

Thời gian làm bài 50 phút, không kể thời gian phát đề

Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the best answer to each of the following questions.

Spending time in nature is good for our health. Many studies show that being in parks, forests, or near water makes people feel better. When we walk in green spaces, our stress levels go down. Our blood pressure also becomes lower. Getting outdoors regularly is truly worth its weight in gold for our overall wellbeing. Even looking at pictures of nature can help us feel calmer. Doctors now sometimes tell patients to spend time outside as part of their treatment. Research Indicates these benefits occur across all age groups worldwide.

Physical health improves when we have access to nature. [I] People who live near parks often exercise more. [II] They walk, run, or ride bikes on paths and trails. Getting sunshine helps. Our bodies make vitamin D, which keeps our bones strong. [III] Children who play outside regularly are less likely to become overweight and may have better eyesight. Natural surroundings also strengthen our immune systems against common illnesses. [IV]

Mental health benefits from nature are clear too. Time in natural settings can reduce feelings of anxiety and depression. Students who study with a view of trees or plants can focus better. Office workers with plants nearby report feeling happier at work. After difficult life events, people often find comfort in quiet natural places. The sounds of birds singing or water flowing create a peaceful feeling that helps the mind rest. These experiences stimulate production of feel-good hormones in our brains.

Scientists continue to discover new ways that nature helps us. Hospital patients who can see trees from their windows often recover faster than those who cannot. Elderly people who garden regularly tend to live longer. Communities with more green spaces have lower crime rates in many cases. As our world becomes more digital, the healing power of nature becomes even more important. Making parks and natural areas available to everyone should be a priority for healthy communities. Even short nature breaks can counteract negative effects of technology use.

**Question 1.** Which of the following best summarises paragraph 3?

- A. Nature sounds like birds and water create peaceful environments that help students focus on academic work and improve overall test scores.
- B. Office productivity increases dramatically when plants are added to workspaces as they create visual interest and filter toxins from indoor environments.
- C. People experiencing trauma should seek treatment in outdoor settings rather than traditional

therapy since nature provides superior healing benefits.

- D. Exposure to natural settings improves mental health by reducing negative emotions, enhancing focus, providing comfort, and stimulating beneficial hormones.

**Question 2.** Which of the following is NOT mentioned as a benefit of nature in the passage?

- A. Lower blood pressure
  - B. Reduced anxiety and depression
  - C. Improved sleep quality
  - D. Strengthened immune system

**Question 3.** The phrase "worth its weight in gold" in paragraph 1 could be best replaced by \_\_\_\_\_.

- A. pays off                      B. looks up                      C. falls through                      D. breaks down

**Question 4.** Where in paragraph 2 does the following sentence best fit?

*Fresh air is cleaner than indoor air in many places.*



**Question 5.** Which of the following is TRUE according to the passage?

- A. Modern technology has largely eliminated our biological need for natural environments, though brief outdoor breaks remain psychologically comforting.
  - B. Regular exposure to natural water environments is more beneficial for reducing depression than forest settings according to controlled medical studies.
  - C. Hospital patients who can see trees from their windows typically experience faster recovery times than those with views of urban landscapes.
  - D. Children who attend schools with outdoor learning programs score consistently higher on standardized tests than those in traditional classroom settings.

**Question 6.** The word "their" in paragraph 1 refers to

- A. pictures                      B. doctors                      C. studies                      D. patients

**Question 7.** Which of the following can be inferred from the passage?

- A. Schools without windows or access to natural settings may inadvertently contribute to students' attention problems and academic difficulties.
  - B. Our emotional responses to stressful situations have measurable biological effects. that can accelerate or slow cellular aging processes.
  - C. Healthcare systems could reduce treatment costs significantly by incorporating nature-based therapies into standard medical protocols.
  - D. Urban planners should prioritize creating accessible green spaces in city designs to promote public health and reduce crime rates.

**Question 8.** Which of the following best summarises the passage?

- A. Exposure to natural environments provides significant physical, mental, and social benefits to people of all ages and should be made accessible to everyone.
  - B. Urban planning must incorporate more green spaces to address rising healthcare costs and

environmental degradation in increasingly developed communities.

- C. Modern research indicates technology use negatively impacts human health, while time spent in nature counteracts these effects across demographic groups.
- D. Children who grow up with regular outdoor activity develop stronger immune systems and better social skills than those with limited nature exposure.

