N] is a complicated feeling /ɪz ə 'khəm.phlr.khej.thad/ [dt] là một cảm giác phức tạp Desire is a complicated feeling. I find [n] (to be) [adj-ing] /aj ˌfajnd _ thə bij/ Tôi thấy [dt] [tt] I find your choices (to be) perplexing. I think [pers] is [adj-ed] /aj ˌdɪŋk _ ɪz/ Tôi thấy [dt] [tt] I think you are confused. I'm [adj] about [sth] /ajm _ ə,bawt/ Tôi [tt] về [dt] I'm confused about your decision. I'm [adj] because (of) [sth] /ajm _ br,khəz (əv)/ Tôi [tt] (bởi) vì [dt] I'm afraid because a big storm is coming. I don't care about [sth] /dəwnt 'khe; -a.bawt/ Tôi không quan tâm về [điều đó] I don't care about the latest technology.	I'm feeling [adj]	/ajm ˌfɪj.lɪŋ/	Tôi đang cảm thấy [tt]	I'm feeling bored. I'm feeling tired.
I can't take it / aj khant' thejk_htt/ Tôi không thể chịu đựng nó I can't take it any longer, this is stressful I'm bursting with [n] / ajm 'bɜ:.sdɪŋ wɪð/ Tôi đang bùng nổ với [dt] My son won, I'm bursting with pride! This is too [adj] / ,ōɪs ɪz 'thew/ Đây là quá [tt] This is too bewildering, I can't take it. What a ([adj]) [n] / 'wɔt_hə/ Thật là [dt] What a (wonderful) day! I wish I didn't feel [adj] / aj 'wɪ[ʃaj ˌdɪdnt fɪjt/ Tôi ước tôi không cảm thấy [tt] I wish I didn't feel down all the time. I can't help feeling [adj,n] / aj 'khant hetp ˌfɪj.lɪŋ/ Tôi không khỏi cảm thấy [tt,dt] I can't help feeling ignored by her. [N] is a complicated feeling / ɪz ə 'khəm.phlz.khej.thɪd/ [dt] là một cảm giác phức tạp Desire is a complicated feeling. I find [n] (to be) [adj-ing] / aj ˌfajnd thə bɪj/ Tôi thấy [dt] [tt] I find your choices (to be) perplexing. I think [pers] is [adj-ed] / aj ˌθɪŋk ɪz/ Tôi thấy [dt] [tt] I think you are confused. I'm [adj] about [sth] / ajm əˌbawt/ Tôi [tt] về [dt] I'm confused about your decision. I'm [adj] because (of) [sth] / ajm bɪ,khəz (əv)/ Tôi [tt] (bởi) vì [dt] I'm afraid because a big storm is coming. I don't care about [sth] /dəwnt 'khez - ə.bawt/ Tôi không quan tâm về [điều đó] I don't care about the latest technology.	This makes me (feel) [adj]	/ˈðɪs mɛjks mɪj ˌfɪjt/	Đây khiến tôi cảm thấy [tt]	This makes me (feel) excited!
I'm bursting with [n] / ajm 'b3:.sdɪŋ wɪð/ Tôi đang bùng nổ với [dt] My son won, I'm bursting with pride! This is too [adj] / ñɪs ɪz 'tʰew/ Đây là quá [tt] This is too bewildering, I can't take it. What a ([adj]) [n] / ˈwɔtຼ ʰa⟩ Thật là [dt] What a (wonderful) day! I wish I didn't feel [adj] /aj ˈwɪʃ ʃaj ˌdɪdnt fɪjt/ Tôi ước tôi không cảm thấy [tt] I wish I didn't feel down all the time. I can't help feeling [adj,n] /aj ˈkʰant hɛtp ˌfɪj.lɪŋ/ Tôi không khỏi cảm thấy [tt,dt] I can't help feeling ignored by her. [N] is a complicated feeling /ɪzə ˈkʰɔm.pʰIɪ.kʰɛj.tʰɪd/ [dt] là một cảm giác phức tạp Desire is a complicated feeling. I find [n] (to be) [adj-ing] /aj ˌfajndtʰə bij/ Tôi thấy [dt] [tt] I find your choices (to be) perplexing. I think [pers] is [adj-ed] /aj ˌθɪŋk ɪz/ Tôi thấy [dt] [tt] I think you are confused. I'm [adj] about [sth] /ajm a,bawt/ Tôi [tt] về [dt] I'm confused about your decision. I'm [adj] because (of) [sth] /ajm bɪˌkʰɔz (ɔv)/ Tôi [tt] (bởi) vì [dt] I'm afraid because a big storm is coming. I don't care about [sth] /dəwnt ˈkʰɛː-a.bawt/ Tôi không quan tâm về [điều đó] I don't care about the latest technology.	This makes me want to [v]	/ˈðɪs mɛjks mɪj ˌwɔntet	^h ʉw/ Đây khiến tôi muốn [đt]	This makes me want to jump for joy!
