

## Show Your Progress — Speaking and Writing

*Use these speaking and writing tasks to keep yourself motivated and help you realise the progress you're making.*

Do these tasks *before* you study any vocabulary, and then repeat the tasks at the end of the section. Compare how you did. Upload the audio [here](#) and share the links to it and your essay in the comments section on [this page](#).

### TASK | Speaking

#### Section 1 — Personal Questions

Do you spend a lot of time with your family? Why/Why not?

Are you still friends with people from your childhood? Why/Why not?

#### Section 2 — 2-minute Monologue

**Describe something you learned to do when you were a child. You should say**

whether you still do this activity

why you learned to do it

who helped you to learn it

and explain whether it was easy or difficult to learn, and why.

#### Section 3 — Non-personal Questions

How have family sizes changed over the years in your country?

What role do grandparents play in your country these days?

*and / or*

### TASK | Writing

#### Section 2 — Essay

Sometimes spouses have to live far away from each other. Maintaining a long distance relationship is sometimes difficult and straining.

What do you think are the main reasons for long distance relationships?

What can be done to help couples feel closer in such situations?