**TOPIC**

**ADVANTAGES AND DISADVANTAGES OF THE INTERNET**

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**Topic 1 : ADVANTAGES AND DISADVANTAGES OF THE INTERNET**

**INTRODUCTION**

One of the inventors which change the world is the Internet. The Internet is a global information system. Nowadays, the internet is popular everywhere in the world. It has the utility, amazing features, helps people overcome barriers of space and time. But besides these benefits, the Internet has disadvantages. If the people depend on the computers too much and live in a virtual world they wil have psychological illness. Therefore, when evaluating the Internet we need to fully recognize the two faces : advantages and disadvantages

**MAIN CONTENT**

1. **Advantages of the Internet**

According to recent statistics, each person spends about 20 hours per month for the internet. With the development of science and technology , people can use different equipment to access the internet. For example: computer, cell phone, ipad, and even television.

So what makes the internet becomes important and necessary in our life. We 'll find out the benefits that the internet brings to people.

1. **Internet is a huge data warehouse**

Searching information is a very important. When you want to find a job you need to know where to recruit . Quickest way to search for them is the Internet. It only takes a few seconds , you can immediately get the useful information.

Currently, there are many huge pages which allow people to search information easily like Google , Bing , Yahoo , ... This information is updated regularly and continuously ..

Previously, to update the information you have read the daily newspapers and magazines . But today you can read all the information on the online newspapers. For example, young people often read the newspaper : zing , vnexpress,..

Online education is also popular on the internet. Many websites provide lectures, books and documents on different subjects or topics. You can also download these lectures into your own computer. You can listen and see these lectures repeatedly and get a lot of knowledge.

1. **Internet creates new ways to communicate and new entertainment**

*a. New communication*

You can stay at home and connect with all your friends in different countries .Besides, thanks to the outstanding features, the Internet has many applications in very efficient job . For example, colleagues can send documents to each other through gmail or email . This mailbox can contain documents with large storage space. With the support of the camera and microphone, you can make a online meeting . The parties can discuss with each other without one location . So, it can save travel costs and time.

Previously, to establish and maintain relationships , we often see face to face, send paper mail or mank a phone call. However, there are many limitations if you use these ways. The Internet has overcome the above disadvantages . Internet gives people a huge source of friends . If you want to find people who have the same interests with you, you just need to register as a member of the forum . The number of members of each forum can be up to tens of thousands of people .

In particular , the maintenance of the relationship also becomes easier when there are many utility tool on Internet such as : Yahoo chat , facebook , ....

*b. New entertainment*

After the stressful working hours, you can relax by playing games, listening to your favorite music or watching video on You tube. You can download any games or songs of singers worldwide. This services is updated regularly and continuously. Internet helps people to break down barriers of space and time.

1. **Internet creates new method of business and payment**

In business, big companies can advertise their product throught Internet, so that their customer can choose whatever they like without going anywhere. You can pay bill by your electric bank account. You can even send your comments about their product. For example : Alibaba.com, Enbac

Through the Internet you make a payment for tickets of your favorite movies, the bill and make reservations for hotel

**II. Disadvantages of the Internet**

1. **The Internet negatively impact the health**

People who spend too much time sitting in the front of computer can easily gets ill. Radiation emitted by computer’s screen is harmful to eyes. People who spend too much time at their homes (because they needn’t go anywhere, they can do everything using Internet) are getting weaker. Sitting for a long time is also harmful to the spine.

Nowaday, Internet is becoming a concern for parents because their children can connect to these websites that are for adult only. They can see the information which is not good. This is perhaps the biggest threat related to your children's healthy mental life

Internet can be addictive and some people just can’t live without it. They have no real friends and when Internet is down they are getting furious.

Internet has some opponents but more and more people treats Internet like telephone, or radio. They use it for fun and work, and I think at present living without internet would be quite difficult.

