

Part 2

24. Describe a quiet place you like to go.

You should say:

Where it is?

How you knew it?

How often you go there?

What you do there?

And explain how you feel about the place

I'd like to talk about one of my favourite quiet places where I go sometimes. This quiet place, where I like to go sometimes, is a small valley located a bit far away from my home, next to a garden of many different kinds of native plants. Not sure when or how the valley was formed there as no water streams could be found anywhere near it, but I have always thought that there might be some interesting history behind this small valley.

But, anyway, this is a valley that feels like it is located thousands of miles away from civilization, when I visit it with an upset or restless mind, because of its truly quiet surroundings. Of course, one could easily listen to the chirping sounds of the birds from its adjacent native garden, but that sound is nowhere close to as disturbing as the

sound of a busy city; rather quite the opposite. In fact, if anything, that chirping sound of the birds feels very much reassuring to me as it reminds me about some many wonderful things in an otherwise tough world.

I like to visit this place only during the late morning because this is when I get to enjoy some refreshingly gentle southern wind, offering some calming effects on my otherwise restless mind. By the way, I like to visit this place, not only because it is nice and quiet, but also because I can see the whole sky in its true colours from here.

Anyway, whenever I go to this place, I spend my time there by mostly walking across the valley just like I did the last time. However, when I went there last time, I spent some time there also reading a book while laying myself down on its ground.

Part 3

24.1. Is it easy to find quiet places in your country? Why?

No, it's very hard to find quiet places in cities nowadays because of increasing urbanization

and cars on the street. I think that's one of the major reasons people

go on vacations. Unfortunately, tourist spots are even more crowded.

24.2. Why do old people prefer to live in quiet places?

Actually of course. Most of the aged people prefer to live in quiet places, such as the suburbs or countryside. They choose to live in such kinds of area mainly because they are likely to have a peaceful lifestyle in general. You know like the fresh air and quiet environment are actually good for their health. You know the senior citizens in these day are big fans to gardening or tea, they need somewhere close to the interest. It is more reasonable to live in the suburbs. It big house and small garden or yard can be required.

24.3. Why are there more noises made at home now than in the past?

There are many sources of noise in the home, such as from the sound of computers running, the sound of kitchen exhaust fans and the sound of water flowing down the drain. There are now more electronics in the home than in the past, which can generate more noise.

24.4. Why do some people like to use noise as background sound when they are working and studying?

If we were all to work and study in complete silence, we would

constantly be searching for reasons to be distracted. This is natural. As human beings, we're always on the lookout for mental and physical stimulation. Unfortunately, there are a lot of mundane jobs and tasks out there that offer very little in the way of stimulation. If a job doesn't challenge us, we will always look for something that does. Adding background noise to your work or study routine can benefit your concentration by adding an extra layer of mental stimulation. It can encourage you, inspire you or simply ease the boredom you're feeling. It can encourage you, inspire you or simply ease the boredom you're feeling.

Part 2

25. Describe a time when you helped a child.

You should say:

When it is?

How you helped him/her?

Why you helped him/her?

And how you felt about it.

Helping is the most beautiful quality of a human being one should help others whenever it is needed or required. Especially children, they are so curious to learn everything. We should always help them in their academics and extracurricular activities.

Here I am going to talk about a time when I helped a kid. It was my vacation time and I was chilling on a beach with my family and I was having a wonderful time with my family.

On the beach I saw one small kid trying to make a sand house. He was struggling to make it. I observed him failing many times. The mud was not shaping according to him. And I decided to help him make a sand house.

I like helping kids and I especially help them when I find them struggling. And when I saw him failing in making a sand house I immediately went and sit with I also started making a new one just beside him. When he joined me we together made a wonderful sand house. That kid kept continuously talking about different shapes he wanted in the house and I tried to make them.

At the end we finally did it. We made a wonderful sand house together and saw a victory smile on his face and I lived my childhood once again. It was such a satisfying movement. His parents were watching us doing this when we completed the house. They also came with us and we clicked some photographs.

Part 3

25.1. Do you often help kids? How?

Yes, I do. I love helping kids. I have realised it gives a lot of mental satisfaction and happiness.

25.2. Why is it necessary to do volunteer services?

Volunteering seems to have become an important part of the way we live today. Volunteering is important because it provides vital help to noble causes, less privileged communities, and communities as a

whole. Since many NGOs or charities are partially funded by the government, they cannot afford to pay their full-time staff, so they often depend on the kindly demeanor of volunteers.

Volunteer service embodies a kind of people's desire to participate in society, and in the process of volunteering, people can learn more about society and exercise their abilities. Since the spirit of volunteerism has the function of motivation, through various external stimuli, it can make people produce an enterprising spirit with high motivation and morale, so spreading this volunteer spirit is undoubtedly a good way of positive behavior.

25.3. What can schools do to develop students' awareness of volunteering?

Schools can promote this spirit to students by organizing commendation conferences and reports of advanced deeds; colleges can also motivate more college students to participate in volunteer services through spiritual honor awards, such as issuing corresponding honor certificates for students who participate in volunteer services.

25.4. Who benefit more from the volunteer services, the volunteers

or the people helped?

Volunteering is first of all a way to improve oneself and to get oneself saved. I have seen many people who are depressed and pessimistic when they are addicted to the realm of self and cannot go out, but when they open their heart and start to help others and go to the society, finally they can save themselves.

Part 2

26. Describe something you do to keep fit and healthy.

You should say:

What it is

When you do it

Who you do it with

Why it is important to keep fit and healthy

And explain why it can help you keep fit and healthy

Like everybody else, I like to stay healthy while also enjoying life at the same time. But, the problem is we can't really enjoy life enough unless we also enjoy doing something healthy from time to time. Of course, different people enjoy doing different kinds of healthy activities, but as far as I am concerned, it is swimming.

I enjoy swimming. In fact, swimming was one of my most favourite hobbies when I was growing up as a child as I would hardly let any day pass by during the summertime without swimming, whether I was swimming in a lake or a big river. Besides, one of the greatest advantages of living in the countryside (yes, I grew up in the countryside until I started attending high school) of my country is that it almost certainly would have some natural lakes or rivers to

invite those who would like to swim.

Of course, the difference is that when I was growing up as a child, I used to enjoy swimming just for the fun of it, but today, I do swimming because it helps me remain healthy. Besides, these days, I swim mostly in a local swimming pool as the city, in which I live now, doesn't have many natural lakes, rivers or any ocean where I would be able to enjoy this activity better.

Anyway, I enjoy this healthy activity with a bunch of other guys (they are not related to me in any respect), and I do this every weekend if not more. By the way, I am trying to form a swimming club in my city in order to make swimming more of a fun activity rather than considering it as only a healthy activity.

Anyway, I think that swimming is a healthy activity because it forces each and every part of our bodies to engage in perfect sync with each other in order to keep us floating in the water. Besides, it also helps me relax after a long week of work by allowing me to forget about the worries of my daily life for a while.

Part 3

26.1. How do children and old people keep fit and healthy?

Children lead a generally active lifestyle, running around all the time, and using all their energy throughout the day. Many of them join different activities from playing outside on the playground to biking and even joining some sports teams. They are very active and energetic, as a whole.

The older a person gets, the less likely is that he will exercise. That doesn't mean that they completely give up though. Many older people would take long walks around their neighborhood or park, use some of the outdoor training equipment and even try to do more housework, in order to stay active.

26.2. What do young people normally do to keep fit and healthy in your country?

Generally, young people do the same as kids. They join some sports teams or make one with their buddies and play football, basketball, badminton and so on. Some would try to push even further and would sign up to a gym, where they would try to either keep fit or even build muscles and become a better version of themselves.

By a large margin, younger people do not exercise that much. As

they are overwhelmed with studying from school and college, addicted to gaming and social media on their mobile phones, and stressed trying to be competitive once they start working, very few would have the time, patience, or motivation to work out at all.

26.3. How can parents help and guide their kids to keep healthy??

Parents are the first teacher to their kids. They should sit with them and spend time with them, reading useful materials related to health like encyclopedias, and stories, watch video documentaries, and more. Children are like sponges and will absorb the information, after a while, and that information will turn into good healthy habits.

It is a well-known fact that children imitate and copy their parent's behavior. It is not certain, but often times if the parent smokes, kids will do the same if the parent is glued to his mobile phone, children will imitate the same, and so on. Parents should lead by their example, allowing their kids to imitate their healthy lifestyle choices and not the opposite.

26.4. Do you think it is good for the government to utilize popular celebrities to help build health awareness?

Celebrities have a large following on social media and other places.

They are being seen and viewed, predominantly by younger people who still build their views about the world. These famous individuals have a moral obligation to promote and support health, health-related activities, and everything related to improving people's understanding of health.

The government has the power to set the rules, restrict individuals, ban certain unhealthy practices, punish wrongdoing, and more. This means that they are responsible to control celebrities and not the other way around. It is absolutely ridiculous that the most viewed and followed famous individuals advertise fast food, alcohol, drugs, and many other unhealthy behaviors, and are not regulated at all.

