

## DAY 01 - Jogging |

### | English Sentences

I jog in the park early in the morning.

The park is behind my house.

I started to jog a year ago.

I did it to lose weight, but now I do it for my health.

When I first started jogging, I used to feel tired.

Now I feel more tired if I don't jog.

I jog for an hour a day.

It makes me feel refreshed.

I don't like working out at a gym because I need fresh air when I exercise.

Jogging refreshes my mind and body.

### | Korean Translation

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■

- used to + ( ) ~
- feel tired
- make someone feel ~ ~
- refresh one ' s mind and body
- work out at a gym

## 1

- I jog early in the morning.
- Jogging is good for my health.
- I prefer exercising in the park to working out at a gym.

## DAY 02 - My Neighborhood |

### | English Sentences

There is a park in my neighborhood.

It is close to my house and a 10 - minute walk from my house.

I go to the park to take a walk every evening.

I go during the week because it ' s too crowded on weekends.

The library is next to the park.

There is a parking lot in front of the library.

It is convenient to park my car there.

The grocery store is a couple of blocks away from the library.

I park my car at the library and go grocery shopping.

Then I don ' t have to worry about getting a parking ticket.

### | Korean Translation

가 10 .  
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가 .  
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가 .  
가 .

### · | Grammar & Expressions

- There is / There are ~
- take a walk
- be crowded
- in front of ~
- don ' t have to worry about ~ ~ 가

## | Speaking Practice

- . There is a park in my neighborhood.
- . I can park in front of the library.
- 가 . I don ' t have to worry about getting a parking ticket.

## DAY 03 - Grocery Shopping |

### | English Sentences

I went grocery shopping yesterday.

The store was crowded because it was Saturday.

I felt exhausted because there were too many people in the store.

I was standing in line to pay for the groceries for a long time.

Going grocery shopping on weekends is my least favorite thing.

It took me an hour just to purchase a few necessities.

### | Korean Translation

가 가 .  
가 가 .  
가 가 .  
가 가 .  
가 가 .  
가 가 .

### | Grammar & Expressions

- go + -ing ~ 가 (go shopping, go jogging)
- stand in line
- my least favorite ~ 가 ~
- It took me + + to ~ ...가

### | Speaking Practice

- . I went grocery shopping yesterday.
- . There are too many people on weekends.
- . I hate standing in line.

## DAY 04 - Writing |

## | English Sentences

I returned home after grocery shopping.

I felt exhausted, so I wanted to have some quiet time alone.

My hobby is writing.

I used to read a lot when I was young.

As I grew up, I started to prefer writing.

It is also a good way to kill some time.

I write for about three hours once a week.

Writing makes me feel relaxed.

When I write, it releases my stress.

I sometimes write while listening to music.

My goal is to publish a book in the future.

| Korean Translation

## • | Grammar & Expressions

- used to + ( ) ~
- prefer + -ing ~
- kill time ,
- release one ' s stress
- publish a book

## | Speaking Practice

- . My hobby is writing.
- . I usually write on weekends.
- . Writing makes me feel relaxed.



## DAY 05 - Housework & Exams |

### | English Sentences

After writing for about two hours, I helped my mom with the house chores.  
My favorite housework is dishwashing, but my least favorite house chore  
is taking out the garbage.

It smells so bad.

After taking out the garbage, I turned on the TV.

I sat down and watched some shows for about three hours.

I realized that I had an exam the next day.

I was worried about failing the exam.

I studied until 3 a.m.

I took the exam today, and I am satisfied with how I did.

I think I am good at memorization.

### | Korean Translation

가 가 , 가 .  
가 .  
TV .  
3 .

· | Grammar & Expressions

- house chores / housework
- take out the garbage
- be worried about ~ ~
- be satisfied with ~ ~
- be good at ~ ~

| Speaking Practice

- . I helped my mom with the house chores.
- . I hate taking out the garbage.
- . I ' m good at memorization.

## DAY 06 - Shopping |

## | English Sentences

After taking the exam, I went shopping to release some stress.

When I feel stressed during the week, I go shopping after school.

When I was young, I used to go shopping with my mom.

As I grew up, I felt comfortable shopping alone.

I go shopping once a month.

When I go, I spend about two hours shopping.

I used to spend about 100,000 won each time, but recently I ' ve been trying to spend less than that.

I always try clothes on before I buy them.

Then I don ' t have to worry about buying the wrong size.

| Korean Translation

## Grammar & Expressions

- release stress
- used to + ( ) ~
- be comfortable ~ing ~
- try on clothes
- don ' t have to worry about ~ ~ 가

## | Speaking Practice

- I went shopping to release some stress.
- I go shopping once a month.
- I try on clothes before I buy them.