**Question 9.** Which of the following best paraphrases the underlined sentence in paragraph 4?

- A. Patients express greater satisfaction with medical care when treatment facilities incorporate natural elements in building design.
- B. Research suggests that hospital room windows should ideally face garden areas rather than urban views for optimal psychological effects.
- C. Hospitals with landscaped grounds containing numerous trees report significantly lower average patient admission durations.
- D. Recovery times for hospital patients tend to decrease when their rooms provide visual access to natural tree environments.

**Question 10.** The word "depression" in paragraph 3 is **OPPOSITE** in meaning to \_\_\_\_\_.

- A. contentment
- B. solation
- C. anxiety
- D. fatigue

Read the instruction, and mark the best option A, B, C, or D to complete each gap.

#### Instruction for IELTS Speaking: Talking About an Influential Person in Your Life

When you take the IELTS Speaking Test, you may be asked to describe an influential person in your life. This task often (11) \_\_\_\_\_ in Part 2 (the long turn), where you are required to speak for one to two minutes. The purpose of this question is not only to test your ability to describe a person but also to evaluate how well you can organize your ideas, use a wide (12) \_\_\_\_\_ of vocabulary, and express your personal feelings and reflections clearly.

##### Step 1: Understand the Task

Notice that the question includes several parts. To score well, you need to (13) \_\_\_\_\_ all of them, develop your ideas fully, and show that you can speak fluently and coherently.

##### Step 2: Organize Your Answer

*A useful way to structure your talk is:*

1. Introduction: Briefly introduce the person
2. Background: Explain how you know this person
3. Qualities / Achievements: Describe the person's personality, skills, or accomplishments.
4. Influence: Explain clearly how this person has affected you.
5. Conclusion: Summarize (14) \_\_\_\_\_ this person matters to you.

##### Step 3: Use Rich Vocabulary and Phrases

To achieve a high band score, try to include more precise and expressive words.

These words not only make your answer sound more sophisticated but also show the (15) \_\_\_\_\_ that you have a wide vocabulary range.

#### Step 4: Expand and Enrich Your Ideas

A common mistake is giving very short answers. (16) \_\_\_\_\_ this, try to add examples or anecdotes; explain your feelings; compare before and after ...

#### Step 5: Speak Naturally and Confidently (with natural speech, use linking words and phrases; vary your verb tenses)

- |                                    |                  |             |              |
|------------------------------------|------------------|-------------|--------------|
| <b>Question 11.</b> A. comes out   | B. pops up       | C. turns up | D. comes off |
| <b>Question 12.</b> A. level       | B. range         | C. series   | D. degree    |
| <b>Question 13.</b> A. shield      | B. discover      | C. speak    | D. cover     |
| <b>Question 14.</b> A. why         | B. when          | C. who      | D. whatever  |
| <b>Question 15.</b> A. examination | B. examinee      | C. examine  | D. examiner  |
| <b>Question 16.</b> A. Avoid       | B. To be avoided | C. To avoid | D.           |

Avoiding

Read the text and mark the best option A, B, C or D to complete each gap.

### WOMEN IN TECHNOLOGY MAKING A DIFFERENCE

Ada Lovelace is often regarded as the world's first computer programmer. In the 1800s, she wrote an algorithm for a machine called the Analytical Engine, which is considered the first of its kind. (17) \_\_\_\_\_, her contribution went largely unnoticed for many years.

Moving into the 20th century, Hedy Lamarr, an Austrian-American actress, not only shone in Hollywood but also made a significant impact on the world of technology. During World War II, she co-invented a frequency-hopping system that helped create modern wireless communication methods like Wi-Fi and Bluetooth. Unfortunately, (18) \_\_\_\_\_.

Grace Hopper, born in 1906, was a pioneer in computer programming. She created the first compiler, a program that translates written language into computer code. (19) \_\_\_\_\_, she was often overlooked in a male-dominated field. Nonetheless, her contributions to computing are now widely acknowledged.

In 1991, Ellen Ochoa became the first Hispanic woman to go to space. (20) \_\_\_\_\_. Nevertheless, Ochoa's career was often highlighted for her ethnicity and gender, rather than her technical achievements. Today, (21) \_\_\_\_\_, are continuing to lead the way in technology. Dr. Li plays an important role in the fields of AI and machine learning, helping to shape the future of these technologies. However, there are still fewer women than men in tech leadership positions, although more young women are pursuing careers in tech.