Part 2

27. Describe a traditional product in your country.

You should say:

What it is

When you tried this product for the first time

What it is made of

And explain how you feel about it

Well, I think zongzi is a traditional product in my country we have it every dragon ball festival. I first tried it when I was a kid. We all went to grandparents house for the festival at that time and my grandma made zongzi by herself.

She first mixed the meat and the sticky rice together and then she used the leaves to wrap them up and then a string to tie them up. So it was like a huge dumpling and then we boiled them in the water and when they were ready we removed the leaves and then ate it. It tasted very soft and sticky.

There were different kinds of flavors. You could put different stuffings like salty pork or soybeans. I really like the sweet ones and I remember at that time my grandmother also told me something

interesting about this food. Actually, it was originated from a legendary story about a man called quyuán who was a minister in Asian china at that time when he heard that his country was defeated by another.

He was so devastated that he drowned himself into miluo river and local people made zongzi at that time, and threw them into the river in order to keep his body from the fish. So then we have the dragon ball festival to commemorate this great man today. We celebrate this festival by having zongzi and having boat race on the river. So I think zongzi is very traditional and it's a symbol of Chinese history and culture.

Part 3

27.1. Why are traditional products important?

I suppose there are two main reasons. Traditional products are normally handed down from generation to generation. People rarely use chemicals or other dangerous substances when making items, which is eco-friendly and beneficial to our life. Traditional products are a constant reminder of slow and green life. Another reason is that traditional products help us understand the history of the people who made them and their significance. Each culture has its products. For

maintaining culture these types of products are really very important since people may come to know different things from them.

Traditional products can represent a country. When people think about a nation, they usually associate it with crafts, music, food, or anything else the country is famous for. This can build an international image, bring tourists, prompt respect, and encourage investments, as people fall in love with that particular country.

In many cases, traditional items, crafts, and food can unite a country, race, or ethnicity. This shared common culture between them, makes them feel like a part of one big family, where they share these common customs and traditions. This also creates a stronger sense of national pride and admiration, which in turn forms a national identity.

27.2. Do you think tradition is important for a country? Why?

I think most traditions are important for a country. Traditions can be regarded as a part of the culture and the history, Each country must have its own traditions that can represent its race to the world. In today's civilized world, having traditions is quite significant. Nowadays, we find various races of people and their different

traditions, which contributes to the diversity of our world. Of course, some traditions may not be suitable for social development, so they become less important and gradually disappear.

In our generation, it is very easy for a country to lose its sense of uniqueness. With globalization and the introduction of global brands to everyday life, a country could become all about McDonald's, Starbucks, and Walmart. Traditions can act as a defense against the loss of uniqueness.

A country without its own special customs, traditions, and culture can become lost, without any purpose and independent view of the world. This can homogenize the people in that country, acting and behaving as if they belong to another foreign nation, and that could be offputting for those much less interested in that globalized vision. In fact, it could even lead to conflicts.

27.3. What are the traditional Chinese products?

Some of the festivals in China stand out, as there are so many items being made specifically at that time of the year. For instance, during Spring Festival, there are many red-colored products (red is the color for luck) that pop up everywhere in all shops and supermarkets.

There are clothes, souvenirs, home decorations, lucky envelopes, you name it.

There are more traditional items related to other festivals like Mid Autumn Festival, Chingming, and others. Many of those items are actually food crafts that are made specifically at that time. For example, there are mooncakes, shaped in a circle and carved with traditional symbols for Mid Autumn Festival, or Zongzi (sticky rice dumplings in a leaf) during Dragonboat Festival.

27.4. Why is it important for children to learn about traditional products?

It is significant because learning about traditional products can help children develop a bond with their cultural identity. Children have an inquiring mind and they tend to be easily influenced by the latest fashion. Traditional products can give children a sense of belonging, first to their family, then perhaps to the community and their country. As social species, this is an essential step for children to feel they belong to a group, by understanding what this group is.

As no one is born with full knowledge of his or her country and traditions, yes, kids should learn about those. Often times modern

parents make the mistake of ignoring these or letting their kids know stuff on their own, which is an ineffective method to educate their children. They should have a more active approach and explain to their sons or daughters the beauty of their culture.

There are ways to teach kids about traditions at home and in school. At home, parents could sit down and craft things with their kids. It may sound challenging at first, however, don't forget that nowadays there are millions of video guides online for anything. These moments could be educational, as well as a great bonding method for the family. As for school, there should be crafting or culture lessons in primary school.

Part 2

28. Describe an occasion that you lost something.

You should say:

What you lost

When and where you lost it

What you did to find it

And explain how you felt about it

Ok, what I'm gonna talk about is the time I left my smartphone in a taxi, which is a really silly thing to do, I know, but sometimes I can be quite careless, just like everyone can be on occasion. The phone is a gift my mother gave me on my 16th birthday, and though it looks quite old, it does carry much sentimental value to me.

Anyway, as for when I lost my mobile, well thinking about it, I suppose it must've been a couple of years ago by now, as I seem to remember I was still living in my old apartment at the time. And regarding what I was doing when it happened, well basically, I was in a taxi on my way back home from the city centre, as I'd just been out clothes shopping, so I had quite a few bags with me, and I guess this partly explains how I somehow managed to leave my phone behind in the taxi.

So as for how I felt after I realized what I'd done, well, if I remember correctly, my first reaction was that of disbelief, you know, I was thinking to myself, how could I have been so stupid as to leave it there. And what made it all the more frustrating was the fact that I hadn't asked the driver for a receipt, which I normally always do, so there was no way I could get in touch with the taxi company and track down the taxi which I took.

Naturally of course, I tried to call my phone as soon as I realized what had happened, but as I guessed, it had already been switched off, either by the driver or the next person who got into the taxi.

Right after the incident, I gave the taxi company a ring to see if some driver happened to see it. However, all my efforts went in vain when no one seemed to have said they found the item. I felt down in the dumps for the rest of the day, just thinking about the gift of my mother that had vanished forever.

Part 3

28.1. What kind of things do people usually lose?

Well, I think that phones, keys, and glasses top the list of the most

commonly lost items. Running second to them are battery chargers, stationery, wallets and documents, especially passports and driver's licenses. Oh, and umbrellas as well. If we also talk about what people lose at home, I am more than sure that the leader is a TV remote control, as I also lose it every now and then.

I think people often lose the things which they use on a daily basis. Since these things are used so frequently they are often moved around and left in different places or in different pockets. Therefore, it is easy to forget where we have left them. So people often lose their phones, their wallets or their keys. As these are things we need to use on a daily basis it is often very frustrating to lose these things.

28.2. What do people often do when losing things?

Try to return it, of course. If that's not possible, then you can usually hand it to someone who can help, like the police or, or you could put up a notice to show that you found it.

28.3. Is it an effective way to use rewards to find lost things?

When it comes to locating their losing things, people are willing to go great lengths to ensure the safe return of their things. A cash reward may grab the attention of individuals who wouldn't typically

enlist in the search. With more people willing to locate and return the things, there is a greater chance of being reunited.

28.4. What kind of people may lose things often?

I guess people who are usually absent minded and forgetful have high tendency of losing things. Just like my close friend who is usually an absent minded person; the time when he just went around the city to unwind, he was not able to deter the thief who stole his smart phone. And the second time he decided to travel alone he, had some trouble remembering where he had placed the important personal belongings he brought with him during the travel. He indeed had lost many important things for tolerating this kind of attitude within himself. In general I can say that people who do not exercise their mind to be alert have high risk of losing things very often.

Part 2

29. Describe an invention that has changed the world in a positive way.

You should say:

What it is

What benefits it has brought

How it influences people of different ages

And explain how it changed people's lives

The past few years have been the golden era of advanced technology, and I suppose household appliances are no exception. I'm going to describe the refrigerator as a household equipment that I find most useful for my family.

My mom loves cooking and she's actually a good cook. She's mainly responsible for shopping for healthy food and cooking scrumptious meals for all of us. And as a matter of fact, our refrigerator is essential when it comes to food storage. Its size is perfect for the corner area in our kitchen, yet big enough to store a large amount of food for the whole family. We keep the vegetables and certain kinds of fruits at the bottom, whereas the leftovers are kept on top. And

some cakes that are made by my mom are kept cold in the middle.

As regards my family meals, fresh meat and seafood is a must. In particular I cannot go a day without a single piece of pork or beef. Thus, the fridge has always done a great job of keeping the meat and seafood fresh all the time. Besides, ice cream bought by my dad every two to three weeks is also stored in the same freezer.

Refrigerator is a wonderful technological invention I must say. It is an indispensable appliance for almost every household. Since the country possesses tropical weather and particularly quite high outside temperature these days, it is difficult to keep the vegetables or meat fresh even for a few days. I think down the line if I ever move away, the fridge is definitely on top of my must-have list.

Part 3

29.1. What is the most helpful innovation at home?

Personally speaking, the most helpful innovation at home is still light bulbs. So many years ago, when my grandfather and grandmother married, the only electric device they possess is a flashlight.