## DAY 07 - Seeing a Doctor | 가

### | English Sentences

I came home after shopping one day, but I suddenly felt very tired.

I had a fever, so my mom told me to go see a doctor.

The doctor ' s office is downtown.

I have been seeing him since I was in elementary school.

I feel comfortable in his office.

I was worried about getting a shot, but he didn ' t give me one.

He told me to go home and get some rest.

When I got home, I took the medicine that the doctor prescribed me and went to bed right away.

### | Korean Translation

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가 가 .  
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가 .  
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### | Grammar & Expressions

- see a doctor 가 /
- be worried about ~ ~
- prescribe medicine

- get some rest
- right away

## | Speaking Practice

- . I went to see a doctor.
- . He prescribed me some medicine.
- . I went home and got some rest right away.

## DAY 08 - Coffee |

## | English Sentences

I eat lunch at around noon on weekends.

Then I go to a coffee shop in my neighborhood and drink a cup of coffee.

I usually drink coffee from a vending machine during the week, and I drink coffee at a coffee shop on weekends.

Actually, I love to drink coffee alone.

However, sometimes I can ' t fall asleep after drinking coffee, so I rarely drink coffee at night.

I drank coffee last night and couldn't fall asleep, so I watched TV in bed.

I ended up falling asleep at around 3 a.m.

## | Korean Translation

가

TV

3

## | Grammar & Expressions

- at around ~ ~
- during the week
- can ' t fall asleep

- end up ~ing ~
- rarely ~

## | Speaking Practice

- 가 . I go to a coffee shop on weekends.
- . I like to drink coffee alone.
- . I couldn ' t fall asleep after drinking  
coffee.



## | English Sentences

I went to see a movie with my friend Kim in the afternoon.

It was crowded.

The people sitting next to me were having a conversation during the movie.

I think talking during a movie is very rude.

I wanted to say something to them, but I didn't because I didn't want to make any trouble.

Going to see a movie is fun, but I don't like it when something like this happens.

It really depends on the situation.

## | Korean Translation

Kim .

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## | Grammar &amp; Expressions

- go (to) see a movie 가
- be crowded
- have a conversation

- talk during a movie
- depend on the situation

## | Speaking Practice

- . I went to see a movie with my friend in the afternoon.
- . Talking during a movie is very rude.
- . It depends on the situation.

## | English Sentences

I normally watch movies twice a month.

I watch various kinds of movies, and it depends on my mood.

I used to watch horror movies only, but I also enjoy action movies nowadays.

I like watching movies because it provides me with an escape.

I usually watch movies with my friends on weekends.

The closest movie theater is between the grocery store and the pharmacy.

I spend 10,000 won to buy popcorn when watching a movie.

After watching a movie, my friends and I go to a nearby restaurant and have dinner.

It is fun to go see a movie with my friends.

| Korean Translation

## | Grammar & Expressions

- used to + ( ) ~
- depend on one ' s mood
- provide someone with ~ ~
- be between A and B A B
- after ~ing ~

## | Speaking Practice

- . I watch movies twice a month.
- . Movies are an escape for me.
- . It ' s fun to go see a movie with my friends.

## DAY 11 - A Bookstore |

### | English Sentences

After dinner, we went to the bookstore in the neighborhood.

I go to the bookstore more than twice a week.

Reading relaxes me.

The bookstore is between the post office and the bank.

It takes me about two days to finish a book.

When I am at a bookstore, I pick a book, wait in line, and then pay for it.

I don't want to spend too much money on books, so I often read them at the bookstore or sometimes I buy a book and return it after reading it.

### | Korean Translation

가

### | Grammar & Expressions

- more than ~ ~
- relax
- between A and B A B
- wait in line

- spend money on ~ ~

## | Speaking Practice

- 가                               .    I like going to the bookstore.
- .    The bookstore is between the post office and the bank.
- 가                               .    I read or sometimes buy books at the bookstore.

## DAY 12 - Buying a Gift |

### | English Sentences

It was my dad's birthday last week.

I decided to get him a tie for his birthday gift.

I went to a department store with Kim.

I picked a nice one and paid for it with my credit card.

When I got home, I saw that my dad already had the same colored tie.

I wanted to get a refund and buy a different item, but I didn't have the receipt for the tie.

I could only exchange the tie for one in a different color.

I will make sure to keep my receipts from now on.

