**🙋‍♂️INTRODUCE MYSELF**

**👤 Introduce yourself**

My full name is **Phan Le Nhat Anh**. I’m in my early twenties. I was born and raised in **Gia Lai province**, a peaceful place in the Central Highlands. Now I live in **Thu Duc District, Ho Chi Minh City** to pursue my studies. I'm a **junior IT student** at HCMUTRANS.

**🎯 What are your hobbies?**

I enjoy **hiking** 🥾 and **cooking** 🍳. Hiking helps me stay active and connect with nature. Cooking is my way of relaxing—I love experimenting with new recipes, especially international ones.

**👨‍👩‍👧‍👦 Can you tell me a bit about your family?**

There are **five people** in my family: my parents, my older sister, my younger brother, and me. We’re really close, and my family always supports me in everything I do. Even though I live far away now, we talk regularly.

**🙋‍♂️ Could you tell me a little bit about yourself?**

Sure! My full name is **Phan Le Nhat Anh**. I’m a **junior IT student** in Ho Chi Minh City. I enjoy learning new things, especially in technology, and I always try to stay curious and open-minded.

**😊 How would you describe your personality?**

I’d say I’m a **quiet and hard-working** person. I don’t talk a lot, but I listen well and always give my best in what I do. I’m also someone who stays focused on my goals.

**💪 What are your strengths?**

My strengths are **creativity** and **problem-solving**. I like finding smart and efficient solutions, especially when working on tech projects. These skills help me in both academic and personal life.

**🚀 What are your future goals?**

After graduation, I hope to **work in the software industry** as a developer or data analyst. I’m also thinking about pursuing a **Master’s degree**, especially in AI or data science.

**🤖 What are you passionate about?**

I’m passionate about **technology and AI agents**. I love learning how intelligent systems work and how they can help improve our lives. It’s a field that keeps evolving, which excites me.

**🌍 Why are you learning English?**

I’m learning English to **communicate with international friends** and to enjoy **English books and movies** without subtitles. It also opens more opportunities for my career in tech.

**⏰ DAILY ROUTINE**

**⏳ What time do you usually wake up?**

I usually wake up at **6 AM**, but I often **hit snooze** a couple of times before getting up around 6:30 😅.

**🧘 What’s the first thing you do after waking up?**

I **stretch** for a few minutes and then **drink a glass of water** to wake myself up properly.

**🍽️ What do you usually have for breakfast?**

I like a **light breakfast**—maybe some fruit 🍎 or yogurt 🥣. But if I’m running late, I might just skip it.

**🛵 How do you get to school?**

I usually **ride my motorbike**, which is fast and flexible. When it’s raining ☔, I take the bus instead.

**📚 What time do you usually start studying?**

Most of my classes begin at **7 AM**, but sometimes I have a later class at **9 AM**, which is nice for sleeping in.

**🧑‍🏫 What do you typically do during a school day?**

I attend lectures, study in the library 📖, and often work on **group assignments**. I try to stay organized and productive.

**🕛 What time do you usually have lunch?**

I usually eat lunch around **12 or 1 PM** depending on my schedule.

**🍔 What do you do for lunch?**

I often eat out with friends. We usually grab something quick and easy like a **hamburger** or **banh mi**.

**🏋️ What do you do after school?**

After school, I go to the **gym** or hang out with friends. Sometimes I just head home to relax and recharge.

**🌆 What do you like to do in the evening to relax?**

I usually **chat with family** or **scroll through social media** 📱. It’s my way of unwinding.

**🌙 What do you do before bed?**

I try to avoid using my phone too much before bed. Instead, I listen to music 🎧 or just take a few deep breaths to relax.

**📅 Is your weekend routine different?**

Yes! On weekends, I **wake up later**, spend time on my **hobbies**, or hang out with friends and family. It’s more relaxed than weekdays.

**☕ What’s your favorite part of your routine?**

Definitely the morning when I have my **coffee** and chat with friends. It sets a positive tone for the rest of the day.

**🔄 Is there anything you’d like to change?**

I wish I could **wake up earlier** and use the morning for personal time or planning.

**🏡 WHERE YOU LIVE**

**🏠 Do you live in a house or apartment?**

I live in a **rented apartment** with some friends. It’s convenient and fun to share space with people I get along with.

**📆 How long have you lived there?**

I’ve been living there for about **three years**, ever since I started university.

**🧍‍♂️ Who do you live with?**

I live with **my roommates**, who are also students. We help each other out and sometimes cook together.

**🛋️ Can you describe your apartment?**

It’s on the **13th floor**, quite cozy with **2 bedrooms**, a small kitchen, a living area, and a **balcony with a great view** of the city 🌇.