1. **Internet is the most popular source of spreading viruses**

These viruses create different problems in your computer .Viruses can attack your privacy and get your information. It’s hard to predict what will happen if you are hacked the account information. A sudden and undesirable change in a program of computer system can cause a bank to lose thousands of million dollars within one day

1. **Accuracy of information.**

You can find a lot of information which is stored on the websites easily. But some information is not correct and sometimes you may be confused.

**CONCLUSION**

Despite these facts, the Internet has been a major source of informations and leisure, so we should use it wisely and discreetly. I personally think the benefits outweigh the harm. Just a few clicks on the keyboard, we can virtually visit everywhere in the world. I believe the Internet will bring us more surprises.

**Topic 2 : DESCRIBE A SPORT PERSON YOU ADMIRE**

You are a music lover, you like to hear the song, and you have ever loved singer or musician. And I love music and I love My Tam

When I was a child, I love My tam so much. She is a fammous singer in Viet Nam. Now, she is 34 years old , but she is still beautiful. She has an oval face with curly hair and her height is 162cm. When she was young, she became to singer, and since that she ganied a lot of awaards, such as: MV award Asia in 2013, favorite singer of the year… Besides, she has a channel in youtube.com. Some her hit songs are: the student guitar, wishes, my friend, etc… She is social, funny and behaves cleverly with her fan. I admire her because she is beautiful, rich, good voice, funny… When listening her song, I feel relax, fresh and forget sadness.

My Tam is a singer who has impressed with me. She is my idol

**Topic 3: BENEFITS AND DRAWBACKS OF GLOBALISATION**

Globalization is a phrase we often hear. So what is globalization?. The benefits and disadvantages of globalization?

Globalisation is a term used to describe the way in which the world is developing a single economy and culture. Globalisation is changing people’s communications of everyday life all over the world

Globalisation is definitely about progress. it Improve the quality of manufacturing industry, leading to more jobs and better pay. It leads to better products, which are more cost-effective to produce ad therefore cheaper for everyone. Globalisation Creates competition and increases the choice of goods and services.

Globalisation also connects people by means of communication and offers them new opportunities for travel, work and education. It mean a faster rate of development for the whole world.

I think Globalisation mean great social and economic progress for developing countries including Vietnam. Surely free markets and the free movement of people, goods and services are beneficial to economies all over the world.

But globalisation is only good for those who are already economically strong. Globalisation benefits the rich nations, who control prices, who influence the economies of poor countries and cause populations to migrate in order to try and improve their lives. The global economy simply means sweatshops in poor countries so that rich countries can have cheap goods. There is a lot of inequality involved in globalization and the desire for cheaper products. It also leads to the destruction of natural resources, Reduces poverty and increases wealth, Widens the gap between rich and poor, Destroys local cultures and traditions..etc

Globalization also has disadvantages, but also did not deny the benefits that it brings. because it is a general model of the world**.**

**Topic 4 :WAYS TO MAKE ROADS SAFER AND REDUCE THE NUMBER OF CRASHES**

Vietnam, the country that has stable political systems among the area and in the world. However, the number of people is died by traffic acccident, is increasing rapidly, in average of each year from 9000 to 13000 person. What are the factors for the huge lost and should not happened from traffic accidents? Please look back to the portrait of Vietnam Society’s Traffic to understand the reasons. To propagate, improve traffic consciousness on the road, we would like to introduce about topic “Ways to make the road safe and reduce the number of crashes”. The first solution to decrease the number of accidents is improving transportation infrastructures and enhancing morden equipment. The second solution, we improve self-consciousness of traffic participants. When joining in traffic, people have to perform safe regulations. There is evidence from epidemiological studies and other research suggesting that using mobile phone while driving contribute significantly to the number of casualties on the road. There is another truth, thousands of crashes are caused by tired drivers. In addition, it is important to keep the vehicle fit for driving and safety. Everyone needs to maintain his vehicle in a good condition. Improvements in new technology can reduce car accidents. And an other important solution, State have to improve the efficiency of controlling traffic safety, revise, amend, supplement to improve the legal system of traffic safety accordance with the new situation; reform administrative procedures in this field; clearly defined management responsibilities of all levels of government and individuals in order to ensure traffic safety, overcome congestion;… In general, the traffic jam and traffic accident are increasing day by day from many reasons, from the insensible policy mechanism, from the state management apparatus to each person . The execution of save traffic is the consciousness and responsibility of all society.