I think digital light is the most helpful innovation at home. With a simple click of a remote, you can bathe your house in pretty much any color you want. At the center of this technology is the LED (light-emitting diode) bulb. LEDs allow you to pick the color and brightness of light. In addition, LED lights save money because they use less energy than regular bulbs.

29.2. What household appliances make us lazy?

There is no doubt that TVs, computers and routers make us lazy, for TVs and computers show us interesting things, which make us stuck in front of them, while routers allow smart devices attached to the Internet, and involve all family members to stay connected.

29.3. What kind of invention can be used at school?

As for middle school students, all above should not be used at school, or under supervision. But in colleges, you can use all kinds of inventions above.

29.4. Do you think AI will replace human teachers? Why?

I don't agree AI will replace human teachers, at least, until the time I passed away. AIs may have a long way to go if they want to replace human teachers, translators, writers for there are no such things like

emotion in AIs, for this is the most important thing for those vacations.

Part 2

30. Describe an occasion when someone gave you positive advice or suggestions about your work / study.

You should say:

Who the person is

What he/she said

How the advice/suggestion affected you

And explain how you felt about the advice/suggestion

There are many occasions that I attend with my family and friends. When we have an occasion, we meet our relatives, old friends, or classmates. Here I would like to speak about the marriage occasion of my best friend, in that marriage one of my school friends gave me positive advice.

Last Sunday, we went to my best friend's marriage. Her name is Rupinder. In her marriage, we all met our classmates. I enjoyed her marriage because of my friends' company. That time I set with one of my friends on the side, and we started discussing our daily routine, and she told me that Shae had started her study after a two-year gap during COVID.

She knew I also wanted to complete my post-graduation, and she encouraged me and told me about her way of studying. She joined online classes and started tuition classes as well. She got a good score and felt proud. I get motivation from her.

After completing the marriage function, I got back to my home and told my mother my friend's story, and my mother took an admission me to college. I started to study. I completed my study in the second division.

Lastly, I would thank my friend for his advice, and I completed my desired education.

Part 3

30.1. When should parents encourage their children?

Parents can praise and encourage their children at any age. For example, they might praise and encourage a younger child for sharing or for leaving the park when asked. They can praise and encourage a teenage child for coming home at an agreed time, or for starting homework without being reminded. By the way, some children, especially those who are less confident than others, need more encouragement than others.

When a child encounters a troublesome problem and hesitates whether he or she should give up dealing with it, the parents had better encourage their child, because when he or she faces certain difficult things, the child tends to shrink back. If the parents do not encourage their child in time, he or she will choose to avoid the problem. Over time, the child will develop the bad habit of escaping and dare not face the difficulties.

For example, when a child is learning the piano, he or she has made mistakes many times and wants to abandon practice urgently. At this time, parents should embolden their child, and do not let the child lose confidence. Parents' encouragement will give the child strength.

30.2. Should parents always encourage their children?

Yes, of course. People want to be appreciated. Adults are like this; children are even more so. They need more encouragement, which can make children go forward, realize their full potential, and inspire their morale and enthusiasm. When children receive their parents' encouragement, they will deeply feel their parents' affirmation and trust, and this understanding will make the relationship between children and parents more harmonious. Parents' encouragement is conducive to children's mental health. When children are in their

growth process, they are psychologically fragile. Supportive parenting can well avoid psychological damage and protect children's self-esteem.

Yes, of course. People want to be appreciated. Adults are like this; children are even more so. They need more encouragement, which can make children go forward, realize their full potential, and inspire their morale and enthusiasm. When children receive parents' encouragement, they will deeply feel their parents' affirmation and trust, and this understanding will make the relationship between children and parents more harmonious. Parents' encouragement is conducive to children's mental health. When children are in their growth process, they are psychologically fragile. Supportive parenting can well avoid psychological damage and protect children's self-esteem.

30.3. Do you think negative feedback is more important than positive feedback? Why?

Yes, I think so. Giving positive feedback makes the recipient feel good about themselves. Giving them negative feedback helps them see what they can improve. The impact of their ability to improve something bad they are doing is much bigger on their prospects of

success than the impact of them continuing to do the positive things they are already doing.

Well, I think either blind encouragement or constant criticism is wrong, which will have a negative impact on people. Take educating children as an example, excessive or inappropriate positive feedback is actually a kind of indulgence. Some parents always teach their children through encouragement. As a result, children in a certain stage may behave self-righteous, lack self-control, and deviate from a clear recognition of self-orientation. However, too much negative feedback will make children doubt themselves when they are faced with complex situations. Therefore, I believe both negative feedback and positive feedback are equally important. We should use them appropriately depending on the situation.

30.4. Why is negative feedback as important as positive feedback at work or in study?

I think it is because only the combination of positive feedback and negative feedback can keep people on the right direction in their work or study. Take shopping online as an example: today, consumers are more enthusiastic about shopping online, but since they can't experience products or services themselves before buying,

many consumers check reviews and feedback before placing an order. For consumers and sellers, users' feedback plays a huge role. Consumers can obtain information from the feedback of other users' reviews to learn about their positive or negative feelings about products and services. For sellers, positive reviews can actually promote the goods, and negative reviews allow them to realize the problems of the products and improve them in time.

Part 2

31. Describe a popular / well-known person in your country.

You should say:

Who this person is

What he/she has done

Why he/she is popular

And explain how you feel about this person

The famous person I am going to tell you about is Li Ning, a retired Chinese gymnast, billionaire entrepreneur, and the founder of the eponymous sportswear company Li-Ning. He was also the final torch relay runner at the 2008 Summer Olympics held in Beijing and ignited the cauldron in the Bird's Nest stadium.

I first heard about his name when I watched a gymnastics competition with my father. After seeing the Chinese athlete make a mistake in the rings and lose the medal, he said nothing like this would happen if Li Ning were on the court. He then told me about his glorious career. In 1982, he won six of the seven medals awarded at the sixth World Cup Gymnastic Competition, earning him the title "Prince of Gymnastics." He then procured six medals again at the 1984 Summer Olympics.

His legend continues after he retired from competition in the 1980s. He founded a company in his own name, selling sports footwear, apparel, and accessories. After thirty years of development, his firm has grown into one of China's most prominent sports goods manufacturers and directly competes with international brands like Nike and Adidas. He has sponsored a wide range of Chinese sports games, both renowned and unknown ones, and employed many retired athletes to guarantee their basic life needs.

I admire him because of his unparalleled achievement as an athlete and a businessman. Until now, no other gymnast's accomplishment can match his record, let alone achieve success in the competitive business world.

Part 3

31.1. What kinds of people are popular at work?

Doers are popular at work who keep the workflow of any project running smoothly. They usually don't talk to you a lot but don't take it as they don't like you. The fact is, they don't talk too much to anybody. Their moment of glory is always the time when they bring their results on time and this is the way they show you some

affection. Having a doer in a working group brings a lot of certainty in. They also inspire others to finish their assignment. So, if you are the type of person who has some difficulties finishing things up, try to stick with doers and your results will improve rapidly.

31.2. Are bosses more popular than employees at work?

The boss is usually the role of giving orders, dominating the work and making people feel pressure. But employees are the main body in the work, the role of concrete implementation, which decides whether the work can be completed successfully. Therefore employees are more popular than bosses.

31.3. Which one is more important, keeping a good relationship with colleagues or doing well at work?

On the one hand, having relationships with your peers can have a direct impact on our professional success. Coworkers who have positive relationships with one another are more likely to perform well when working together on a project. Collaboration among team members typically results in less ambiguity in communication, and everyone is more clear on exactly what their specific tasks are.

On the other hand, effective workers get exciting projects, win

important clients, and are well respected by their colleagues and bosses. Being truly effective at work can pay off now and throughout our careers. Effective workers are often the most respected and the most productive in their workplaces, and they're often the first to be considered for a promotion.

31.4. What benefits are there when a child is popular at school?

A student who is popular on his or her own merits is generally a happy, well-adjusted individual. These students are friendly, talk to everyone, do well with academics and set a good example. Their peers look up to them because they are admired for their positive traits. These students will be more well liked by most of their peers.

Part 2

32. Describe a positive change that you made in your life.

You should say:

What it is

Why you did it

Who you did it with

And explain how you feel about the change

I'm sure we as people bring in positive and negative changes to our lives now and then, but let me elaborate on one that changed my life completely.

The first time I migrated to a different state, after completing my education, five years ago. Initially, I was thrilled to experience a new culture and make new friends. Very soon, I realized that I was going to be all by myself. Since I have lived an overprotective life in a shell, it was difficult to become independent for me out of the blue.

Right from cooking to cleaning, running my errands, doing laundry, driving, and forgetting that I went there to work. I was absolutely terrified to be living on my own. I had never lived such a life because I lived with my family, and chores were equally divided

amongst us. However, I realized that it was for my good, and it changed me as a person as time passed by.

I became independent, confident, more aware of things going around me like grocery or fuel prices and learning how to fix the car. I am so grateful for that opportunity in my life, or else I'd still be in a cocoon.