**🛏️ What’s your favorite room? Why?**

My favorite room is my **bedroom**. It’s my private space where I can **relax, read, or listen to music**.

**🌳 What’s your neighborhood like?**

It’s a peaceful, suburban area with lots of **green spaces** and not too noisy. A nice place to live.

**🏪 What facilities are nearby?**

There’s good access to **public transport**, convenience stores, and even a small **park** 🌿 for walking or exercising.

**❤️ What do you like most about your area?**

I love how **quiet and relaxing** it is. After a busy day at school, it’s nice to come back to a calm place.

**🚗 What do you dislike about it?**

The **traffic during rush hours** can be really frustrating. It sometimes takes a long time to get home.

**🏙️ Do you prefer city or countryside?**

I prefer living in the **city** because it’s convenient and offers more opportunities. But I do enjoy visiting the countryside from time to time.

**🌊 If you could live anywhere, where would it be?**

I’d love to live in **Da Nang City**. It’s a beautiful place with both **mountains and beaches**, and the people are incredibly friendly.

**👨‍👩‍👧‍👦 FAMILY**

**🧑‍🏫 Can you tell me a bit about your family?**

There are **five people** in my family: my parents, my older sister, my younger brother, and me. 👨‍👩‍👧‍👦  
We are a **close-knit family**, and my parents have always supported me in both school and life. Although we don’t live together now, we stay in touch every day.

**👨‍👧‍👦 How much time do you spend with your family?**

Since I live away from home, I only see my family during holidays or long weekends. 📅  
But whenever I’m home, I try to **spend as much quality time** with them as possible—we eat together, talk, and sometimes go for a walk.

**📞 Do you usually stay in touch with your family?**

Yes, absolutely! We have a **family group chat** where we share updates and check in with each other every day. 💬  
I also video call my parents at least once or twice a week to catch up and see how they're doing.

**🍲 What do you usually do together with your family?**

When we’re together, we love to have **big family meals** 🍲, play board games 🎲, or just talk about our day.  
Sometimes we go for a picnic or watch a movie at home—it’s always cozy and fun.

**💕 Do you get along well with your family?**

Yes, we get along really well. Of course, we sometimes argue like any other family, but we always resolve things quickly.  
I think the **mutual respect and love** we have for each other helps us stay connected.

**✨ What roles do your parents play in your life?**

My parents are like my **life mentors**. They’ve guided me through many challenges and always give me honest advice.  
They taught me the value of hard work and kindness, and I really look up to them.

**🧑‍👧 Are you close to your siblings?**

Yes, I’m quite close to both of my siblings. 👫  
My older sister is like a second mom—she always looks out for me. My younger brother is fun to be around and we often play games or share memes.

**🎉 Do you have any family traditions?**

Yes, we always celebrate **Lunar New Year** together. We clean the house, cook traditional dishes, and visit relatives. 🧧🍊  
It’s one of the rare times when everyone gathers and shares laughter and memories.

**🏠 Do you live with your family?**

Not at the moment. I live in an apartment in Ho Chi Minh City for my studies, while my family is in Gia Lai. 🏙️  
But I try to go home whenever I have a break because nothing beats being around loved ones.

**🧒 What do you admire most about your parents?**

I admire my dad’s patience and my mom’s dedication. 💪❤️  
They’ve worked so hard to give us a better life and still manage to stay positive and supportive no matter what.

**🌍 Do you think family is important in your culture?**

Definitely! In Vietnamese culture, **family always comes first**.  
We’re taught to respect our elders and take care of our parents when they grow old. It’s a deeply rooted value.

**🍽️ FOOD**

**🍲 What’s your favorite food?**

My favorite food is **pho**, a traditional Vietnamese noodle soup. 🍜  
It has a rich broth, tender beef, and fresh herbs like basil and lime. I love how comforting and flavorful it is—especially on a cold or rainy day.

**🧑‍🍳 Do you like cooking?**

Yes, I do enjoy cooking, especially when I have time. 👨‍🍳  
I usually try simple dishes like fried rice or spaghetti, and sometimes I even experiment with new recipes I find online. Cooking helps me relax after a long day.

**🌮 Do you prefer eating at home or eating out?**

I prefer **eating at home** because it’s healthier and more affordable. 🏠  
But once in a while, I enjoy eating out with friends, especially when we try new restaurants or different cuisines.

**🌏 What’s a common meal in your country?**

In Vietnam, a typical meal usually includes **rice, vegetables, and some kind of meat or fish**. 🍚🥬🐟  
It’s simple but very balanced and healthy. We also use a lot of herbs and dipping sauces to enhance the flavor.

**🍱 Do you like trying new foods?**

Yes, I love trying new foods from different cultures. 🍣🍝  
I think it’s a fun way to explore the world without traveling. Recently, I tried Korean kimchi and Japanese sushi, and I really enjoyed them.