This is too [adj] /, ὅɪs ɪz 'tʰəw/ Đây là quá [tt] This is too bewildering, I can't take it. What a ([adj]) [n] /ˈwɔtʰə/ Thật là [dt] What a (wonderful) day! I wish I didn't feel [adj] /aj ˈwɪcʃaj ˌdɪdʰtˈfɪjɫ/ Tôi ước tôi không cảm thấy [tt] I wish I didn't feel down all the time. I can't help feeling [adj,n] /aj 'kʰantˈhɛɫpʰ ˌfɪj.lɪŋ/ Tôi không khỏi cảm thấy [tt,dt] I can't help feeling ignored by her. [N] is a complicated feeling /ɪzə 'kʰɔmï.pʰlɪ.kʰɛj.tʰɪd/ [dt] là một cảm giác phức tạp Desire is a complicated feeling. I find [n] (to be) [adj-ing] /aj ˌfajnd _ tʰə bɪj/ Tôi thấy [dt] [tt] I find your choices (to be) perplexing. I think [pers] is [adj-ed] /aj ˌΘɪŋk _ ɪz/ Tôi thấy [dt] [tt] I think you are confused. I'm [adj] about [sth] /ajm _ a bawt/ Tôi [tt] về [dt] I'm confused about your decision. I'm [adj] because (of) [sth] /ajm _ bɪˌkʰɔz(ɔv)/ Tôi [tt] (bởi) vì [dt] I'm afraid because a big storm is coming. I don't care about [sth] /dəwntˈ kʰɛː-jə.bawt/ Tôi không quan tâm về [điều đó] I don't care about the latest technology.	I can't take it	/ˌaj kʰantᠯ ˈtʰɛjk_ ʰɪt/	Tôi không thể chịu đựng nó _	I can't take it any longer, this is stressful.
What a ([adj]) [n] / wɔt hə/ Thật là [dt] What a (wonderful) day! I wish I didn't feel [adj] /aj wɪʃ adn't fɪj toti ước tôi không cảm thấy [tt] I wish I didn't feel down all the time. I can't help feeling [adj,n] /aj 'khant hɛt p' fɪj.lɪŋ/ Tôi không khỏi cảm thấy [tt,dt] I can't help feeling ignored by her. [N] is a complicated feeling /ɪz ə 'khəmi.phlɪ.khɛj.thɪd/ [dt] là một cảm giác phức tạp Desire is a complicated feeling. I find [n] (to be) [adj-ing] /aj ˌfajnd _ thə bɪj/ Tôi thấy [dt] [tt] I find your choices (to be) perplexing. I think [pers] is [adj-ed] /aj ˌθɪŋk _ ɪz/ Tôi thấy [dt] [tt] I think you are confused. I'm [adj] about [sth] /ajm _ ə ˌbawt/ Tôi [tt] về [dt] I'm confused about your decision. I'm [adj] because (of) [sth] /ajm _ bɪˌkhəz (əv)/ Tôi [tt] (bởi) vì [dt] I'm afraid because a big storm is coming. I don't care about [sth] /dəwnt 'khɛː -a.bawt/ Tôi không quan tâm về [điều đó] I don't care about the latest technology.	I'm bursting with [n]	/ˌajm ˈbɜː.sdɪŋ wɪð/	Tôi đang bùng nổ với [dt]	My son won, I'm bursting with pride!
I wish I didn't feel [adj] /aj ˈwɪ[ʃaj ˌdɪdnt fɪjt/ Tôi ước tôi không cảm thấy [tt] I wish I didn't feel down all the time. I can't help feeling [adj,n] /aj ˈkʰant hɛtp ˌfɪj.lɪŋ/ Tôi không khỏi cảm thấy [tt,dt] I can't help feeling ignored by her. [N] is a complicated feeling /ɪz ə ˈkʰɔm².pʰlɪ.kʰɛj.tʰɪd/ [dt] là một cảm giác phức tạp Desire is a complicated feeling. I find [n] (to be) [adj-ing] /aj ˌfajnd _ tʰə bɪj/ Tôi thấy [dt] [tt] I find your choices (to be) perplexing. I think [pers] is [adj-ed] /aj ˌΘɪŋk _ ɪz/ Tôi thấy [dt] [tt] I think you are confused. I'm [adj] about [sth] /ajm _ əˌbawt/ Tôi [tt] về [dt] I'm confused about your decision. I'm [adj] because (of) [sth] /ajm _ bɪˌkʰɔz (ɔv)/ Tôi [tt] (bởi) vì [dt] I'm afraid because a big storm is coming. I don't care about [sth] /dəwnt ˈkʰɛː -b.bawt/ Tôi không quan tâm về [điều đó] I don't care about the latest technology.	This is too [adj]	/ˌðɪs ɪz ˈtʰʉw/	Đây là quá [tt]	This is too bewildering, I can't take it.
I can't help feeling [adj,n] /aj 'kʰant² hɛɫp² ˌfɪj.lɪŋ/ Tôi không khỏi cảm thấy [tt,dt] I can't help feeling ignored by her. [N] is a complicated feeling /ɪzə ˈkʰɔm².pʰlɪ.kʰɛj.tʰɪd/ [dt] là một cảm giác phức tạp Desire is a complicated feeling. I find [n] (to be) [adj-ing] /aj ˌfajnd _ tʰə bɪj/ Tôi thấy [dt] [tt] I find your choices (to be) perplexing. I think [pers] is [adj-ed] /aj ˌθɪŋk _ ɪz/ Tôi thấy [dt] [tt] I think you are confused. I'm [adj] about [sth] /ajm _ əˌbawt/ Tôi [tt] về [dt] I'm confused about your decision. I'm [adj] because (of) [sth] /ajm _ bɪˌkʰɔz (ɔv)/ Tôi [tt] (bởi) vì [dt] I'm afraid because a big storm is coming. I don't care about [sth] /dəwnt² 'kʰɛː-jə.bawt/ Tôi không quan tâm về [điều đó] I don't care about the latest technology.	What a ([adj]) [n]	/ˈwɔtੑ_ ^h ə/	Thật là [dt]	What a (wonderful) day!
