

PART 1

Topic 1: Work

Vocabulary:

- **occupation** (n) – a person's job
- **workload** (n) – amount of work to do
- **colleague** (n) – co-worker
- **supervisor** (n) – manager or boss
- **flexible hours** (n) – work schedule that can change
- **remote work** (n) – working from home
- **productivity** (n) – efficiency in completing tasks
- **responsibility** (n) – something you must do
- **deadline** (n) – the time when something must be finished
- **career path** (n) – long-term job development
- **promotion** (n) – being raised to a higher position
- **skillset** (n) – skills someone has
- **motivated** (adj) – enthusiastic to work
- **creative** (adj) – imaginative
- **challenging** (adj) – demanding great effort
- **routine** (n) – regular work pattern
- **profession** (n) – a skilled type of job
- **workplace culture** (n) – atmosphere at work
- **multitask** (v) – do several things at once
- **specialize** (v) – focus on one area of work

Sample Answers:

1. **What is the most interesting part of your work?**

I enjoy the problem-solving aspect of my work because it keeps me engaged and pushes me to think creatively. Every day feels slightly different, which makes it more exciting.

However, some tasks can be repetitive, and those parts of the job are not very interesting because they don't challenge me much.

2. **Do you prefer to work at home or at your workplace?**

I prefer working at my workplace because it helps me stay focused and communicate better with my colleagues. The environment feels more professional and structured.

Working from home is convenient, but I sometimes get distracted and find it harder to separate work from relaxation.

3. **What job would you like to do in the future?**

I'd like to have a job that involves creativity and technology, such as digital design or software development. It seems exciting and offers good career growth.

● I wouldn't want a job that is too repetitive or requires sitting all day because I get bored easily and prefer something more dynamic.

Topic 2: Relaxation

Vocabulary:

- **unwind** (v) – relax after stress
- **recharge** (v) – regain energy
- **meditate** (v) – focus your mind to relax
- **leisure activities** (n) – things you do for fun
- **hobby** (n) – an activity you enjoy regularly
- **stress relief** (n) – reducing stress
- **calming** (adj) – relaxing
- **soothing** (adj) – gentle and relaxing
- **peaceful** (adj) – quiet and calm
- **downtime** (n) – free time to rest
- **mental health** (n) – emotional well-being
- **physical activity** (n) – bodily movement
- **stretching** (n) – exercises that loosen muscles
- **balanced lifestyle** (n) – healthy way of living
- **pressure** (n) – stress or demands
- **energized** (adj) – feeling full of energy
- **refreshed** (adj) – feeling rested and lively
- **routine** (n) – regular way of doing things
- **unwind** (v) – to relax
- **mindfulness** (n) – awareness and calmness

Sample Answers:

1. **Do you listen to music to relax?**

- Yes, I often listen to soft music to relax because it helps me calm down and clear my mind. It's especially helpful after a stressful day.
- Sometimes, however, I avoid music when I'm tired because any sound—even relaxing music—can feel overwhelming.

2. **Is playing sports a good way to relax?**

- Definitely. Playing sports helps release stress and keeps the body active, which makes me feel refreshed afterward.
- But when I'm exhausted, sports feel more like hard work than relaxation, so I prefer quieter activities.

3. **When was the last time you relaxed?**

- I relaxed last night by reading a book and drinking tea. It helped me unwind before going to bed.

● Recently, though, I haven't had much time to relax because of my tight schedule, which makes me feel a bit stressed.

4. **Do you think you are a calm person?**

● I think I'm generally calm because I can stay patient in difficult situations. People often say I have a relaxed personality.

● But sometimes, when I'm under pressure, I can get anxious or lose focus, so I'm not calm all the time.