### | Korean Translation

Kim

가

### | Grammar & Expressions

- decide to + ~
- pay for ~ with + ~ ~
- get a refund

- exchange A for B    A    B
- make sure to + ~

## | Speaking Practice

- I bought a birthday gift for my dad.
- I wanted to get a refund but didn't have the receipt.
- I'll make sure to keep my receipts from now on.



## DAY 13 - Diet |

### | English Sentences

After buying the gift, I went to the beach with Kim.

I usually go to the beach three times a month in summer.

Going to the beach releases my stress, but I need to lose weight to go to the beach.

I went to the beach last year and I felt stressed because I was too fat.

At that time I decided to jog every day, but I was too busy to do that.

I decided to lose weight again this year.

It takes time to lose weight, so I started to work out two months ago.

### | Korean Translation

Kim .  
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가 가 가 .  
가 .  
가 .  
가 .  
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### | Grammar & Expressions

- release one ' s stress
- be too fat
- decide to + ~
- work out
- it takes time to + ~

## | Speaking Practice

- . I went to the beach.
- . I need to lose weight.
- . I started to work out two months ago.

## DAY 14 - Walking |

### | English Sentences

When I can ' t jog, I try to walk as much as possible.

I recently moved to a house near a subway station.

My school is three stops away from my house, but I try to get off one stop ahead of my school and walk from there.

Since I live close to the station, I don ' t have to worry about waking up late.

I think I can watch TV until late at night and then go to sleep.

### | Korean Translation

가 .  
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가 .  
TV .

### · | Grammar & Expressions

- as much as possible 가
- move to ~
- be close to ~ 가
- have to + ~
- stay up late / watch TV until late TV

### | Speaking Practice

- . I try to walk as much as possible when I can ' t jog.

- . I live near a subway station.

- TV . I watch TV until late at night and then go to sleep.

## DAY 15 - Watching TV | TV

### | English Sentences

I watch TV for fun.

I like comedy programs because they make me laugh.

They release my stress.

When I am tired or feeling down, I can escape while watching TV.

When I was young, I used to watch TV for 3 or 4 hours a day, but now I watch TV when I eat.

There isn't enough time to watch TV.

I normally watch TV alone, but I watch it with my family on weekends.

### | Korean Translation

TV .  
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가 .  
TV .  
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TV .  
가 .

### . | Grammar & Expressions

- for fun ,
- make someone laugh ~
- release one's stress
- used to + ( ) ~
- There isn't enough time to ~

## | Speaking Practice

- TV . I watch TV for fun.
- . Comedy programs make me laugh.
- TV . I watch TV to release my stress.
- TV . I used to watch TV for hours every day.
- 가 TV . I watch TV with my family on weekends.

## DAY 16 - Reading | 1

### | English Sentences

My friend Kim hardly watches TV.

She says she prefers reading.

When she reads, she gets information and gains new knowledge.

And when she is nervous, reading relaxes her.

Listening to music is also helpful when reading.

When I turn on classical music and read, it makes me feel comfortable and it refreshes my mind and body.

### | Korean Translation

Kim TV .  
가 .  
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가 .  
.  
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### | Grammar & Expressions

- hardly ~
- prefer + -ing / noun ~
- gain knowledge
- relax one ' s mind
- it makes me feel ~ ~

## | Speaking Practice

- . I prefer reading.
- . Reading relaxes me.
- . I read while listening to classical music.



## DAY 17 - Stress at Work |

### | English Sentences

Kim is thinking of changing jobs.

However, she is not sure what she wants to do.

Her boss is usually a good person, but it really depends on his mood.

He mostly listens to others well, but sometimes he doesn't even want to talk.

When Kim feels stressed out at work, she meets up with her friends and has a drink.

Chatting with her friends for hours helps release her stress.

### | Korean Translation

Kim .

가 .

Kim .

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Kim .

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### | Grammar & Expressions

- think of + - ing ~
- depend on ~
- feel stressed out
- meet up with ~
- help + ~

## | Speaking Practice

- . I ' m thinking of changing jobs.
- . It depends on his mood.
- 가 . Chatting with friends helps  
release my stress.

## DAY 18 - Releasing Stress |

### | English Sentences

When Kim and I are depressed, we go to an amusement park.

Last week, Kim ' s boss stressed her out, so we went to an amusement park.

It was really fun.

I think it ' s very important to release stress when you are stressed out.

When I ' m stressed out, I clean up my room while listening to my favorite music on my smartphone.

I used to listen to music on my MP3 player, but I don ' t have to carry it around nowadays.

It is convenient to listen to music on my phone.

### | Korean Translation

Kim .  
Kim .  
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가 .  
MP3 MP3  
가 .  
.  
.