Part 3

32.1. Is it easier for young people to change?

It's said that young people are more likely to embrace change than their old counterparts. This is mainly because change involves a certain level of risks and obviously youngsters are more willing to take risks.

Young people have the ideas, the creativity and great energy to shape a better world. Young people are full of hope and through innovation and imagination. They are problem solvers and have a great potential to generate a positive social change in the world.

Young people have nothing to lose. They have no mortgage or credit card debts to repay, no family to support, and no career to leave.

They have no reason not to risk 'everything' they have on an ambitious campaign or dreamt-up rganisation.

32.2. Is it easy for old people to change?

The elderly are often unable to adjust to new surroundings because of the deterioration of a brain circuit which plays a critical role in goal-directing learning. Flexibility issues in ageing have long been described in other navigation and spatial memory tasks.

As you get older, your social circles will probably be more limited and stable than when you were younger. Therefore, you'll probably be exposed less often to ideas that might be radically different and that would challenge your own.

Older people tend to have more routines, and stray less from those routines.

32.3. How can people change their daily routine if they want to?

It is necessary to be realistic. Our 'perfect day' must account for our current circumstances and capacity. One thing to keep in mind is that most things will probably take longer than we expect, which is the reason to keep our expectations and goals on the lower side while we implementing changes.

If too much change at once completely throws you off, it's okay to make small changes over time. Supporting idea: In fact, small little swaps in our routine can help us make those changes into habits faster than it will take us to adapt to large sweeping changes.

32.4. What are the disadvantages when people keep making changes?

In order to progress we need to improve, and improvement means change. The dynamics of our modern life have changed dramatically, and in order to adapt, methodologies, processes, and products must be adjusted to the changing environment. Readiness to change guarantees flexibility of our competitiveness.

The efficiency and productivity of the organization are increased, facilitating the achievement of the organization's goals and mission. Individual and group morale are improved and there is an overall sense of cohesion and well-being.

Part 2

33. Describe a time when you were stuck in a traffic jam.

You should say:

When it happened

Where you were stuck

What you did while waiting

And explain how you felt in the traffic jam

Last Tuesday, I experienced the most terrible traffic jam in my life. On that day, I checked the weather forecast and found that there would be torrential rain in my city, so I went to work by bus instead of driving my private car.

After I finished my work, I took a bus to go back home. Just when I got on the bus, rain began to pour down. It was raining so heavily that some of the roads were flooded. At first, the bus was inching along in the bumper-to-bumper traffic. A few minutes later, it was stuck near an intersection.

I took out my mobile phone and watched some short videos to kill time. Suddenly I heard someone whisper to me: "Excuse me Can I use your mobile phone to call my mum?" I saw a young girl standing

beside me. She was about 7 to 8 years old. She was wearing school uniforms and carrying a schoolbag. She looked very anxious. I agreed and handed her my phone.

However, the phone was dead as it had run out of battery. Luckily I had a portable charger with me, so I charged my phone for a while and lent it to the girl. The girl successfully got through to her mum and let her know that she was stuck in a traffic jam. She returned my phone and thanked me politely. Although getting stuck in the heavy traffic was quite annoying, helping others in need was an enjoyable experience for me.

Part 3

33.1. How can we solve the traffic jam problem?

There are three main ways that are effective to solve the traffic jam problem. Developed transport infrastructure and public transport services are helpful to make traffic flow more smoothly. Also, strict rules should be issued to punish those who don't obey the regulations. What's more, governments can take measures to encourage people to walk or cycle to work and limit the number of private cars on the road. Better road conditions and fewer cars will definitely decrease the volume of traffic.

33.2. Do you think developing public transport can solve traffic jam problems?

I would say that it can help ease the problems. Commuters driving to and from work are a major source of traffic jams: If most commuters use public transport instead of driving their private cars, traffic density will be much lower than before. However, traffic congestion is caused by a wide variety of factors, such as traffic bottlenecks, terrible weather conditions, reckless driving, and so on. In my opinion, developing public transport can only be one of the methods to settle the problems.

33.3. Do you think the highways will help reduce traffic jams?

Yes, I agree with that. In our daily life, some traffic jams are caused by pedestrians who are unwilling to follow the traffic rules. While on the highways, drivers can drive their vehicles at a designated speed without disturbance from the pedestrians. Besides, there are fewer traffic lights on highways, so in most circumstances, highways provide congestion relief to some extent.

33.4. What are good ways to manage traffic?

I suppose that raising public awareness of traffic safety is one of the

good ways. Only when everyone knows how. to obey the traffic rules can traffic be managed effectively. Another good way is to install widespread surveillance cameras so that incidents, congestion and emergencies are monitored by the staff. In addition, it is necessary to invest in new infrastructure and technology that improves the transportation system for all road users.

Part 2

34. Describe something you do that can help you concentrate on work / study.

You should say:

What it is

How it helps you concentrate

When you do it

And explain how you feel about it

By nature, I'm a type of guy who is easily distracted by the surroundings, and I especially detest noises, so today I'm going to tell you about a method I use that helps to maximize my concentration to its fullest. This method is placing a pair of earplugs into my ears every time I read something.

We're now living in a time where there are noises from everywhere: car honking, deafening noises from construction sites like someone hammering on a piece of metal. Such noises can reduce your concentration and attention span, reducing work productivity to a great extent. To counter that problem, I bought a pair of earplugs, which did wonders to me as it has helped me to stay in complete silence without being disturbed by any sounds.

This method is particularly of use as earplugs are small and easily portable, so you can take them along with you to coffee shops where there are noises from conversations, or even on the plane where you can escape from the engine noises or short hearing impairment due to low atmospheric conditions. It seems like being alone and you can wholeheartedly focus on the task at hand. It has worked wonderfully for me and I would recommend having a try at it. rather than listening to background music which can even make you lose focus as some may be more engrossed into the music played.

Part 3

34.1. Why is it more difficult for children to concentrate nowadays than in the past?

There are many reasons why children these days are easily distracted. First, I guess the prevalence of the Internet has hindered their ability to focus on a particular subject because they can frequently scroll through different news and pictures without reading the content. Second, there are so many distractions nowadays either in their houses or at schools such as the game consoles that urge them to play more instead of focusing on their work. So these factors ultimately make them less likely to focus for a long time.

The significant causes of the absence of focus among kids in schools are rising noise and air pollutions, unhealthy diets along with computer games and inadequate parenting.

34.2. Do you think technology will harm children's ability to concentrate?

Obviously. As I previously mentioned, the advent of social media and other technology has severely affected youngsters' concentration. I have read in an article that children's attention span only lasts for about 7 minutes nowadays, and it specifically pointed out that this is because they were too distracted by their smartphones and gaming devices.

34.3. What kinds of jobs require high concentration at work?

There are multiple professions that require workers to be 'laser focused'. Those working in the data analysis sector of any corporation often find themselves surrounded by complicated data and codes, which the slightest mistake could be detrimental. Other occupations in the medical field such as surgeon also demand a great deal of concentration since they deal with the patients' safety.

34.4. Can exercise help people improve concentration?

Actually, I'm quite ambivalent about this. You see, for some, of course doing light exercise could help with blood circulation, which ultimately leads to a better attention span. This is especially true for office workers, who sit around all day next to their computers. However, for others, participating in physical activities only makes them even more tired because they have to spend extra energy doing them. Then, they'd probably find it hard to concentrate but rather go to sleep right afterward. So I guess it really depends on the individual, and on the kind of exercise.

Part 2

35. Describe a friend you like to talk with.

You should say:

Who he/she is

What you like to talk about

Why you like to talk with him/her

And explain how you feel about him/her

There's nothing I enjoy more than a good conversation, and being able to comfortably chat for hours is a make or break prerequisite for any of my close friendships. As I roll through life I've gained the habit of acquiring new acquaintances, which drift naturally in and out of my social orbit.

However, there's one individual who I've been very close with for nearly a decade now, he's undoubtedly my best mate by a country mile and it's who I'll talk about today. Liam is his name and he's roughly 5 years my junior. The origin story of our relationship is a touch convoluted so I'll skip past it for the sake of time. In a nutshell, we were once neighbors. Since the outbreak of the coronavirus pandemic we've been unable to meet face to face, which one might think would harm the bond between us.

Yet, due to the magic of instant messaging apps like Signal and WhatsApp, we've hardly dropped a stitch and the vibrant tapestry of our friendship continues to be woven. Conversation has always been the bedrock of our relationship, so moving to a strictly digital one hasn't posed any problems at all for Liam and I. It would be easier to mention what we don't chat about, as practically any topic or flight of fancy is on the table. Liam's a real wordsmith and constantly cracks me up with his witty observations on life's little trials and tribulations.

Running jokes and invented language pepper our calls and WhatsApp chatting history. Mirth aside, we can seamlessly switch to a more serious and reflective tone when the moment calls for it. We share the details of our high moments and the low alike, warts and all. This imbues our chats with a kind of therapeutic quality at times and it's something we both greatly value. He's an empathetic and non-judgmental soul, which makes me feel comfortable opening up about the difficult stuff.