**Topic 5 : HOW TO HAVE A SUCCESSFUL COMMUNICATION**

Good communication skills are extremely important to have and a person who wants to be able to communicate well with other people is depend on many factors.

Firstly, choosing a quiet place so both of you can concentrate on the conversation. You can show that you are really listening by smiling, tilting your head to the side, nodding, inserting signs or words of agreement and so on.so, If you want people to hear you, you need to hear them.

Secondly, Having good body language. Stand up straight, it will show confidence. Smile , you will seem approachable. Don't cross your arms over your chest as this show that you disapprove. Keeping your hands to your side, or if you are sitting, keep them on your lap.

## Thirdly, having confidence when you speak. If you are shy and quiet, project your voice. Always Face the person you are talking to and make eye contact.

If you avert your gaze, you will look nervous and not trust worthy. Never turn your head away from someone when you are speaking to them, it shows with them you don't care enough to give them your full attention, and it will make the other feel harder in hearing which you want to say. Don't mumble and enunciate your words.

Never answer with " I don't know". This will make other feel like you don't care enough to give a response, or that you aren't knowledgeable enough to answer. You need to think before speak or have a plan to discuss the issue with another people.

The last one The most important part of having good communication, especially if you are shy, is to remain relaxed, open, and confident**.** This will give you the appearance of being easy-going. If you are confident in yourself, you will automatically speak more clearly and have better communication than someone who is not confident

**Topic 6: ADVANTAGES AND DISADVANTAGES OF THE MEANS OF TRANSPORT YOU ARE USING**

Transportation is one of the most things in our life. It makes your travel easier and more convenient. Today, with the development of science and technology, you have many choices of transportation. You can go travel by motobike, car, train, plane or boat. And means of transport I am using is the bus. The bus is very popular transport, especially for students. It has lots of the following advantages and disadvantages :

- Advantages:

It is the most economic way to travel.   The price of bus ticket is very cheap. only 5 to 10 thousand you can take the bus. It is suitable for the people who have a low income level. Besides that a bus can accommodate up to 60 people so travelling by bus can reduce the amount of traffic on the road, reduced environmental pollution, reduced traffic accidents and save the social cost. helping you avoid the bad weather is sunshine, rains, cold, snows. Not only that, it has a air conditioner to adjust temperature, you can listen to music or take photograph with your friend. So the bus is a the best choice

- Disadvantages:

Because it is public transport , Sometimes people have to wait too much in bus stops in order to get their bus.Also passages have to stick to a schedule and plan their trips according to the bus’s trip time. a lot of people on the bus you have to careful because there are pickpockets,there a so many smell on the bus so you can get carsick. Recently, the attitude of bus drivers is not good. They have impolite behavior with customers that makes the customer feel uncomfortable. At peak hours, there are too many people using bus that lead to crowded and pushing scene*s.*

**Topic 7 : THE BENEFITS OF DOING SPORTS**

Firstly, playing sports can give you a healthy life and a fit body. You will be more active and healthier by playing sports. To illustrate, you can have a lower chance of getting a serious illness such as a heart attack or high blood pressure.

In other words, it increases your resistance to illness. In leisure time, you can play sports with your friends or your relatives, this not only helps you but also motivates everyone around you to take part in sports and have good health.

Furthermore, there are some sports which you can play easily such as table tennis, tennis or football and after that, you feel completely relaxed or even free from your stress.

Moreover, you also need to allow and encourage children to play sports, especially some outside activities such as football, basketball or volleyball to decrease the time that your children spend sitting in front of computers or watching television.