Topic 3: Perfume

Vocabulary:

- **fragrance** (n) – pleasant smell
- **scent** (n) – smell
- **aroma** (n) – strong pleasant smell
- **perfume** (n) – scented liquid used to smell nice
- **cologne** (n) – lighter perfume, usually for men
- **spray** (v) – apply perfume
- **fresh** (adj) – clean, light smell
- **floral** (adj) – smelling like flowers
- **long-lasting** (adj) – staying for a long time
- **subtle** (adj) – light smell, not strong
- **overpowering** (adj) – too strong
- **bottle** (n) – container
- **gift set** (n) – packaged perfumes for gifting
- **fragrance notes** (n) – layers of scent in perfume
- **scented** (adj) – having a pleasant smell
- **elegant** (adj) – stylish and attractive
- **luxurious** (adj) – expensive and high-quality
- **refreshing** (adj) – making you feel fresher
- **sensitive skin** (n) – skin that gets irritated easily
- **allergic reaction** (n) – body response to perfume

Sample Answers:

1. **Do you like wearing perfume?**

● Yes, I enjoy wearing perfume because it boosts my confidence and makes me feel fresh throughout the day. I usually choose light floral scents.

● But sometimes I skip perfume because certain fragrances can be too strong or irritate my skin.

2. **Have you ever bought perfume as a gift?**

● Yes, I've bought perfume as a gift for my mom on her birthday. It was a nice way to show appreciation.

● I don't buy perfume often as a gift, though, because it's expensive and people have very personal preferences.

PART 2

Describe a type of favourite food that you ate at a special event.

You should say:

- what this type of food is
 - where you had it
 - how to make this type of food
- and explain why you like it.

Vocabulary:

- **delicacy** (n) – special or rare food
- **specialty** (n) – famous dish of a place
- **ingredients** (n) – food items used to cook
- **recipe** (n) – instructions for cooking
- **marinate** (v) – soak in sauce before cooking
- **garnish** (v) – decorate food
- **preparation** (n) – steps to cook a dish
- **seasoning** (n) – spices and herbs
- **texture** (n) – how food feels
- **aroma** (n) – pleasant smell
- **steaming** (n) – cooking with hot steam
- **roasting** (n) – cooking in the oven
- **homemade** (adj) – made at home
- **mouthwatering** (adj) – extremely delicious
- **tender** (adj) – soft and easy to chew
- **flavourful** (adj) – full of taste
- **celebration** (n) – special event
- **festive** (adj) – related to celebration
- **portion** (n) – amount of food served
- **memorable** (adj) – unforgettable

Sample Answer:

One type of favourite food that I ate at a special event is *bánh chưng*, a traditional Vietnamese rice cake. I had it during *Tết*, the Lunar New Year holiday, which is the most important celebration in Vietnam. I've eaten it many times, but it always feels special because of the meaning behind it.

I had it at my grandmother's house, where the whole family gathered. The adults spent hours preparing it, and I helped a little by cutting the banana leaves. The process is quite simple but time-consuming. You need glutinous rice, mung beans, and marinated pork. All the ingredients are wrapped tightly in banana leaves, tied with strings, and boiled for almost ten hours.

I like this food not only because it tastes delicious, but also because it symbolizes family unity and tradition. The combination of soft rice, creamy beans, and savoury pork is mouthwatering. More importantly, eating it reminds me of my childhood and the happy moments of *Tết*. Whenever I have *bánh chưng*, I feel connected to my culture.

PART 3

1. What is a typical dish in your country?

A typical dish in Vietnam is *phở*, which is a famous noodle soup made with herbs, beef or chicken, and a rich broth. It represents Vietnamese cuisine because it combines fresh ingredients with balanced flavours. Although people can eat many modern foods today, *phở* is still a daily favourite and a symbol of Vietnamese culture.

2. Is international cuisine popular in your country?

Yes, international cuisine has become very popular, especially among young people. For example, Korean and Japanese dishes like ramen and kimchi are everywhere in big cities. However, many people still prefer Vietnamese food because it's affordable, familiar, and healthier.

3. Do you prefer international food or local food?

I like both, but I prefer local food because it tastes more comforting and reminds me of home. International food is exciting, especially when I want to try something new, but it can be more expensive. Local dishes suit my daily lifestyle better.

4. How have food trends changed recently?

Food trends have changed a lot, especially with the influence of social media. People now like unique dishes, fusion food, and visually appealing meals because they want to post

photos online. Compared to the past, people are more open to trying new flavours and international cuisines.

5. How has technology changed the way people prepare food?

Technology has made cooking much easier and faster. For example, air fryers, smart ovens, and online recipes help people prepare meals more efficiently. On the other hand, some people rely too much on machines and cook less often than before, which changes traditional cooking habits.