In addition to that, his intellectual curiosity and unorthodox views make nattering away about a plethora of topics both enlightening

and pleasurable. Not to sound too overdramatic, but I don't know how I'd be able to deal with life if I didn't have him there. I'd probably end up going spare or at the very least drifting into a deep melancholy.

Part 3

35.1. Where do young people like to meet?

Recently, I've felt that I'm slowly drifting away from being officially 'young', nevertheless, I've got a fairly good idea about this and I doubt things have changed much in the past couple of years.

Meeting places will of course vary depending on individual preferences, like one's hobbies, tastes and spending power, but I'll generalize and try to pick some examples that are popular across the board. Clubs and bars are seemingly inseparable from social life of the youth.

It was the case in my heyday and still continues on. Whether it's linking up with old friends for a night out, finding and hooking up with a romantic partner or simply chatting with some strangers, these venues serve as a social hub and meeting place for the younger crowd. The alcohol sold there eases inhibitions, loosens tongue and

breaks down barriers between individuals, making for a fun, vibrant atmosphere.

While pubs are perfect for the night owls, where are youngsters meeting during daylight hours? I'd say that the trendy spot nowadays seems to be the cafe or coffee shop. The chic interiors and comfy chairs, combined with the tongue wagging stimulation of caffeinated beverages appear to be a recipe for a well-liked hangout location.

35.2. What do young people talk about when they meet up?

More or less the same topics as older adults. Their opinions might differ but the core human areas of interest don't change that much in my view, and this is reflected in conversation. A few notable examples are: relationships, art and work or study. There are certainly more topics and subtopics but I'll elaborate on these 3 main for the time being.

In my teenage years hardly a day went by when I didn't chat with my mates about possible romantic relationships, fueled as we were by the heady cocktail of hormones that puberty provides. To the best of my knowledge girls were doing the same thing, even if the

frequency and character of those conversations didn't share a resemblance.

Music, films and other forms of artistic consumable media also form a solid bedrock of subject matter for chitchat. Whether it's pop stars, rappers, big film franchises or social media influences, young people normally have an interest and opinion on them and they can easily spark discussion. Popular culture is so-called because it's just that, popular.

The majority of youngsters are either in education or some form of paid employment, so it's only natural that they'll want to chinwag about it with their mates. Moaning about study schedules or strict bosses can help to ease their stresses a bit. On top of that, it's true what they say, "a problem shared is a problem halved". Peer advice and an empathetic ear are invaluable to young people, as well as folk of all ages.

35.3. Do you think people should be honest when talking with friends?

From my perspective, there's a bit of a balancing act to be done here. Naturally, many would tend to state that friends should always be

honest with each other 100 percent of the time. While that's nice in theory and stems from positive ideas of being an upstanding loyal friend, in practice it's a bit naive in my view.

Complete truthfulness in all situations will definitely lead to unnecessary hurt feelings. Recently, I was round at a good mate's house for some home-cooked Mexican food. He'd slaved away at the stove for ages, marinating and preparing various sauces and side dishes. In reality, the beef for the fajitas was a bit too tough and chewy to be truly enjoyable.

However, I was hardly going to come out and say that to him. I think he was aware of it too but what purpose would be served by me telling him that to his face? It would seem ungrateful and like I hadn't appreciated the effort he'd put in. A bit of emotional intelligence should be applied to each unique situation as it occurs and 'honesty' isn't always a universally good thing. While most of the time I'd encourage telling the truth to friends, a white lie now and again is prudent in companionship.

35.4. On what occasions do people talk with strangers?

For the socially anxious and outgoing alike, talking with previously

unknown people is a fact of life and something we all must do from time to time. Take shopping for daily necessities for instance. In a large supermarket or convenience store, the cashier behind the counter might be a person you're unfamiliar with. Yet, you'll need to engage in a bit of conversation to complete the transaction, and on top of that, perhaps you'll both have a bit of polite smalltalk at the same time.

This extends to restaurants, hairdressers, auto mechanics and most other service type jobs. I suppose the moral of the story is, if you require a service, chances are that you'll need to talk to a stranger to get it done. Social situations are another place where it can be necessary. At parties, bars and clubs, the normal barriers between strangers are somewhat removed.

In these settings, it doesn't seem too unusual to approach a person you don't know and strike up some chat. It's probably part of the reason why they're so popular as it kind of contravenes normal social etiquette, which I think underneath the surface a lot of folk want to do. From time to time, I'll see people conversing with strangers just on the street or public transport but it seems to be a bit of a rarity these days. It's probably due to those unwritten rules that I

previously referred to. Deep down, I believe that the majority of people are friendly and willing to engage with others.

I suppose maybe this is just me projecting my own feelings and desires on to others though, combined with my innate optimism. I can't really blame individuals who just want to go about their business in their little private bubbles, god knows there are days when I'm like that too. Nonetheless, if more of us reached out to strangers more often, I think society would be better for it.

Part 2

36. Describe an important event you celebrated.

You should say:

What the event was

When it happened

Who attended the event

And explain how you feel about the event

An event that I celebrated that I really enjoyed was the birthday of my friend, Lala. She is a really fun and inspiring girl, who always chooses to do things a bit differently to other people I know. She held a special birthday party, which she arranged totally by herself – and invited a few of us. It started in the afternoon at the opening of an art gallery which belonged to one of her friends – there were snacks, wine, some talks about art, and some really fascinating and interesting people there.

Then five of us moved on to a restaurant nearby, a Yunnan restaurant, and had a fantastic meal. She loves the more tropical-themed places of south China so she almost always chooses restaurants like this. After eating and presenting her with her cake and gifts, we went to a jazz club where we had cocktails and sat and watched some live jazz

music.

The singer was incredible. We stayed there until the very end, then moved on to a nightclub which was more loud and raucous and much less sophisticated – but by this point we were pretty drunk and wanted to let our hair down and have fun and dance. So we danced for hours, almost until dawn, actually.

It was a fantastic occasion, and I enjoyed how varied the day was, and how I met and chatted with so many interesting and random, cool people. Lala is a great friend and I'm really looking forward to her next birthday, actually! I felt great about the whole day and it gave me a renewed inspiration for life in my city – especially as I had been feeling quite down about things at the time.

Part 3

36.1. Do you like to celebrate important events? Why?

I can take it or leave it. If it is a personal event, I would expect a proper celebration with my family and friends. For example, I am fond of participating birthday parties and wedding anniversaries, things like that. However, if it is a national event, I would rather stay at home than join the crowd outdoors.

Since congestion caused by a large population on these occasions is usually insufferable.

It would be fun to celebrate something in order to reduce stress in life. I believe celebrations are a great chance for people to socialise. For example, my friends and I have little free time, and we can only see each other during special celebrations.

Taking part in national celebrations is a way of showing people's patriotism, to show how much they love their country. It's a good idea for all citizens in the same country celebrate something together, and I believe it helps to improve the strength of the whole country.

36.2. What kind of events do people usually celebrate?

There are quite a few personal events that people usually celebrate but I think the most common ones are people's birthdays and their graduation dates. Obviously, everybody loves to celebrate their birthdays, as it is a whole day spent celebrating them. Birthdays are always lovely occasions. Yet, people also often celebrate their graduations as this is a day of significant achievement for them, and thus deserves to be celebrated. People usually celebrate milestones of personal achievement.

36.3. Do people often celebrate events with a large group of people or just a few people?

For older people, family parties in my country are mostly organised to celebrate a special occasion and to spend some quality time with the people we care about. For instance, we invite our relatives, friends, colleagues and neighbours to our house to rejoice a family member's birthday, engagement, marriage anniversary or graduation day. We often like to gather on such a party to celebrate a religious festival, to congratulate someone's promotion or to welcome a newborn baby.

For the young, they prefer holding parties with a large group of friends. When friends are together at a party, they shout, listen to loud music, do not care about strict manners and often go wild. These are not the case in a family party where our parents and elder relatives are present.

36.4. Do people often celebrate festivals with families?

Yes, they do. People usually celebrate festivals with families, such as Spring Festival. They will have a great dinner during the Spring Festival evening and, at the same time, enjoy the Spring Festival

Gala held by CCTV. You know, the routine hasn't changed since I was a kid, but I enjoy the quality time with them.

Our daily schedules keep us away from our close friends and relatives. Festivals bring us together, it gives a good time to rejoice and built strong bonds between everyone. Celebrating festivals with everyone can help our kids to meet and greet everyone as well as they can learn the importance of togetherness. It brings us closer to everyone and makes our time wonderful and spiritual.

Part 2

37. Describe a family member who you want to work with in the future.

You should say:

Who he/she is

Whether you worked together before

What kind of work you would like to do with him/ her

And explain how you feel about this family member

Let me tell you about my brother that I'd like to work with in my business. He is very considerate and thoughtful person who has always done his best to help me make decisions in the face of day-to-day difficulties.