**Question 17.**

- A. Therefore, she gained worldwide recognition and respect during her entire lifetime
- B. Moreover, many of her colleagues immediately celebrated her mathematical discoveries
- C. However, due to the fact that women were rarely acknowledged in the world of science and technology
- D. Consequently, she became a popular lecturer who was admired for her computing expertise

**Question 18.**

- A. she retired from Hollywood to focus fully on her scientific inventions and research career
- B. she faced challenges being taken seriously as a scientist because she was primarily seen as an actress.
- C. her system was instantly adopted worldwide by the military and transformed war communications immediately
- D. she abandoned her scientific work completely after her first unsuccessful attempt at developing new devices

**Question 19.**

- A. Even though she made numerous significant contributions
- B. Because significant contributions from her were considered less numerous than others
- C. Since she regarded her own numerous contributions as less significant than expected
- D. While numerous significant contributions were made by her colleagues instead

**Question 20.**

- A. Because she was an astronaut and engineer, she has helped paving the way for women in STEM fields
- B. As an astronaut and engineer, she has helped pave the way for women in STEM fields
- C. While working as an astronaut and engineer, she was helped pave the way for women in STEM fields
- D. In her role of astronaut and engineer, she helps to pave the way of women in STEM fields

**Question 21.**

- A. women in artificial intelligence and robotics, advancing research on algorithms and automation
- B. women like Dr. Fei-Fei Li, a renowned expert in artificial intelligence
- C. women in artificial intelligence, contributing important insights into the development of machine learning
- D. women in AI and data science, making progress in understanding the role of neural networks In society

**Mark the best option A, B, C or D to indicate the best arrangement of utterances or sentences to make**

a meaningful exchange or text in each of the following questions.

**Question 22.**

- a. **Tom:** I just have a little headache, maybe because I didn't sleep enough last night.
- b. **Anna:** You don't look very well today. Are you okay?
- c. **Anna:** You should try to rest more, sleep is really important for your health.
- d. **Anna:** Good idea, I hope you feel better tomorrow!
- e. **Tom:** Yes, I'll go to bed early tonight and drink more water.

A. a-c-b-e-d

B. b-a-c-e-d

C. c-a-d-b-e

D. a-b-c-d-e

**Question 23.**

- a. **Hoa:** That's fantastic! Good for you.
- b. **Nam:** Thanks, it's a day I'll never forget.
- c. **Nam:** I'm over the moon-I just scored the winning goal in today's match!

A. a-b-c

B. b-a-c

C. a-c-b

D. c-a-b

**Question 24.**

- a. Born in Corsica in 1769, his military success during the French Revolution showcased his leadership skills and strategic brilliance.
- b. However, his downfall came with the disastrous invasion of Russia in 1812, leading to his ultimate defeat and exile to Elba in 1814.
- c. Napoleon's ambitious military campaigns across Europe, including victories in Austerlitz and conquests in Spain, Italy, and Germany, solidified his dominance.
- d. Crowning himself Emperor of France in 1804, he sought to establish a new order in Europe.
- e. Napoleon Bonaparte's life was marked by significant milestones that shaped his destiny and left a lasting impact on history.

A. e-c-d-b-a

B. a-e-d-b-c

C. c-e-a-d-b

D. e-a-d-c-b

**Question 25.**

Dear Sir or Madam,

- a. This information will be valuable for my upcoming research project on influential Latin American authors.
- b. I am writing to request detailed information regarding the life and works of Gabriel García Márquez, the Nobel Prize-winning Colombian author.
- c. Thank you for your time and assistance in this matter.
- d. Specifically, I would like to learn more about his major publications, narrative style, and contributions to magical realism.
- e. I would greatly appreciate it if you could provide any available resources, references, or recommended readings.

Yours faithfully,

A. b-d-e-c-a

B. b-d-a-e-c

C. b-a-c-e-d

D. a-e-c-d-b

**Question 26.**

- a. They help family members understand what is expected of them and encourage responsibility in daily life.
- b. Ultimately, family rules strengthen relationships and build a supportive environment where everyone feels valued.
- c. Family rules play a vital role in creating order and harmony at home.
- d. Clear rules also promote respect, cooperation, and fairness among children and adults.
- e. By setting boundaries, parents can guide their children toward making safe and healthy choices.