[N] is a complicated feeling /IZ_Ə 'khɔmī.phlɪ.khɛj.thɪd/ [dt] là một cảm giác phức tạp Desire is a complicated feeling. I find [n] (to be) [adj-ing] /aj ˌfajndthə bɪj/ Tôi thấy [dt] [tt] I find your choices (to be) perplexing. I think [pers] is [adj-ed] /aj ˌOɪŋkIz/ Tôi thấy [dt] [tt] I think you are confused. I'm [adj] about [sth] /ajməˌbawt/ Tôi [tt] về [dt] I'm confused about your decision. I'm [adj] because (of) [sth] /ajmbɪˌkhɔz (ɔv)/ Tôi [tt] (bởi) vì [dt] I'm afraid because a big storm is coming. I don't care about [sth] /dəwnt 'khɛː ˈə.bawt/ Tôi không quan tâm về [điều đó] I don't care about the latest technology.	I wish I didn't feel [adj]	/aj ˈwɪʃ̞aj ˌdɪdʰtˀ fɪjɫ/	Tôi ước tôi không cảm thấy [tt]	I wish I didn't feel down all the time.
I find [n] (to be) [adj-ing] /αj ˌfαjnd _ thə bɪj/ Tôi thấy [dt] [tt] I find your choices (to be) perplexing. I think [pers] is [adj-ed] /αj ˌθɪŋk _ ɪz/ Tôi thấy [dt] [tt] I think you are confused. I'm [adj] about [sth] /αjm _ əˌbawt/ Tôi [tt] về [dt] I'm confused about your decision. I'm [adj] because (of) [sth] /αjm _ bɪˌkhɔz (ɔv)/ Tôi [tt] (bởi) vì [dt] I'm afraid because a big storm is coming. I don't care about [sth] /dəwnt 'khɛː -ə.bawt/ Tôi không quan tâm về [điều đó] I don't care about the latest technology.	I can't help feeling [adj,n]	/aj ˈkʰantˀ hɛʔpˀ ˌfɪj.lɪŋ/	Tôi không khỏi cảm thấy [tt,dt]	I can't help feeling ignored by her.
I think [pers] is [adj-ed] /σj ,θτηk _ τz/ Tôi thấy [dt] [tt] I think you are confused. I'm [adj] about [sth] /σjm _ ə ,bawt/ Tôi [tt] về [dt] I'm confused about your decision. I'm [adj] because (of) [sth] /σjm _ bɪ,kʰɔz (ɔv)/ Tôi [tt] (bởi) vì [dt] I'm afraid because a big storm is coming. I don't care about [sth] /dəwnt 'kʰɛː -a.bawt/ Tôi không quan tâm về [điều đó] I don't care about the latest technology.	[N] is a complicated feeling	/ɪz_ə ˈkʰɔmˀ.pʰlɪ.kʰɛj.tʰɪ	d/ [dt] là một cảm giác phức tạp	Desire is a complicated feeling.
I'm [adj] about [sth] /ajm _ ə,bawt/ Tôi [tt] về [dt] I'm confused about your decision. I'm [adj] because (of) [sth] /ajm _ bi,khoz (ov)/ Tôi [tt] (bởi) vì [dt] I'm afraid because a big storm is coming. I don't care about [sth] /dəwnt khe; Jə.bawt/ Tôi không quan tâm về [điều đó] I don't care about the latest technology.	I find [n] (to be) [adj-ing]	/aj ˌfajnd tʰə bɪj/	Tôi thấy [dt] [tt]	I find your choices (to be) perplexing.
I'm [adj] because (of) [sth] /ajm bɪˌkʰɔz (ɔv)/ Tôi [tt] (bởi) vì [dt] I'm afraid because a big storm is coming. I don't care about [sth] /dəwnt' kʰɛː ˈə.bawt/ Tôi không quan tâm về [điều đó] I don't care about the latest technology.	I think [pers] is [adj-ed]	/aj ˌθɪŋk ɪz/	Tôi thấy [dt] [tt]	I think you are confused.
I don't care about [sth] /dəwnt 'khɛː jə.bawt/ Tôi không quan tâm về [điều đó] I don't care about the latest technology.	I'm [adj] about [sth]	/ɑjm əˌbawt/	Tôi [tt] về [dt]	I'm confused about your decision.
	I'm [adj] because (of) [sth]	/ajm bɪˌkʰɔzᢩ(ɔv)/	Tôi [tt] (bởi) vì [dt]	I'm afraid because a big storm is coming.
I'm not worried about [sth] /nɔʔ ˈwʌ.ɹɪjd ə.bawt/ Tôi không lo lắng về [điều đó] I'm not worried about my final exam.	I don't care about [sth]	/dəwnt khɛː -jə.bawt/	Tôi không quan tâm về [điều đó]	I don't care about the latest technology.
Ŏ N	I'm not worried about [sth]	/nɔʔ ˈwʌ.ɹɪjd_ə.bawt/	Tôi không lọ lắng về [điều đó]	I'm not worried about my final exam.