My brother has a strong personality and he never lets others tell him what to do. I learned how to be more responsible and also more determined in my daily life. Although we've never worked together in business before, he always reminds me that things are not as easy as they appear and that I should work hard in order to get results.

I'd like to work with my brother because it's lucky enough to find a wonderful partner in him, both personally and professionally. We

can be honest with one another, and I trust him significantly more than I've trusted partners in the past. My brother is very loyal and I believe he will always watch my back. Although, I will say it is very important to define roles and boundaries with family immediately. He does tend to push the limits of what is acceptable if rules are not clearly defined. It also just so happens that our skill sets are completely opposite and complementary.

Part 3

37.1. What kind of family business are common in China?

There are different types of family businesses in China. The first type is the artisan family, which is characterized by exclusive secrets, nurtured from an early age, and perfected skills. For example, I visited a family business that specialized in noodle production, where the father founded the business and the children were apprenticed. The father started the business and the children were apprentices. The business was then handed over to the three brothers of the son's generation, and in the third generation the three cousins are still managing the business together. Such a business is not concerned with its own size; its main point is how to keep the technical superiority and quality of its products at the forefront or even the best of its peers.

There is another kind of financial family, such a family puts their main energy into the field of investment and finance, and carries out a lot of capital operation. The Rong family, for example, remains a model for Chinese financial families even today.

37.2. Is it good to work with family members? Why?

Well, there is definitely a positive side to working with a family member. For instance, relationships can be stronger as you've more time to spend with your loved one. The workplace atmosphere may be more easygoing. For example, in a typical corporate culture where flexibility isn't built into your contract, it may not be an issue if you periodically arrive late or leave early.

37.3. Why do people want to do family business?

This is because a family-run company may have a more relaxed environment. They can be their own bosses. Instead of becoming an employee, they could provide employment to hundreds or even thousands. Apart from this, the desire to keep things profitable and stable for future generations is usually very strong in a family business.

37.4. What benefits are there when working for big companies?

There are countless advantages of working in a Multinational company. For example, one of the obvious benefits of working for a large company is that there are a lot of perks. Large companies can offer their employees "more," because they have more resources. Most importantly, working at a large company gives you many professional opportunities. You will have access to a larger network, which can pay dividends down the line.

Part 2

38. Describe a time you were very busy.

You should say:

When it happened

Where you were

What you did

And explain why you were busy

We all happen to be industrious about certain tasks and errands from time to time. During such situations, we tend to overlook every other aspect of our lives and focus all of our attention on the task at hand. The reason behind such concentrated efforts can vary from person to person. A similar time when I was quite busy myself was when I was volunteering for my annual college fest.

It was at the end of 2018, and our first year of college was coming to an end. Most of our batchmates were either hosting an event or volunteering and supervising various activities. I was appointed as the volunteer for all the academic events on an entire floor of my college campus. Thus, I had quite a lot on my plate and was caught up with various supervision activities.

A major part of my role as a volunteer was to resolve any issues that occurred on the floor that I was supervising. If a particular host or participant faced any problems, they could come to me to have their questions answered and issues resolved. Needless to say, I was approached by a number of participants who asked me questions about the events, registration procedures and other incidental details about the fest.

There were times when the hosts of a few events asked me for advice on how to tackle certain problems during their events. Despite having a bustling schedule, I managed to handle my responsibilities well by properly allocating time to each issue that arose. The college fest was a huge success, and I had a wonderful experience volunteering for the event.

Part 3

38.1. Are you often busy?

Actually, my job is flexible. Sometimes I have my hands full, especially when I am assigned new tasks by the boss. I am busy as a beaver and spend several weeks working overtime. But after I finish my work, I can have a lot of free time to unwind.

That is why I like my job very much.

38.2. What are the advantages and disadvantages when people keep busy?

When it comes to the positive sides, I think people who keep busy can learn how to manage their time, stay organized and work efficiently. Apart from that, they will never feel bored as they are on the go all the time. However, if they are always busy, they probably feel tired and exhausted. Also, keeping busy may result in stress, anxiety, or illness.

38.3. Do you think children should learn through playing games or under pressure?

In my view, it will be better if children learn through playing games. During this process, children can practise what they know, and also what they don't. It allows them to experiment through trial and error, find solutions to problems, work out the best strategies, and build new confidence and skills. As children don't have enough knowledge to deal with pressure, they will probably get bored if they study in a stressful environment.

38.4. What kind of pressure people may experience at work?

There is a wide variety of stress that people may experience at work.

Some work-related pressure includes long hours, heavy workload or job insecurity. Some people have conflicts with co-workers or bosses and feel stressed. Besides, meeting the deadline or achieving the goals is another kind of pressure, especially among people who are ambitious or have high self-expectation.

Part 2

39. Describe a city you would recommend as a nice place to live (not your hometown).

You should say:

What it is

Where it is

What you know about this place

And explain why you recommend it as a nice place to live

The city I want to live in in the future is Xiamen, a coastal metropolis located in the southeast corner of China, thousands of miles away from here. But the transport is pretty convenient. There are many express trains and several flights to and from there every day. You can easily buy a ticket and have a trip on a whim.

I first learnt about this city from the history textbook back in secondary school, which detailed how it was used as a trading point with foreign businessmen after the opium war. But at that time, it was just another city that I needed to memorize to cope with the exam. After I got enrolled in the university, one of my roommates, who is also my best friend, comes from there, and he is so proud of his hometown, always bragging about its food, beautiful

sceneries,fresh air,and advanced economy.

The city is famous for Gulangyu,a small island off its coast and a UNESCO World Cultural Heritage Site.As a place of residence for Westerners during Xiamen's colonial past,this island is renowned for its architecture and for hosting China's only piano museum,giving it the nickname of“The Town of Pianos”or“The Island of Music.It is a major domestic tourist destination,attracting more than 10 million visitors per year.

But the reason why I want to live there has little to do with this tourist attraction.Born and upbrought in an inland city,the sea always possesses a mysterious enchantment,luring me to get close to it and live by it.And of course,my friend's boast also contributes to this idea.It is heaven on earth according to his description.

Part 3

39.1. Where do people like to live in your country?

In my country, people usually like to live in urban areas because of more employment options, good health, and education facilities.

39.2. Why do many people move to the city?

I think most of the time, work is the driving force that people move to the cities. Since it is difficult to make a daily commute to the workplace from my hometown. Along with this, there are better educational facilities in cities as compared to the villages.

39.3. What are the advantages of living close to the workplace?

The main advantage of having the workplace close to the home is that it saves a lot of time linked to daily travel. Also, it reduces the stress related to reaching work on time.

39.4. What kinds of places do old people prefer to live in?

Older people mostly prefer to live away from the cities. Because they like to live close to nature in peaceful places. Moreover, living expenses are relatively less in the countryside than cities.

Part 2

40. Describe a time you used your cellphone / smartphone to do something important.

You should say:

What happened?

When it happened?

How important the Cellphone/Smartphone was?

Explain How you felt about the experience?

We are living in an era where every piece of information is readily available on our cell phones. With the rapid advancement in technology, smartphones have indeed become an important tool. So today, I would take this opportunity to talk about a time when I used my cell phone to search for important information.

I searched for information last year in October. And mainly, I was looking at product review websites. October is a month of the festive season in India and as such, I was looking to buy a new laptop. I checked out sites like Flipkart and Amazon to find deals but instead, they put me in a conundrum. There were so many MacBook models making it hard to select one.

So I opened another tab on my cell phone to browse PCmag, which is a great gadget review website, to help me out.

My old laptop screen was broken and I had a work emergency. Therefore I needed to search for a new one. Since I could not access the internet without a laptop, my smartphone somehow put me at ease. I had both e-commerce apps installed on my phone. And I ordered the laptop with scheduled delivery in 24 hours.

never gave a thought that a smartphone could be so useful in situations like these. People may now find the information they need at any time of the day or night thanks to cell phones. These searches are frequently for goods and services that users are interested in. Before smartphones, people like me had to physically visit the store, speak with a salesperson, and trust their salesperson's judgement in order to make a purchase.

So, that's all I had to say about a time when a smartphone came to my rescue to search for information.

Part 3

40.1. What do you usually do with a cellphone?

In addition to contacting and texting my buddies, I use my smartphone for a variety of other things. I use it to navigate around cities, watch Youtube videos, listen to music on Spotify, and play games like Solitaire.

Apart from this, I use it for photography as well.

40.2. What are the differences between young people and old people when using a cellphone?

Youngsters are born with a mobile device in their hands. So they would use their cell phones in a variety of ways, including internet browsing, gaming, utilising the GPS, and of course, making phone calls. However, the majority of elderly people only make phone calls on their cell phones.

40.3. Which one is more important, using a cellphone to make phone calls or to read messages?

I believe it actually boils down to individual choice. While some people prefer calling, others prefer chatting, which for them entails sending and receiving messages.

40.4 Do you think there should be a law to stop people from making phone calls in public?

Frankly speaking, I see a phone call put on the loudspeaker as a form of noise pollution that seriously undermines the ability to focus and pay attention. However, there can be instances when making calls is important, especially in an emergency. So a way forward could be to encourage individuals to put their phones down in a public place instead of an outright ban.

