1. **TOPIC 1: TALK ABOUT  A HOTEL YOU HAVE STAYED IN**

Hello Teacher! My name is Hanh. I’m 19 years old. I’m from Hanoi. My major is information technology. I’m a student at FPT Polytechnic. My hobby is learning to sing.

Today I want to tell you about a hotel I stayed at. I would like to know about a hotel I have stayed in. During my trip to Hà Nội, I stayed at the Lemon Hà Nội hotel, 5 Ga Nhổn Street, Hà Nội. Its proximity to Nhổn station made it extremely convenient for my work-related activities. I took the bus to reach the hotel, which was a convenient and hassle-free option. I booked a single room at the hotel for a rate of 2 million VND per night. The room was spacious, featuring a twin bed, a working desk, a sofa, and a fully equipped bathroom. The minibar in the room offered a variety of beverages, which I found quite delightful. The room came with numerous amenities, including complimentary WiFi, making both work and leisure activities convenient. I also utilized the room cleaning service, ensuring the room was always neat and tidy. The standout feature for me was the hotel's exceptional minibar service. I had no complaints throughout my stay; it was truly outstanding. I will recommend the Lemon Hà Nội hotel to my friends, and I will return in the future. That’s all about a hotel I have stayed in.

That's all I want to say about this topic. Thank you for listening.

**TOPIC 2: TALK ABOUT YOUR DRIVING HABITS**

Hello Teacher! My name is Hanh. I’m 19 years old. I’m from Hanoi. My major is information technology. I’m a student at FPT Polytechnic. My hobby is learning to sing.

Today, I would like to talk about my driving habits. I'm not sure whether I'm a good driver or not, but I know that following good driving habits is important to ensure safety on the road. This includes obeying traffic laws, such as stopping at red lights and not using your phones while driving. On the contrary, bad habits such as running red lights and text while driving can lead to dangerous situations that can affect many people. I recall a tragic incident that happened at the intersection I saw: A motorbike collided with a car, the reason being that the motorbike driver was texting while driving. Fortunately, no one was seriously injured, but the motorcycle was seriously damaged. This incident serves as a reminder that we should concentrate when driving. Failure to comply with traffic laws can have serious consequences, and we need to learn from experience.It's all about my driving habits.

That's all I want to say about this topic. Thank you for listening.

**TOPIC 3: TALK ABOUT  HOW YOU CARE FOR YOUR APPEARANCE**

Hello Teacher! My name is Hanh. I’m 19 years old. I’m from Hanoi. My major is information technology. I’m a student at FPT Polytechnic. My hobby is learning to sing.

Today, I would like to talk about how I take care of my appearance. I am very satisfied with my appearance. Appearance is not that important to me. In my opinion, inner beauty and outer beauty are the same; they are not better or worse; they must complement each other. I take care of myself every day, from brushing one's teeth to brushing my hair, because 'teeth and hair are human corners' so it's a good thing to brush my teeth twice a day and cut my hair neatly. At night, I brush my teeth with a Korean toothpaste; it's very good quality, and for my hair, I use a brand shampoo that suits me, both of which have a very affordable price. I usually go to the salon once a month. That salon is right near my house. I usually go there alone. I often use haircut and shampoo services there. I spent 50 VND for everything. I feel that plastic surgery is very good. Its advantage is that it makes us more confident, more attractive, and especially makes us lose our own shortcomings. Its disadvantage is that it is very risky and expensive. I am very satisfied with my appearance. While appearance isn't my top priority, I do believe in maintaining it. Inner and outer beauty are equally important. I have a daily routine of brushing my teeth and grooming my hair. I think plastic surgery can boost confidence and correct flaws. If possible, I will get liposuction.

That's all I want to say about this topic. Thank you for listening.

**TOPIC 4: TALK ABOUT YOUR EATING  HABITS**

Hello Teacher! My name is Hanh. I’m 19 years old. I’m from Hanoi. My major is information technology. I’m a student at FPT Polytechnic. My hobby is learning to sing.

Today, I would like to talk about my eating habits. I used to enjoy sour food but had to give it up due to its adverse effects on my stomach. My typical daily meals include bread for breakfast and nutritious rice-based dishes for lunch and dinner, often featuring vegetables, meat, and fruits. I prioritize healthy eating and opt for smaller portions. I'm content with my current habits, deeming them sufficiently healthy. Avoiding unhealthy options like fast food, high-sodium foods, or high-fat foods is a priority. My family shares these healthy eating habits. I believe that our eating choices have a significant impact on our lives. I'm familiar with various diets, such as calorie restriction and fixed-menu plans. In my opinion, organic food trumps regular options for its quality. Additionally, I appreciate traditional dishes like phở, bánh mì, and bún chả, which combine delicious flavors with healthiness. However, I acknowledge that organic food can be costly due to low productivity, high production expenses, and labor-intensive processes.

That's all I want to say about this topic. Thank you for listening.