**TOPIC 1**

**PART 1:** Students introduce themselves.

**1. Name:**

**2. Date of birth:**

**3. Place of birth**

**4. Address (**Where to live- a rented room/dorm/family/relatives…**)**

**5. Study (**What year/What major**)**

**6. Hobbies**

**7. Future plans**

**I was born on 31 of October 2002, in Quang Ninh province, also known as Vietnam zoom out. At the moment, I'm living in Cau Giay of Hanoi capital with my brother. I'm a sophomore at the Thuyloi University. My major is information technology. I have a lot of hobbies especially working with computers, so I plan to become a developer in the future.**

**PART 2: LONG TURN**

Ask the candidate to talk about the topic he/she has chosen.

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| **Describe an activity you do to keep healthy**  **You should say:**   * **What it is** * **How often you do it** * **Where you do it** * **Who you do it with**   **And say why you like doing it.** |

Today I would like to share with you something that, I am keen on doing in my leisure time to stay healthy, which is running.

Running has several health benefits. It helps to build muscles, changes mood and helps shape my body. Moreover, it’s strengthens the bones. In fact, running is my hobby. I do it every morning to maintain this hobby. I also invited my best friend to run with me at a stadium not far from my house. When I run in the morning, I feel fresh and lively. Running is a kind of aerobic exercise and helps to improve the body. There are a good number of benefits found for the exercise. Mostly running helps to build inner muscles and breathing becomes easier. It also helps to make a balanced weight. Sitting all day make the body filled with calories and if anyone does not burn them, the chances to get affected by diseases increase. Having any type of exercise will helps to keep them fit. So, that is the reason why I like running that much.

**PART 3: TWO-WAY DISCUSSION**

1. Do you have any unhealthy habits?

Of course I have. Because I have so much homework to do, I often stay up late, very late. Besides, I’m also quite busy so I don’t usually cook. I eat fast food instead.

2. What do you think is more important: eating healthily or doing exercise?

In my opinion, doing exercise is more important than eating healthy. One cannot always eat healthily or eat the best food. But exercising ensures that even if there is an up or down in the kind of food, a person stays healthy.

3. What other healthy habit(s) would you like to have? Why?

Healthy habit I really want to have is to sleep early. Because going to bed earlier can regulate your sleep schedule. You'll be able to awaken naturally at just the right time every morning—no more feeling groggy as you're running late for work

4. Is it easy in your hometown to find places to exercise?

Yes, it’s not really difficult to find places to take regular exercise in my hometown. Most of my hometown's streets are pedestrianized, so you can easily go walking or running here.

5. What are the most popular ways of keeping healthy in your country?

The ways by which people stay healthy in my country is usually divided into age groups. So, the younger group is usually found in the gym or playing a sport. With age, the older generation prefers walking or jogging along with nature.

**TOPIC 2**

**PART 1:** Students introduce themselves.

**1. Name**

**2. Date of birth**

**3. Place of birth**

**4. Address (**Where to live- a rented room/dorm/family/relatives…**)**

**5. Study (**What year/What major**)**

**6. Hobbies**

**7. Future plans**

**PART 2: LONG TURN**

Ask the candidate to talk about the topic he/she has chosen.

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| **Describe a city, town or village you have visited**  **You should say:**   * **Where it is & How the weather is there** * **What kind of people live there** * **What visitors can see and do there**   **And say if you think it is a good place to live or not, and why.** |

One of the most impressive cities that I have been to is Da Nang, a beach city located in the Middle of Vietnam. Last year, my family decided to go there by plane since it is nearly 900 kilometers from Quang Ninh, and would take a long time if by car or train.

I’d heard a lot about the people of DaNang who are known for their hospitality and their willingness to help others. I was impressed by those traits of the local people when I witnessed them with my own eyes. While on the way to the city center, I rented a motorbike and got a flat tire. We couldn't find any repair garage nearby. Then a middle-aged man we ran into on the road gave us a ride on his truck and took us to the nearest garage. It was really kind of him to do that for complete strangers.

Besides the inhabitants, Da Nang’s natural beauty was amazing. We had a chance to feast our eyes on the gorgeous view of the city, bridges, and coastal roads where mountains and beaches lay side by side. It was one of the most breathtaking experiences ever. I would love to return to Da Nang someday.

**PART 3: TWO-WAY DISCUSSION**

1. What are the advantages/disadvantages of living in the city?

I think the advantages of living in the city is easy for you to do the shopping, entertainment and look for jobs. On the contrary, there are disadvantages like pollution, traffic jams, crowded, and everything is expensive.

2. What are the advantages/disadvantages of living in the countryside?

I think living in the countryside will have fresh air, no traffic jams and everything is cheap. On the contrary, it is very difficult for you to do the shopping, few places for entertainment, and underemployment

3. Do you think it is better to live in the countryside or in the city?

I like to live in a place with fresh air and I also want better employment opportunities. It would be a better idea for people to live in the suburb and travel into the city to work every day so that they can enjoy the best of both worlds

4. What are the best things about your hometown?

The best things about my hometown are the air and people here. To be honest, the air in my hometown is fresh and less polluted. Besides that, local people are also friendly and easygoing.