Page 47

- [xc] means exception from the pattern ngoại lệ từ mẫu
- Key • [tt] tính từ (adjective)
- [adj-ing] & [adj-cause] means the causative adjective, usually suffixed with -ing. "You are annoying."

British English - CuBE IPA

- [dt] danh từ (noun)
- [đt] động từ (verb)
- [dđt] danh động từ (gerund)

• [adj-ed] & [adj-eff] means the effected adjective, usually suffixed with -ed. "I feel annoyed."

Pattern: Something affects me

Simple adjective

Unit 12: Feelings 1

Feeling	This makes me [adj-eff]	This makes me feel [adj-eff]	This is [adj-cause]	
curious	• This makes me curious.	• This makes me feel curious.	• This is curious. [xc]	
furious	• This makes me furious.	• This makes me feel furious.	• This is <i>in</i> furiating. [xc]	
scared	• This makes me scared.	• This makes me feel scared.	• This is scary. [xc]	
confused	sed • This makes me confused. • This makes me feel confused		 This is confusing. This is concerning.	
concerned • This makes me concern		• This makes me feel concerned.		
	Adjective with verb form		Adjective with noun form	
Feeling	This [verb]-s me	This is [verb]-ing (me)	This [increases] my [noun]	
reeiiiig	Điều này [đt] tôi	Điều này đang khiến tôi cảm thấy [tt]	Điều này làm tăng [dt] mình	
curious	• This makes me curious. [xc]	• This is making me curious.	• This piques my curiosity.	
furious	• This <i>in</i> furiates me.	 This is infuriating (me). 	• This increases my fury.	
scared	• This scares me.	• This is scaring me.	 This magnifies my fear. 	
			a This was as a may confine	
confused	 This confuses me. 	 This is confusing (me). 	 This worsens my confusion 	
confused concerned	 This confuses me. This concerns me.	This is confusing (me).This is concerning me.	This worsens my contusionThis heightens my concern.	