### | Grammar & Expressions

- be stressed out
- release stress
- be depressed
- used to + ( ) ~
- it is convenient to + ~

## | Speaking Practice

- . 가 . We go to an amusement park when we feel depressed.
- . I clean up my room when I ' m stressed out.
- . It ' s convenient to listen to music on my phone.

## DAY 19 - Using My Smartphone |

### | English Sentences

I use my smartphone functions in various ways.

First, I listen to music on my smartphone.

I also check my emails and use the phone for making calls.

I often send text messages, too.

When a person doesn't answer the phone, I just leave a voice mail.

I think it is rude if you don't return a call.

I was talking on the phone with Kim last night, and I hung up on her.

I was so sleepy, but she kept on talking and it tired me.

I couldn't stand it anymore.

I will tell her not to call me so late at night anymore.

### | Korean Translation

Kim

가

Kim

가

### | Grammar & Expressions

- in various ways
- leave a voice mail
- return a call
- hang up on someone ~
- can ' t stand it

## | Speaking Practice

- . I listen to music on my smartphone.
- . He didn ' t answer my call.
- . I hung up the phone because I was so sleepy.

## DAY 20 - Concerts |

### | English Sentences

I like listening to music and I love going to concerts.

The last concert I went to was a year ago and it was my favorite band.

The concert hall was far from my house.

It took an hour by bus to get there.

We arrived at the concert hall at 7 p.m.

The concert hall was crowded.

We grabbed something to eat and enjoyed the concert.

It is enjoyable to go to concerts. I can have a great time with my friends there.

### | Korean Translation

가 .  
가 가 .  
가 .  
7 .  
.  
.  
가 .

### | Grammar & Expressions

- enjoyable ,
- be crowded
- grab something to eat
- It takes + to ~ ...

- have a great time

## | Speaking Practice

- 가                   .    I love going to concerts.
- .    The concert hall was crowded.
- .    I had a great time with my friends.



## DAY 21 - Chatting with My Friends |

### | English Sentences

I like spending time with Kim on weekends.

When I am stressed out during the week, I get together with friends on weekends.

It is fun to chat with my friends.

The coffee shop we go to is between a restaurant and a hair salon.

When I go to the coffee shop, I always order a latte.

I feel comfortable when I sit at a coffee shop and chat with my friends.

### | Korean Translation

Kim .  
.  
.  
가 가 .  
가 .  
.

### | Grammar & Expressions

- spend time with ~ ~
- get together with ~
- chat with ~
- be between A and B A B
- order a latte

## | Speaking Practice

- Kim . I like spending time with Kim on weekends.
- . It ' s fun to chat with my friends.
- . I feel comfortable when I sit at a coffee shop.

## DAY 22 - My Friend |

### | English Sentences

I first met my friend Kim when I was in middle school.

We were not best friends at that time, but after we got into the same college, we became close.

We usually arrived at school at 10 in the morning.

After class, we used to meet up and drink coffee from a vending machine before lunch.

I used to listen to music on my cell phone during class.

On the other hand, Kim was a good student.

### | Korean Translation

Kim .  
가 .  
10 .  
Kim .

### | Grammar & Expressions

- meet someone ~
- be close
- used to + ~
- on the other hand
- a good student

## | Speaking Practice

- . I met my friend in middle school.
- . We went to the same college.
- Kim . Kim was a good student.

## DAY 23 - Getting a Job |

### | English Sentences

Both Kim ' s goal and my goal was to get a bachelor ' s degree and then get a job.

Kim has already graduated and gotten a great job.

But she leaves her house at 6 a.m. and leaves the office at 10 p.m.

I am satisfied with the fact that I am still a student now.

I think it will take time to get a great job.

In order to get a great job, I watch TV less than before and I try to read a lot more.

### | Korean Translation

Kim .  
Kim .  
6 10 .  
.  
TV  
.

### . | Grammar & Expressions

- get a job
- be satisfied with ~
- take time to + ~
- less than before
- in order to ~

## | Speaking Practice

- . I want to get a great job.
- . I am satisfied with being a student.
- . It takes time to get a great job.

## | English Sentences

I read in my room.

I think reading is a good habit.

I can learn many lessons from it.

It also makes me feel comfortable.

I started to read a new book last night.

When I finished the book, it was 3 a.m.

I wanted to sleep, but I just couldn't fall asleep.

I turned on the TV and watched my favorite comedy show.