Part 2

41. Describe an interesting neighbor.

You should say:

Who he/she is

How you knew him/her

What you do together

And explain why he/she is interesting

Mr.X is one of the neighbours whom I like very much. Since I live in an urban area, people are close to each other and maintain a strong neighbourhood relationship, unlike the metropolitan areas.

In our neighborhood, we know almost each and every person living there, what they do, what are their updates, what are their profession and their overall personality and characteristics as well. Mr John's house is adjacent to ours and I meet him almost every day. Mr John is a retired army person who is now around 50 years old.

He lives in his house alone and I have never found his relatives visiting him except some old colleagues. He stays inside his house most of the time and in the evening he sits on the veranda. He is a quiet man and likes to read a lot. I have seen him coming to live in

his house almost 5-6 years ago. He bought the house from our previous neighbour.

I have had several conversations with him and I often play chess with him. I like to read as well and our reading habit was the primary reason we started liking to accompany each other. I like and admire this man very much. Though at first impression he seems to be an arrogant person, in reality, he is an intelligent, calm, good-hearted and charming man.

I have heard lots of stories from him. He has travelled to many different places and has lots of experience. Since I have become close to him, he recommends books to me which I mostly enjoy reading. He advises me whenever I seek his guidance. He is sometimes a close friend, sometimes a mentor and sometimes a guardian. I like him because of our unclaimed friendship, his personality, honesty, morality and his great mind.

Part 3

41.1. Do you think people are familiar with their neighbors?

I think most people are not familiar with their neighbors. As employment opportunities and the cost of living have increased

significantly over the last decade, there are an increasing number of people who are occupied with working. So people have less time for human interaction. Another reason is that people's favorite pastime nowadays seems to be scrolling through their smartphones, rather than interacting with their neighbors. In my neighborhood, the scene of children gathering in the street and playing traditional folk games is less common compared to when I was young.

41.2. How can people improve the relationship with neighbors in a community?

There are many ways you can do to have a better relationship with your neighbors. For example, try to be friendly. When running into your neighbors, you can wave, smile, say hi, or even have small talk with them. Another way is to offer a hand when you see your neighbors struggling. For example, helping a neighbor carry something heavy or take in their laundry when raining can be small yet effective gestures to improve neighbor relationships. Being respectful is also critical when it comes to building a strong relationship. For example, you should say thank you and sorry whenever necessary, and avoid causing any inconvenience such as opening music too loudly or littering in public spaces.

41.3. How do children build relationships with others in a community?

Parents can create opportunities for their child to meet with people in their community. They can take their child to community events, such as local volunteering, festivals and fitness programs, and public spaces, like parks and squares, to meet and play with other children and parents. Also, children nowadays spend less time outdoors playing with the neighbor kids because they would rather stay at home scrolling through their phones. So in order to facilitate community connections and friendships for children in the community, parents should limit their sons or daughters' screen time.

41.4. Is it beneficial to get along well with neighbors?

Absolutely. If you have good relationships with your neighbors, your lives can be peaceful and comfortable. It is because the neighbors may be reluctant and think twice before doing anything that can cause inconvenience to you if they are your friends; they may be less likely to be loud and rowdy, or litter in front of your house. There will be less conflict too. Also, neighbors who are on good terms with you are more willing to help and watch out for you, as well as your property when you are not around. This is a major benefit as modern people tend to live far away from their families, which makes it easier for them to reach their neighbors for help than their families.

Part 2

42. Describe a difficult decision that you made and had a good result.

You should say:

What the decision was

When you made that decision

Why it was difficult to make

And explain how you felt about the good result

I can't recall one that I've made recently but if I flick back through my memories there are a plethora to choose from. The decision in question happened when I was still in secondary school, maybe 15 or 16 years old, a fresh-faced youth not wise yet to the world of work.

I'd taken on a part-time summer job during the holidays to make a bit of extra dosh at a local restaurant. They were happy to take me on board as they were a bit short-staffed and business was booming due to the influx of holiday makers. The hourly rate was pretty reasonable and I was excited to start making bank, that is, until, I realized I'd stumbled into the restaurant from hell.

At first, while I was still learning the ropes, it didn't dawn on me that something was amiss but soon I was coming to realize that the place was a shambles. One never saw the manager without a large glass of wine in his hand and his management style reflected his constant low-level of intoxication. He'd change the shift rota erratically and without telling me, then chastise me for missing shifts when I didn't show up. I had to serve the guests food, clean the dining room and dishes, as well as serve behind the bar and this pushed me to breaking point. It was simply too much to put on one person. Furthermore, his mood could turn on a dime and occasionally he would go into a rage for no perceivable reason.

It posed the classic dilemma. Should I stick it out and take the money or quit and save my sanity? I mulled it over for a while, weighing up the pros and cons. It felt brilliant as a teen to have a wad of cash in pocket for the first time, but I just couldn't deal with the working environment so I decided to quit.

I was as diplomatic as possible when telling the manager and he took it fairly well. Upon leaving for the last time I felt like a huge weight had been lifted from my shoulders and I've never regretted that decision since. Actually, I ended up getting a much more agreeable

summer job in a quaint little cafe shortly afterwards, and more importantly it taught me a lesson about self-respect that I still remember to this day.

Part 3

42.1. What kinds of decisions do young people have to make?

Certainly less than their adult counterparts that's for sure, due to the fact that they don't usually need to fend for themselves in the same way as older people. Despite that there are still some pressing ones for young minds to consider.

Choosing a suitable career path is a biggie. Options for this are fairly open when one is still in primary school but the field narrows as one progresses through secondary school and university. Picking wisely to suit a person's taste and aptitude isn't an easy decision at all and it no doubt causes untold stress. Make the right one and a satisfying work life lies ahead, whereas the wrong one can land you in an unrewarding dead-end job without much hope of change.

On the lighter side, kids and teens get the ability to pick and try out different hobbies. Being unburdened from having to bring home the bacon, it frees them up to follow their interests and decide which

ones they enjoy. For instance, when I was a lad I chose to take karate classes, ride dirt bikes and play guitar. I realize how fortunate I was to have such a legion of options to choose from and I appreciate it greatly nowadays.

The last one I'd like to talk about, dating, doesn't really apply to kids but it certainly does to teens and young adults. The tumultuous period of puberty is a time of classroom crushes, puppy love and heartbreak. I can't think of a single peer in school, male or female, who wasn't tied up in some kind of romantic obsession or relationship. This hormone fueled headspace can throw up big decisions like, 'should I ask the girl I like on a date or just stay quiet?'. In retrospect this seems like a paltry problem but at the time it's life and death stuff. As a high schooler I had a number of dilemmas related to matters of the heart and it caused me both ecstasy and anguish in equal measures. I guess now I can see these as a sort of training ground for the adult relationships I've gone on to have.

42.2. Do you think young people are easily influenced by others when they make decisions? Why or why not?

Without a doubt, juveniles are kind of like a blank canvas in many

ways as they've yet to become fully formed independent adults, leading them to be more malleable in decision making.

Parents are probably the largest source of influence for most children and can sway them this way or that pretty easily. Seeing as kids will almost always look to their parents for guidance, it make sense that they'll mimic their mindset and this will be reflected in their life choices. Also, it's a kind of natural psychological instinct to want to make one's mum and dad proud, which can be done by choosing subjects or hobbies that they would approve of. On top of that, guardians are in a position of power over their charges so can literally veto or block any decisions they disapprove of. It's a rather brute force approach but it's undoubtedly effective.

The tables shift slightly though in one's teenage years and peers start to become more influential than they were in childhood. I'm sure we've all experienced this in our own adolescence. You want your friends and classmates to think you're cool so you'll consider their opinions more when making choices. I guess it's mostly little things like what clothes to wear or what bands are cool to listen to rather than major decisions about life or career. Still though, it's a noticeable source of influence.

In closing, while there may be a few rebellious young souls out there who are fiercely independent, I think the majority are pretty persuadable.

42.3. Do you think some people can make decisions without asking for advice from others?

There are definitely folk out there who can and I kind of envy them to be honest. I'm always second guessing myself and consulting a multitude of friends and family members before I make a tough choice. While it's not a bad idea to get a second or third opinion sometimes, I wish I were a tad more self-confident.

Actually, one of my close friends called Scott is just this type of person. When faced with a dilemma, he seems to effortlessly pick a course of action without consulting anyone and confidently stick to it. To be fair, it's not always the correct choice but most of the time he's bang on the money. I'm kind of baffled by his mentality and would love a little sprinkle of his assertiveness, but alas, I'm plagued with self-doubt.

42.4. Do you think it's necessary for kids to make as many decisions

by themselves as they can?

I reckon it's beneficial to give them a degree of independence in their choices but if it goes too far it could end up being damaging. It must be a bit of a tricky tightrope to walk for parents and I'm glad I don't currently have that responsibility.