5. What are the main tourist attractions in your area/ in Vietnam?

Ha Long Bay is the main tourist attraction in my area. Coming to Ha Long Bay, you can take boat trips to explore the bay, its islands, caves, and floating villages. Besides immersing themselves in natural beauty, tourists can have an opportunity to savor delicious seafood at a reasonable price.

6. Which place would you most like to visit? Why?

Nha Trang is the most city I really want to visit. Because Nha Trang is one of the 29 most beautiful sea bays in the world. It is a clean and beautiful beach with blue water and white sand. In the city center, the life is very busy. There are a lot of busy streets with shops, restaurants, bars and supermarkets.

**TOPIC 3**

**PART 1:** Students introduce themselves.

**1. Name**

**2. Date of birth**

**3. Place of birth**

**4. Address (**Where to live- a rented room/dorm/family/relatives…**)**

**5. Study (**What year/What major**)**

**6. Hobbies**

**7. Future plans**

**PART 2: LONG TURN**

Ask the candidate to talk about the topic he/she has chosen.

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| **Talk about some envionmental issues in the place where you live.**  **You should say:**   * **What kinds of pollution are in your city** * **What other serious environmental problem are in your city** * **What causes these problems**   **And say what you can do to solves these problems** |

I’m living in Hanoi – the capital of Viet Nam. Every year, many people come here to study and work, which is also the reason why this place is heavily affected by air pollution and noise pollution. Noise pollution is not harmful to health but air pollution is. Sometimes, the city is polluted by gas from the burning of straw by people living in the suburb. But air pollution originates mainly from the emissions of vehicles and factories. Why is the main cause due to emissions from vehicles and factories? It can be seen that: during the recent covid 19 epidemic, people’s movement is limited, so the operation of vehicles and factories reduced capacity, then the air quality in the whole city is significantly improved. So what I do to solve the problem are sorting garbage, using public transport instead of private vehicles, participating in environmental protection activities.

**PART 3: TWO-WAY DISCUSSION**

1. In your opinion, what is the most serious environmental issue in the world nowadays?

In my opinion, global warming and the greenhouse effect are the most serious environmental problems in the world because it makes deserts expand and ice melt at the poles.

2. Do you think the pollution is more serious in big cities than in the countryside?

Personally, I think pollution in big cities is more serious than in the countryside because big cities have more factories and means of transport than the countryside, so the emissions from factories and vehicles are very large

3.Have you taken part in any environmental activities/events or projects? If yes, what are they?

Of course, I have! Last year I participated in an event in my hometown, which was all about preserving nature... We were taught about the greenhouse effect and I learned a lot of knowledge to protect the environment

4. What do you and your family do every day to save the envionment?

Every day, my family sort the garbage, does not use plastic bags and recycles plastic bottles to make flower pots. We are happy to save the environment

**TOPIC 4**

**PART 1:** Students introduce themselves.

**1. Name**

**2. Date of birth**

**3. Place of birth**

**4. Address (**Where to live- a rented room/dorm/family/relatives…**)**

**5. Study (**What year/What major**)**

**6. Hobbies**

**7. Future plans**

**PART 2: LONG TURN:** Ask the candidate to talk about the topic he/she has chosen.

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| **Describe a memorable holiday you have had.**  You should say:   * Where you went * How you travelled there * ở đâu bao lâu, ….. * Who you went with & what you did   and why you remember this holiday well. |

A few months ago, I went to the South of Vietnam for a holiday with my family. It’s was to the lovely coastal city of Nha Trang, which is also a very famous tourist destination. We decided to go there by plane since it is nearly 1200 kilometers from Quang Ninh, and would take a long time if by car or train.

One week we spent in Nha Trang was a blast. We got to try out so many new things such as skydiving, surfing, and diving to see the coral reef. This place has one of the most beautiful beaches in Vietnam with deep blue water and pearly-white sand. Also, the food there was so unique and delicious. I think the most memorable moment of that trip though was definitely when we bought fresh ingredients from a local market and grilled them by the beach. Sitting there by the fire on a breezy night with the delicious smell of freshly barbequed fish was an amazing experience. I would love to return to Nha Trang someday.

**PART 3: TWO-WAY DISCUSSION**

1. Do you like to travel? Why or why not?

- Yes, I do. Because traveling helps me feel comfortable. I can discover food tours, culture and meet many people.

2. Can you name some famous tourist attractions in your country.

- Yes, i can. Some famous tourist attractions in my country are Ha Long Bay, Tuan Chau Peninsula, Bai Chay Beach,... Among them, Ha Long Bay is recognized by UNESCO as a world natural heritage.

3. What’s the best place you’ve ever visited?

- The best place I have ever visited is probably Ha Long Bay. A place where nature is majestic, there are many large and small islands and the air is extremely fresh.

4. Which means of transport is the most convenient for you?

- In my opinion, taking a boat is the first choice of tourists when visiting Ha Long Bay. Because traveling by train brings a feeling of peace and lightness, helping us to reduce stress.

5. What problems might happen when people are going on their holiday?

- There are many problems that happen when going on holiday such as running out of money, car breakdown… The most common problem is food poisoning beacause of eatting curbside food, no hygienic.