Hello teacher, my name is Tam and I am 19 years old. I come from Ha Nam. I am studying software application.And today, I will talk about my daily activities.

I usually get up at 7a.m . After that I brush my teeth ,wear clothes. Then I prepare meals for breakfast and I go to school at 7:30a.m. Because I wake up late in the morning, I rarely exercise, only on days when I don't go to school After studying, I go home and have lunch at 11:30 a.m. In the afternoon I always have free time.  In my free time, I often play with my brother, watch movies, and the rest of the time I study. I eat dinner at 7.00p.m . After that I wash dishes, take a shower. Then I watch TV with my family and go to bed at 10p.m. On weekends I usually go to the movies with my friends after a hard week of school. This is the time that I feel the most comfortable.

That’s all about my topic. Thank you for listening.