Question phrases – Cụm từ câu hỏi

How do you feel about?	/ˈhaw dəjə ˌfɪjtjə.bawt '/	Bạn cảm thấy thế nào về?	
How does that make you feel?	/ˈhaw dəz_ðatʾˌmɛjkੁʰjʉw ˈfɪjɫ/	Làm thế nào mà làm cho bạn cảm thấy?	
Can I share my feelings with you?	/kʰan ˈɑj ˌʃɛː mɑj ˌfɪj.lɪŋz wɪð jʉw/	Tui có thể chia sẻ cảm xúc tui với bạn được không?	
Are you ok?	/ˈɑː_jʉw_əwˌkʰɛj/	Bạn ổn chứ?	

Idioms and examples – Thành ngữ & ví dụ

Thành ngữ	Từng từ một	Định nghĩa		
• go to pieces	chia thành từng mảnh	sụp đố tinh thần; đau buồn		
/ˌgəw tʰə ˈpʰɪjs.sɪz/	She went to pieces at the funeral.			
on top of the world	trên đỉnh cao của hành tình	cực kỳ hạnh phúc		
/ɔn ˌtʰɔp ʰəv ðə ˈwɜːɫd/	After I got engaged, I felt on top of the world.			
no hard feelings	không cảm giác cứng rắn	không cảm thấy tức giận với ai		
/ˌnəw hɑːd ˈfɪj.lɪŋz/	She wanted to show there were no hard feelings after I won the contest.			
blood runs cold	máu trở nên lạnh	sợ chết khiếp		
\bfwc ⁿ x, znnk bnld'\	Walking through the cemetery at midnight made my blood run cold.			
have butterflies in my stomach	có những con bướm trong bụng mình	cảm thấy bồn chồn; lo lắng		
/hav ˈbʌ.tʰə.flɑjz_ɪn mɑj ˌsdʌ.mək/	I always <u>have butterflies in my stomach</u> before I give a presentation.			
get something off my chest	lấy thứ gì đó ra khỏi ngực	nói ra một nỗi băn khoăn để cảm thấy nhẹ		
/ ˌgɛt̅_sʌm.θɪŋ ɔf maj ˈtʃɛst/	Can I get something off my chest? I wanted to tell you before, but I was too anxious.			



Unit 12: Feelings 1 – Tasks

When you answer these questions, try to use vocabulary and phrases given in the vocabulary section.

Basic Questions

Unit 12: Feelings 1

- 1. Are you a sensitive person?
- 2. Are you more or less emotional than other people?
- **3.** Are you generally a positive or negative person?
- 4. What makes you feel very good?
- 5. What makes you feel sad?
- **6.** What's a memory that makes you happy?
- **7.** What scares you?
- **8.** Do you think money brings happiness?

- 9. Do you find it easy to explain your feelings to another person?
- 10. When you're feeling down, how do you make yourself feel better?
- 11. What makes you feel nervous? How do you calm your nerves?
- 12. Have you felt satisfied recently? What made you feel
- 13. When do you feel most energised? What do you like to do with that energy?

Intermediate Questions

- 1. Can you control your emotions well? How? When do your emotions become a problem?
- 2. Is sadness a bad feeling? Are there good types of sadness and bad types of sadness? Can it be useful?
- **3.** How do you feel when you've made a mistake?
- 4. Can you read another person's emotions? Do you find this ability to be a help or hindrance?
- **5.** Can you hide your emotions? Is that a good thing?

- **6.** What is the best way to deal with feelings of anger?
- 7. Are women more emotional than men? Or, do you think that is just a stereotype?
- 8. Have you ever cheered someone up who was feeling sad?
- **9.** Are you excited about anything coming up in the near future?
- **10.** What do you think you need to have a happy life?

Homework – Videos

they feel that way.

Feel free to record this in one take, or to edit multiple clips together.

Questions **/** 1. When you're feeling down, what do you do to make yourself feel better again? 2. Can you read the emotions of other people? Do you find it to be helpful, or does it sometimes hinder your communication? Do you believe this ability to be pure, or could it be tainted by our personal perspective? 3. Record a short conversation between two characters, both acted by you. Choose an emotion. One character asks the other some questions, such as are you ok? and what's wrong? The second character tries to describe their emotional state and other feelings, and tries to explain why