**🍩 Do you have a sweet tooth?**

Yes, I do! I love desserts like **cheesecake, ice cream, or Vietnamese chè**. 🍰🍨  
But I try not to eat too much sugar because I want to stay healthy.

**🍽️ Who usually does the cooking in your home?**

When I’m home, my mom does most of the cooking. 👩‍🍳  
She’s an amazing cook, and I’ve learned a lot just by watching her in the kitchen. When I live alone, I cook for myself most of the time.

**🧂 Is there any food you don’t like?**

I’m not a big fan of **bitter melon** (khổ qua) because of its strong, bitter taste. 😖  
But I still eat it sometimes because it’s healthy, especially when it’s cooked in soup.

**🧺 How often do you eat out?**

Maybe once or twice a week. It depends on my schedule and mood. 🗓️  
When I’m too tired to cook or want to hang out with friends, we’ll grab something from a nearby restaurant or cafe.

**🧘‍♂️ HABITS & HOBBIES**

**🎨 What are your hobbies?**

I enjoy **hiking and cooking** in my free time. ⛰️🍳  
Hiking helps me stay active and connect with nature, while cooking lets me be creative and try out new recipes. It’s a great way to unwind after a busy day.

**🧩 What do you like to do in your free time?**

In my free time, I usually listen to music or read books. 🎧📚  
Sometimes I also play games or watch movies, depending on my mood. I think having hobbies is important to keep a healthy work-life balance.

**🕒 Do you have a daily routine?**

Yes, I try to stick to a routine. 🕰️  
I usually wake up early, go to class, then hit the gym in the evening. Having a routine helps me stay organized and productive.

**📅 What do you do on weekends?**

On weekends, I often sleep in a bit and then catch up on my hobbies. 😴🎮  
I might hang out with friends, explore new places in the city, or just relax at home with a good movie.

**💭 What hobbies did you use to have when you were younger?**

When I was a kid, I loved drawing and playing soccer. 🖍️⚽  
I used to spend hours doodling or running around with my friends after school. I don’t do those as much now, but I still have good memories.

**🧠 Why are hobbies important to you?**

Hobbies help me **relieve stress** and keep my mind sharp. 🧘‍♀️🧠  
They give me something to look forward to after a long day and make life more enjoyable.

**🧑‍🎓 Have your hobbies changed over time?**

Yes, definitely. When I was younger, I liked more active hobbies like soccer. Now, I prefer things like cooking and hiking. 🔄🍳  
I think our interests naturally change as we grow and our lifestyle changes.

**🧭 Do you like to try new hobbies?**

Yes, I love trying new things! 🌟  
Last year, I picked up journaling and even tried learning how to play the guitar. I think exploring different hobbies makes life more exciting.

**☀️ WEEKENDS**

**🗓️ What do you usually do on weekends?**

On weekends, I usually sleep in a bit and take things slow. 😴☕  
I often spend time on my hobbies like hiking or watching movies. Sometimes, I meet up with friends or go out for a nice meal.

**🎮 Do you enjoy your weekends? Why?**

Yes, absolutely! Weekends are my time to **recharge and relax** after a busy week. 🔋  
I don’t have to rush anywhere, so I can do things I truly enjoy—like spending time with loved ones or just staying in bed with a good book.

**🧑‍🤝‍🧑 Do you spend your weekends with friends or family?**

It depends. If I go back to my hometown, I spend it with my family. 🏡  
But if I stay in the city, I usually hang out with my friends—we might grab a coffee, go shopping, or just chill together.

**📆 What did you do last weekend?**

Last weekend, I went to the movies with some friends and then had dinner at a Korean BBQ restaurant. 🍿🍖  
It was so fun and delicious! I also caught up on sleep and watched a few episodes of my favorite series on Sunday.

**🧗 Do you have any weekend plans?**

Yes, this weekend I’m planning to go hiking with some friends. 🥾🌿  
We’ve been wanting to explore a trail outside the city, and I’m really looking forward to the fresh air and scenery.

**🔄 Is your weekend routine different from your weekday routine?**

Yes, it’s quite different. On weekdays, I follow a strict schedule with classes and study. 📚📅  
But on weekends, I let myself relax more and focus on fun activities or self-care. It feels like a mini holiday every week!

**💻 Do you ever work or study on weekends?**

Sometimes I do, especially during exam periods or when I have deadlines. 📖💼  
But I try to finish most of my tasks during the week so I can fully enjoy my weekend and not feel stressed.

**⏰ What time do you usually wake up on weekends?**

I usually wake up around 8 or 9 AM—definitely later than weekdays! 🛌🕗  
It feels nice not having to set an early alarm and just enjoy a slow, peaceful morning.