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**TOPIC 1: YOUR ACTIVITIES DURING A SCREEN-FREE WEEK**

Hello teacher, my name is Tuan Anh. I am studying at FPT Polytechnic School. Today I'm going to talk about my screen-free week.

Every day, I use a variety of technological devices including a computer, a laptop, and a smartphone. The device I reach for most often is my smartphone, spending about three hours daily on it for messaging, browsing, and streaming content. Taking a screen-free week would be beneficial for me to reduce digital distractions and enhance my focus on real-world experiences. During this period, I'd engage in both indoor and outdoor activities. Indoors, I'd read books, and cook meals from scratch. Outdoors, I'd go for long walks, and try out a new sport like tennis. My favourite activity during a screen-free week would be going for long walks. I often do this at night around my village, enjoying the cooler temperatures and the natural surroundings. Walking alone allows me to clear my mind and reflect on my thoughts, providing a sense of peace and relaxation. This activity is particularly appealing because it combines physical exercise with mental rejuvenation, making it a perfect way to unwind after a busy day.

That's all I want to say about my screen-free week. Thanks for

listening!

**TOPIC 2: YOUR DREAM JOB**

Hello teacher, my name is Tuan Anh. I am studying at FPT Polytechnic School. Today I'm going to talk about your dream job.

In the future, I want to become a programmer, specializing in computers and programming.

This job involves writing code for applications and software. In other words, my actual job is to use computer programs to simplify life and operations.

Computer programmers often assist in troubleshooting parts of websites or computer software that are not working properly. Their mission is to quickly detect and fix problems, often the result of code errors.

As a programmer, I must be able to work well in a team when developing a program.

Furthermore, the industry is changing rapidly. Every year, many new technologies are invented. I have to develop my soft skills, such as self-study, to keep up with these changes.

At school, I learn about programming languages, such as HTML, CSS...

Currently I'm trying to get familiar with programming languages. At the same time, I am creating a simple website to become more familiar with programming languages. I want to work remotely, which means I can work from anywhere, as long as I have an Internet connection and a laptop.

That's all I want to say about your dream job.Thanks for listening

**TOPIC 3: YOUR FAVORITE PLACE IN TOWN/ CITY**

Hello teacher, my name is Tuan Anh. I am studying at FPT Polytechnic School. Today I'm going to talk about your favorite place in town or city.

My most favorite place in Nam Dinh is Quat Lam beach. Located about 70 km from my house, it took me about 2 hours to get there by car. The atmosphere here combines excitement and tranquility. The beach is quite crowded on weekends, but on weekdays it is quieter and more relaxing.

The beach has full amenities such as toilets, seating areas and many fresh seafood stalls. In addition, there are restaurants and cafes along the beach. In summer, many activities take place here such as beach games, music festivals and cultural performances.

During school holidays I often come here to play. I like fresh seafood and the feeling of relaxing by the sea, even though I don't like the crowds on weekends. However, I still recommend Quat Lam beach to tourists because of its beautiful scenery and great atmosphere.

That's all I want to say about your favorite place in town or city.Thanks for listening.

**TOPIC 4: FORMS OF ENTERTAINMENT IN THE PAST AND IN THE PRESENT**

Hello teacher, my name is Tuan Anh. I am studying at FPT Polytechnic School. Today I'm going to talk about forms of entertainment in the past and in the present.

In the past, people engaged in storytelling, playing traditional games, and watching live performances like plays and operas. Popular music included classical, jazz, and big band. Movies were mostly silent films and black-and-white films.

Today, entertainment has become more diverse and technology-driven. Young people enjoy streaming movies and shows, playing video games, and participating in social media. Streaming on platforms like Netflix, YouTube, and Spotify is very popular. Modern music includes pop, hip-hop, EDM, and K-pop. Popular movie genres include superhero, action, and animated films.

The main difference between past and present entertainment is the role of technology. In the past, entertainment was mainly about personal interaction and community, whereas now technology makes entertainment more accessible and personalized. I prefer current entertainment for its convenience and variety, but I also value the community aspects of past entertainment.

That's all I want to say about forms of entertainment in the past and in the present. Thanks for listening.