A. b-c-d-e-a

B. c-a-d-e-b

C. c-b-e-d-a

D. b-a-c-e-d

**Read the advertisement and mark the best option A, B, C, or D to complete each gap.**

**Eat-Clean Cooking Class - Discover the Taste of Wellness!**

Join our exclusive (27) \_\_\_\_\_ to unlock the ultimate culinary journey and embrace a healthier way of living! Unleash your inner chef with our expert instructors (28) \_\_\_\_\_ they guide you step by step in preparing wholesome, tasty meals using fresh, organic ingredients. You will not only learn innovative cooking techniques but also explore vibrant (29) \_\_\_\_\_ that bring color and nutrition to your plate.

In addition, the course provides insights into the role of food in overall wellness, which helps you understand how mindful eating can (30) \_\_\_\_\_ your lifestyle. Whether you are an experienced cook or someone who has never picked up a pan, this class welcomes everyone. If you are looking for (31) \_\_\_\_\_ exciting to do with friends or simply want to improve your own cooking skills, this is the perfect opportunity.

Moreover, our friendly community of learners makes the experience enjoyable, so you never feel alone in your journey. (32) \_\_\_\_\_ your skills, share inspiration, and embrace a healthier future by signing up today! Remember, the best investment you can make is in your health.

Let clean eating become your everyday magic!

**Question 27.** A. cooking Eat-Clean class

B. class Eat-Clean cooking

C. cooking class Eat-Clean

D. Eat-Clean cooking class

**Question 28.** A. who      B. as

C. whenever      D. during

**Question 29.** A. recipes      B. guides

C. manuals      D. instructions

**Question 30.** A. transcend      B. exacerbate

C. disseminate      D. transform

**Question 31.** A. something      B. anything

C. nothing      D. everything

**Question 32.** A. Escalate      B. Level off

C. Elevate      D. Rise

Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the best answer to each of the following questions.

### Steven Spielberg

This great filmmaker, who has won countless records and prizes for his contribution towards best filmmaking has also suffered from several failures in his life. He was not able to get higher examination grades in the schools during the childhood following which he has been suspended three times from the University of Southern California. Following his passion and dedication, he went on creating great movies and finally won three Oscar awards and made a sum total of fifty-one great movies.

He is one of the famous filmmakers who created Jurassic Park. However, he was rejected by the USC School of Theater due to his bad grades. But even after facing these issues, he made some of the best films in the industry, which all loved to see.

Despite his rocky start, Spielberg's resilience and creativity led him to craft some of the industry's most beloved works, captivating audiences worldwide. Notable contributions include classics like E.T. the Extra-Terrestrial, Schindler's List, and Saving Private Ryan. Spielberg's commitment to storytelling excellence extends beyond the silver screen; he now serves as a valued member of the USC School's board of directors, contributing to the institution that once rejected him.

His journey is a testament to the transformative power of determination, inspiring aspiring filmmakers to overcome obstacles and leave an indelible mark on the world of cinema. His story proves that when it comes to achieving your dreams, it's important to keep your chin up and never give in to setbacks.

**Question 33.** Which word is CLOSEST in meaning to "commitment" in the text?

- A. dedication      B. rejection      C. weakness      D. doubt

**Question 34.** In paragraph 3, the phrase "the institution" refers to:

- A. Hollywood      B. The film industry  
C. The Academy Awards      D. The University of Southern California

**Question 35.** Which of the following best summarises paragraph 1?

- A. Spielberg directed Jurassic Park and became wealthy  
B. Spielberg always had good grades and many awards  
C. Spielberg won Oscars without any challenges  
D. Spielberg faced academic struggles but later achieved great success

**Question 36.** Where in the text does it mention Spielberg serving as a member of the USC board of directors?

- A. Paragraph 3      B. Paragraph 4      C. Paragraph 1      D. Paragraph 2

**Question 37.** According to the text, which of the following is TRUE?

- A. Spielberg was never rejected by any school  
B. Spielberg only directed one famous movie

C. Spielberg avoided all failures in his life

D. Spielberg created Jurassic Park

**Question 38.** Where in the text does it mention Spielberg being suspended three times from university?

A. Paragraph 2

B. Paragraph 3

C. Paragraph 1

D. Paragraph 4

**Question 39.** The word "resilience" in the passage is **OPPOSITE** in meaning to \_\_\_\_\_.

A. fortitude

B. vulnerability

C. stamina

D. persistence

**Question 40.** Which sentence best paraphrases this: "**His journey is a testament to the transformative power of determination**"?

A. His career indicates that luck is more powerful than effort

B. His journey shows that films always lead to success

C. His life demonstrates that grades are unimportant

D. His experiences prove how determination can change one's life

**THE END**