

PART 1

Topic 1: Morning Routine

Vocabulary:

- **routine** (n) – regular daily activities
- **habit** (n) – something done regularly
- **schedule** (n) – daily plan
- **alarm** (n) – device to wake you up
- **wake up** (v) – stop sleeping
- **fresh** (adj) – feeling energetic
- **sleepy** (adj) – feeling tired
- **rush** (v/n) – hurry
- **prepare** (v) – get ready
- **hygiene** (n) – cleanliness
- **breakfast** (n) – first meal of the day
- **stretch** (v) – relax muscles
- **productivity** (n) – ability to work effectively
- **motivation** (n) – desire to do things
- **efficient** (adj) – working well without waste
- **distracted** (adj) – unable to focus
- **discipline** (n) – self-control
- **flexible** (adj) – able to change
- **energy level** (n) – amount of energy
- **mindset** (n) – way of thinking

Sample Answers:

1. **Do you usually have a fixed morning routine?**

● Yes, I usually follow a fixed routine because it helps me stay organized and start the day smoothly. Having structure makes me feel more productive.

● However, on weekends or busy days, my routine becomes less consistent, and I often wake up later than planned.

2. **What do you normally do in the morning?**

● In the morning, I usually wake up, brush my teeth, have breakfast, and check my schedule for the day. This helps me prepare mentally.

● I don't usually exercise in the morning because I feel quite sleepy and prefer physical activities later in the day.

3. **Do you prefer to start your day early or late?**

● I prefer starting my day early because it gives me more time to study and avoids feeling rushed.

● That said, waking up early can be difficult, especially when I stay up late studying

or using my phone.

Topic 2: Weekends

Vocabulary:

- **weekend** (n) – Saturday and Sunday
- **leisure** (n) – free time
- **relax** (v) – rest and reduce stress
- **hang out** (v) – spend time socially
- **socialize** (v) – interact with others
- **recharge** (v) – regain energy
- **routine** (n) – usual pattern
- **flexible** (adj) – not fixed
- **entertainment** (n) – fun activities
- **outdoor** (adj) – outside
- **indoor** (adj) – inside
- **workload** (n) – amount of work
- **catch up** (v) – do delayed tasks
- **hobby** (n) – activity for enjoyment
- **family time** (n) – time with family
- **balance** (n) – healthy division
- **spontaneous** (adj) – unplanned
- **stress relief** (n) – reduction of pressure
- **exhaustion** (n) – extreme tiredness
- **productive** (adj) – effective

Sample Answers:

1. **How do you usually spend your weekends?**

I usually spend my weekends relaxing, meeting friends, or catching up on assignments. It's a good balance between rest and productivity.

Sometimes my weekends become too busy with deadlines, which makes them feel like weekdays.

2. **Do you prefer relaxing at home or going out on weekends?**

I prefer relaxing at home because it helps me recover after a long week of studying. I enjoy watching movies or reading.

However, staying home too much can feel boring, so I try to go out occasionally to socialize.

3. **Did you spend your weekends differently when you were younger?**

Yes, when I was younger, I spent most weekends playing outside with friends or visiting relatives. It was more carefree.

Now, my weekends are more structured and often involve studying or part-time

work.

PART 2

Describe a gift you bought for your friend.

You should say:

- who you gave it to

- when it happened

- what gift it was

and explain why you chose that gift.

Vocabulary:

- **gift** (n) – present
- **thoughtful** (adj) – showing care
- **meaningful** (adj) – emotionally important
- **occasion** (n) – special event
- **surprise** (n/v) – unexpected present
- **budget** (n) – amount of money available
- **preference** (n) – personal choice
- **practical** (adj) – useful
- **sentimental** (adj) – emotional
- **personalize** (v) – customize
- **memorable** (adj) – unforgettable
- **effort** (n) – energy put into something
- **appreciate** (v) – value
- **select** (v) – choose carefully
- **packaging** (n) – wrapping
- **recipient** (n) – person receiving the gift
- **intention** (n) – purpose
- **considerate** (adj) – kind and thoughtful
- **symbol** (n) – representation
- **connection** (n) – relationship

Sample Answer:

One gift I bought for my friend was a backpack, which I gave to my best friend last year on her birthday. We have been friends since high school, and now we both study at university, so I wanted to choose something useful for her daily life.

The backpack was simple but stylish, with enough space for a laptop, books, and personal items. I decided to buy it because she often complained that her old bag was uncomfortable and too small. Before choosing it, I paid attention to her preferences, such as neutral colors and practical designs, so I knew it would suit her style.

I gave her the gift during a small birthday celebration at a café near our university. She looked genuinely happy and said it was exactly what she needed. That made me feel very satisfied, because the gift wasn't just expensive, but thoughtful and practical.

I chose this gift because it showed that I listened to her and cared about her daily needs. For me, that made the present more meaningful than something purely decorative.

PART 3

1. On what occasions do people usually give gifts to others?

People usually give gifts on special occasions such as birthdays, weddings, anniversaries, and festivals. Gifts are also common during graduations or when celebrating achievements. In many cases, giving a gift is a way to express care and strengthen relationships.

2. Do people give gifts or red envelopes on traditional festivals?

Yes, in many Asian cultures, including Vietnam, people give gifts or red envelopes during traditional festivals like Lunar New Year. Red envelopes usually contain money and symbolize good luck. While older generations value this tradition greatly, some young people now prefer giving practical gifts instead.

3. Do you think giving clothes as a gift is a good idea?

Giving clothes can be a good idea if you know the person's size and style well. For example, close friends or family members may appreciate it. However, if you're unsure about their taste, clothes can be a risky choice.

4. Do you think receiving an expensive gift makes people feel happy?

Expensive gifts can make people feel happy at first because they show generosity. However, happiness often depends more on the thought behind the gift rather than its price. In some cases, very expensive gifts can even make people feel uncomfortable or pressured.