I ended up going to bed at almost 5 a.m.

| Korean Translation

## | Grammar & Expressions

- a good habit
- learn lessons from ~

- make someone feel     ~     ~
- end up ~ing             ~
- fall asleep

## | Speaking Practice

- .     I read books every day.
- .     Reading makes me feel comfortable.
- .     I ended up falling asleep in the early morning.



## DAY 25 - A Tiring Day |

### | English Sentences

The subway station is a couple of blocks away from my house.

It takes 40 minutes by subway to get to school.

I was so tired this morning.

The subway was crowded.

Luckily, I found a seat and slept through the whole ride.

I was so sleepy during class that I couldn't stand it.

I am good at texting, but I was too tired to send text messages to my friends.

I came back home and went to bed.

### | Korean Translation

가 40

가

### | Grammar & Expressions

- be a couple of blocks away
- sleep through ~
- be too tired to ~

- be crowded
- it takes        to +        ~        ...

## | Speaking Practice

- . I was so tired this morning.
- 가 . I go to school by subway.
- . I was too tired to send messages.

## DAY 26 - Surfing the Internet |

### | English Sentences

I woke up in the middle of the night.

I turned on the computer and surfed the Internet.

I surf the Internet in the middle of the night quite often.

I found a volunteering website.

One of the volunteer opportunities was cooking for disabled people.

The last time I cooked was last weekend when I made instant noodles, but

I am good at cooking.

I signed up for the volunteer position and I will begin next Friday.

It is meaningful to help people with a disability.

### | Korean Translation

가 가

가

### | Grammar & Expressions

- surf the Internet
- wake up in the middle of the night
- be good at ~

- sign up for ~
- it is meaningful to ~ 가

## | Speaking Practice

- . I woke up in the middle of the night.
- . I surf the Internet quite often.
- . It ' s meaningful to volunteer.

## DAY 27 - Go Clubbing | 가

### | English Sentences

I went to a club last Friday night.

I used to go to clubs quite often.

However, as I got older, it was not fun anymore.

I used to go there three times a month.

Clubbing with friends was so much fun, but when I got back home, I was too tired.

Nowadays, it is more fun for me to chat with friends while having a drink.

### | Korean Translation

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가 .  
가 .  
가 .  
가 , .  
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### | Grammar & Expressions

- go clubbing 가
- used to + ~
- as I got older 가
- while + ~ing ~
- be too tired to ~

## | Speaking Practice

- . I went to a club last Friday night.
- . I used to go there quite often.
- . I enjoy chatting with my friends while having a drink.

## DAY 28 - Spending Time with Friends |

### | English Sentences

These days, there isn't enough time to hang out with my friends.

Everyone's schedule is tight, so we meet up once during the week or on weekends.

We normally go to a coffee shop or have a drink.

I don't love talking, but I am a good listener.

However, it depends on the person.

I don't want to listen to a person who only talks about themselves.

### | Korean Translation

가

### | Grammar & Expressions

- hang out with friends
- be tight (schedule)
- it depends on ~
- talk about oneself
- be a good listener

## | Speaking Practice

- I don't have much time to hang out with my friends.
- We meet once during the week or on weekends.
- I don't like people who only talk about themselves.



## DAY 29 - My Friend ' s Birthday |

### | English Sentences

It was Kim ' s birthday yesterday.

We had a birthday party at a restaurant in the neighborhood.

The restaurant is a 10 - minute walk from my house.

I gave Kim a scented candle for her birthday present.

She was satisfied with the present, and I was satisfied with my choice.

We spent about three hours at the restaurant.

We had a great time.

### | Korean Translation

Kim .  
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10 .  
Kim .  
Kim .  
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### . | Grammar & Expressions

- birthday present
- be satisfied with ~
- a 10 - minute walk 10
- spend time
- have a great time

## | Speaking Practice

- Kim . It was Kim ' s birthday yesterday.
- . I gave her a scented candle.
- . We had a great time.

## DAY 30 - A Conversation with a Friend |

### | English Sentences

On the way back home, Kim and I went to the park behind her house.

We sat on a bench and had a talk.

I was a bit tired, but I listened to Kim.

She talked about some issues with her boss.

I told her that it is complicated to solve these problems, but it wouldn't take too much time.

When I got home, it was 11:30 p.m.

I got ready for bed and went to sleep at midnight.

### | Korean Translation

Kim Kim .  
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Kim .  
Kim .  
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11 30 .  
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### | Grammar & Expressions

- on the way back home
- have a talk
- talk about ~
- get ready for bed
- go to sleep

## | Speaking Practice

- . We sat on a bench and had a talk.
- Kim . Kim talked about issues with her boss.
- . I went to sleep at midnight.