Allowing kids a bit more agency can create confidence later in life. Children who're allowed to make more decisions for themselves will have a greater awareness of the consequences of such choices, both good and bad. This should reduce the potential fear factor of facing vexing dilemmas when they grow up, therefore making more self-assured adults who won't shy away from weighing up options and deciding.

However, giving youngsters a completely free reign over all their decisions might be step too far. A large percentage of kids lack discipline and maturity, so they may make choices that are detrimental to their health or life chances. Just image what would happen if you let a 5-year old come up with his or her own meal plan for the day. Ice cream for breakfast lunch and dinner isn't exactly nourishing or nutritional. Now, I'm not saying every single little tyke would opt for such a sugar-rich diet but I reckon I probably

would've have given the chance. Kids often choose the instant gratification option because their brains are still developing and they lack life experience. So, I believe they do need a bit of assistance in decision making while they're growing. A mature guiding hand to 'put some greens on their plate' if you will.

Part 2

43. Describe an important river / lake in your country.

You should say:

Where it is located

How big/ long it is

What it look like

And explain why it is important

I would like to talk about Yangtze River. It is one of the most important rivers in the world, and is also the longest river in China, the third-longest in the world. The river is about 6300 km long (3915 miles) and originates in a glacier lying on the eastern part of the Tibetan plateau. It passes through the spectacular Yangtze Gorges, which are noted for their natural beauty, and flows into the East China Sea. One of the dams on the river, Three Gorges Dam, is the largest hydro-electric power station in the world.

The river is one of the worlds busiest waterways. Traffic includes commercial traffic transporting bulk goods such as coal as well as manufactured goods and passengers. River cruises several days long, especially through the beautiful and scenic Three Gorges area, are also popular.

Many metropolis in China are located on its bank, like Wuhan, Chongqing and Nanjing. It plays an important role in agriculture and water transport.

Part 3

43.1. How can lakes benefit local people?

Well, the way I see it, lakes are genuinely indispensable in our lives. They can provide us with prime opportunities for recreation, tourism, cottage and residential living. They bring huge cash flow to the local economy. They are also revered by many people for their local, historical and traditional values and may be a source of raw drinking potable water for a municipality like a tribe of Amazon Indians. Lakes can also be used as a water supply for industry and an irrigation source for agriculture. By and large, lakes are truly crucial to humans' lives.

43.2. Do you think rivers attract tourists?

Without a doubt, natural water beauty spots such as rivers attract loads of tourists annually. This is primarily because travelers are dying to admire spectacular water scenery, get closer to nature and recharge their batteries. Playing water sports such as kayaking on

rivers is typically an exhilarating and invigorating experience for everyone. Marine and coastal tourism is considered one of the fastest growing areas within the world's largest industry.

43.3. How do rivers/lakes affect local tourism?

Rivers/lakes can be tremendously beneficial for local tourism. In fact, fluvial tourism is thriving in numerous countries. These places are a paradise for water sports lovers and those who would like to embark on an adventurous journey to admire immaculate natural landscapes. This is genuinely a boon to local retail outlets, businesses, restaurants and hotels and travelers could greatly help tourism industry generate massive revenues for the local economy.

43.4. Are rivers/lakes good for transport? Why?

Undoubtedly, rivers could become authentic transportation routes for goods and services, and integrate with highways and railroads to transport merchandise effectively. Statistically speaking, the number of commodities transported by rivers the world over is rather substantial. Take Vietnam as an example, given this country's long coastlines, goods are being transferred by rivers across the country. This has markedly promoted economic development and regional integration.

Part 2

44. Describe a way / change that helps you save a lot of time.

You should say:

What it is

How you implement it

How it helps you save time

And explain how you feel about the way/change

The change I am going to tell you about is that I bought a bicycle which significantly reduces the time I spend on my commute. My university is a huge one. Although I live right on the campus, it still took me over 40 minutes to walk to and from the teaching building. Considering that I needed to do this at least two times a day, a lot of time was wasted on the road.

Then one day, when I was waiting for my friends at the east gate, I noticed that the communication company had set up a stall by the street with a hoarding saying that as long as you topped up 500 RMB, you would get a foldable bicycle for free. I was attracted. After some consultation and confirmation, I paid the money and got a bicycle in return.

It was a tiny, green one, with the company's logo on the basket. In fact, you might mistake it as a toy for teenagers, and I had to admit that it was far inferior to those high-end ones. But it was functional, and that was enough. With it, my commuting time decreased from 40 minutes to merely 10 minutes, leaving me more time to sleep, enjoy a decent breakfast, and complete my homework.

I feel pleased and lucky with this change. If I had not seen the stall, I might stick to walking for another year until I could no longer put up with it.

Part 3

44.1. What can people do to save time?

Saving time can be done in many ways, from studying to working. When it comes to study, people can use techniques like spaced-repetition to remember vocabulary faster. Or when you work, you should work in a team, or ask for help when stuck instead of trying to solve the problem vainly alone. For example, when I teach English, instead of designing all the slides on my own, I'd try to find sources that provide materials or platforms that provide completed designs so I just need to fill my questions in.

Creating and following a routine is the number one way to save time in daily life. This is because daily routine simplifies work and eliminates delay.

It is vital to prepare our day-to-day working schedules with a time frame and prioritize works based on their length, complexity, and necessity.

By keeping track of your time, we can be aware of time while doing something, and not waste it on trivial matters. As a saying goes "When gets measured gets done". If you manage your time well, you can unwind and spend time with friends and family.

44.2. Does technology help people save time? How and why?

Of course, it does. Being tech savvy can help save much time. For students, studying online is like the norm nowadays, they can just attend a class from the comfort of their own home, with a few clicks. Normally, I'd take them time to put on clothes and get to school, but not anymore. The same can be done for virtual conferences in companies. Apps like Zoom or Google Meet are the game changers.

44.3. Do you think parents should be responsible for teaching

children to save time?

Yes I do, time management is a vital skill for all of us, including kids. If they can take up this skill from an early age, they can be more productive and disciplined later on. A very effective way to do this is to get your kids to create their own daily/ weekly or even monthly schedule.

44.4. Do people who can manage time well become successful more easily?

Not exactly but I definitely believe that people'd have a better chance of being successful if they manage their time well. The reason for this is that if you manage your time well, you can be more productive, either at work or school. And more work finished means more results! I mean you can look at all the successful people around the world and 99% of them know how to manage their time.

Part 2

45. Describe something that surprised you and made you happy.

You should say:

What it was

Who did this

How you found out about it and what you did

And explain why it surprised you and made you happy

I have been surprised many times, but one incident that I remember very vividly is my 16th birthday.

My best friend Anchal planned a birthday party for me. I had no idea about it, and it was such a wonderful surprise. My 16th birthday was just a few weeks before the exams. I knew everyone would be busy preparing for the exams, so I decided not to have a party with my friends that year. We were in 10th standard, and it was very important to score good grades that year.

Usually, every year I start planning for my birthday weeks in advance. I am always excited about my big day. I was so sad that I will not have a birthday party that year. I was jealous of my friends who either had their birthdays after the exams or much before. On

my birthday, my best friend Anchal called me to her house in the evening to help her with some math problems. I didn't find it odd as we do usually study together at each other's house.

When I reached there, I got the surprise of my life. As soon I entered her house, I heard Happy Birthday wishes from all corners of her drawing room.

All my friends were there, my parents and my sister were there. There were decorations and balloons everywhere, and there was a big cake on the table.

I couldn't believe my eyes. How did she do it, when did she get the time, and why are all my friends here and not home studying? I had so many questions for her. She told me that she knew how much this day meant to me. So, she conspired with my friends to throw me a little surprise party that day. They decided to keep it at her house, so I won't figure it out. They even studied a bit extra every day that week so they could attend my birthday. She even involved my parents. I was surprised that they knew, and they didn't let me know what was going on.

I was so happy that I got a party and celebrated my 16th birthday with all my loved ones. I couldn't thank Anchal enough for making my day so special.

Part 3

45.1. How do people express happiness in your culture?

People express happiness in different ways in my culture. I think in all cultures, a smile is the most common way to express happiness. In my culture, people express it by celebrating their happiness with their loved ones by having a party, cooking something special, buying gifts, etc.

45.2. Do you think happiness has any effect on people? How?

Happiness is contagious. It spreads and uplifts the moods of everyone around you. It gives meaning and purpose to life. It also has many health benefits like better sleep, lower risk of cardiovascular diseases, stronger immune system, etc.

45.3. How can people be happy?

People can be happy by focusing on good things and being satisfied with what they have in life. Also, people should remind themselves that life can be tough at times but if they stay positive, they can

conquer the hurdles and get past the difficult situations.

Another way to be happy is to be with people who bring you joy and stay away from negative people who try to bring you down.

45.4. Is it good for people to be unhappy and why?

No, it's not good to be unhappy. Good mental health is very important for our wellbeing and being unhappy can lead to depression and anxiety. Sometimes it's hard to force the mind to stay positive and in such cases, meditation and deep breathing can help us stabilize our mind and chase the blues away.