**INDIVIDUAL LONG RUN**

**Topic 1: The (dis) advantages of living in the countryside**

I am going to talk about the disavantages and advantages of living in the countryside. My family and I like living in the countryside because the air is fresh, the environments is not polluted, people are very friendly, they love each other. There are some advantages of living in the countryside. It is very peaceful, quite and not sosy. There are aslo some disavantages such as it is boring, poor, unemployment… I would say that people in the countryside should try to study and work hard to improve their lives.

**Topic 2: The (dis) advantages of living in the city**

I am going to talk about the disavantages and advantages of living in the city. My family and I like living in the city because it is modern, large and beautiful. There are some advantages of living in the city. There are many universities, hospitals, parks… it aslo has some disavantages such as people are not friendly , the environment is polluted, and nosy. I think I will live in the coutry in the future.

**Topic 3: Talk about your weekend activities**

I am going to talk about my weekend activites. Because I am a solider, I am always very busy. I usually play volleyball, read books, watch TV, listen to music or play volleyball with my friends at the weekends. There are aslo something that I do not like such as it is too short and I aslo have a lot of things to do at the weekends. I do not think people spends their weekends in the same way because of time, job, family.

**Topic 4: Talk about one of your hobbies**

I am going to talk about my hobbies. I have a lot of hobbies such as watching film, playing sports but I like reading books best. I usually read some books such as novel, english books, cooking books… I think reading book is very interesting and helpful. It helps me learn English, and widen my knowiedeg. Reading book is very popular for alt ages. I think people do not enjoy their hobbies in the same way because of time, job and family.

**Topic 5: An interesting place you have been to**

I am going to talk about an interesting place I have been to. Its name is SAM mountain and it is located in An Giang province. I remember I have been in just one time on my summer vacation last year. This is high, beautiful and big mountain. It is about 750 meters. People are very friendly and helpful. They buy some food. It Is very intersting and delicious. I like this place very much and I think I will visit it in my next vacation.

**Topic 6: Ways to have a good healty**

I am going to talk about ways to have it good health. In my opmion “good health” means I can live without sickness, stress and I am always happy. Having a good health is very importain in my life because it helps me enjoy my life, work. People should do more exercises every day, drink enough water and should not smoke and drink beer. I often keep fit by playing sports such as running, swimming, volleyball with me friends. I do not think people have the same way to keep fit because of job, time and family.

**Topic 7: Talk about your favorite sport**

I am going to talk about my favorite sport. I like playing many sports but I love swimming best. I could swim when I was 5 years old. I often go swimming 3 to 4 times a week. It is very popular and very easy to swim. My family and my friend like swimming very much. Swimming is very interesting and helpful. It help me to have a good health. The sports is aslo very popular in my country because all people can swim.

**Topic 8: Talk about one of your close friend**

I am going to talk about my best friend. His name is………. He is English teacher in Ha Noi university. He is 24 years old. He is taller then me, thin and hansome. We have known each other for 12 years since I was in secondary school. He lived in a poor family, but the studied very hard. He was also good at English. He is very kind and hepful. He helps me a lot with my English skills. I think friendship is very important in my life and we should have best friend

**Topic 9: talk about your house/flat**

I am going to talk about my house. My family and I live a small house in the coutryside. It is small, yellow, modern and beautiful. It has 9 rooms with 2 floors, 2 toilet, rooms, a kitchen, a living room, a bath room and 4 bed rooms. My house was built 10 years ago, but it is still very new. My mother grows a flowers gadern in font of it. There is large take behind. I think we will move to a new house in the future.

**Topic 10: Your ideas of an interesting job**

I would like to talk about my ideas of an an interesting job. In my opinion, “interesting job” means I like this job and I am happy when I do it. I do not want to work on weekends or overtime because I think I need to relex and make time for my family and friends, I usually work about 8 hours a day, so I am very busy at work. Because I am a soldier, so I want to work in the army and my salary is about 8 million a mouth.