



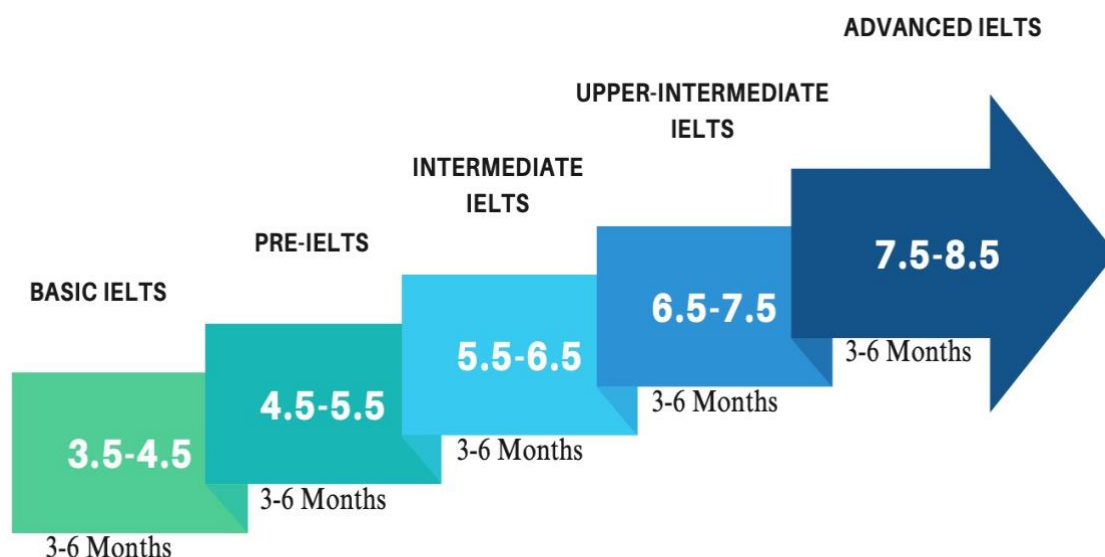
HỆ THỐNG NGOẠI NGỮ IELTS OF MAC (I-MAC)

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IELTS STAGES



Note: The academic - trained stages of IELTS would be timed on whether your English proficiency can be acquired

Để đạt được hiệu quả tốt nhất về việc sử dụng tài liệu này, các bạn học viên nên làm theo các bước như sau:

1. Đọc và ghi chép các collocations và expressions vào sổ tay, sau đó ứng dụng ngay vào các chủ đề tương đương.
2. Phân tích chi tiết (Detailed analysis) các yêu cầu của topic.
3. Phân phối bài nói (Part 2 & 3) theo bố cục tư duy: **RERE**
 - Response (Phản hồi trực tiếp)
 - Explain (Giải thích)
 - Relevant (Mở rộng liên quan)
 - Example (Ví dụ)



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TOPIC GROUP 1: DESCRIBE AN OBJECT

1. Describe an object that you think is beautiful

You should say

- What it is
- Where you saw it
- What it looks like

And explain why you think it is beautiful

Part 3:

- Do you think there are more beautiful things now than in the past?
- What beautiful scenery spots are there in your country?
- Where do you think people usually come into contact with beautiful things?
- Why do you think people create beautiful things?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
come across	tình cờ thấy	I came across an old warship which to me was beautifully constructed.
beautifully constructed	được xây đẹp đẽ	The ship was beautifully constructed.
colonial era	thời kỳ thuộc địa	The ship was captained by Sir Thomas Wilson during the colonial era.
daring exploits	khám phá táo bạo	Captain Wilson was celebrated for his daring exploits.
countless victories	vô số chiến thắng	Ronaldo has won countless victories in his football career.
picturesque natural landscape	đẹp như tranh vẽ	Halong bay has attracted thousands of visitors because of its picturesque natural landscapes.



grand mountain	hùng vĩ	Phong Nha Ke Bang has a lot of grand mountains.
imposing mansion	uy nghiêm	The palace Winchester has numerous imposing mansions.
in all its majesty	vẻ oai phong lẫm liệt	The photograph captures the sunset on the mountain top in all its majesty.
sense of ruggedness	độ chắc chắn	The oak added a sense of ruggedness to the ship.
shining example	tấm gương sáng	The Eiffel tower was a shining example of humanity's capacity.
soaring skyscraper	tòa nhà chọc trời	New York city is well known for its innumerable soaring skyscrapers.
cutting-edge technology	hiện đại	With the advent of cutting-edge technology, more beautiful things have been invented.
breath-taking view	nguyệt thử	I really enjoy seeing the breath-taking view from the peak of majestic mountains.
natural landscape	khung cảnh thiên nhiên	I love visiting natural landscapes all over the world.

2. Describe a photo you took that you are proud of

You should say:

- When you took it
- Where you took it
- What is in this photo

And explain why you are proud of it

Part 3:



- Why do some people like to record important things with photos?
- Is taking photos the best way to remember something?
- What can people learn from historical photographs?
- What are the advantages and disadvantages of taking photos with mobile phones?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
vast valley	rộng lớn	I remember taking a photo of a vast valley in a small town.
take a break	tham gia kỳ nghỉ ngắn	After each lesson, students will take a break.
challenge sb's endurance	sức bền	Hiking is an activity that challenges everyone's endurance.
lush scenery	cảnh vật xanh tươi	The many trees help create such lush scenery.
pristine beauty	vẻ đẹp nguyên sơ	Sapa is well known for its pristine beauty.
original splendor	vẻ đẹp huy hoàng, rực rỡ ban đầu	The camera captures all the original splendor that nature offers.
manage to	thành công làm gì	Finally, I managed to climb to the top.
snap/shoot a photo	chụp ảnh	I'm going to snap/shoot a photo for my profile.
wide-angle camera	máy ảnh góc rộng	A wide-angle camera can take high-resolution photos.
high-resolution	sắc nét	A wide-angle camera can take high-resolution photos.



camera-shy person	người ngại chụp ảnh	I'm a camera-shy person.
panoramic view	cảnh bao quát	Thanks to the camera, visitors can have a more panoramic view of the town.
photogenic person	người ăn ảnh	I'm not a photogenic person.
pleasing symmetry	bố cục hài hòa	The design of the house had a pleasing symmetry to it
strike a pose	tạo dáng	I don't like striking poses in front of the camera.

3. Describe a program you like to watch

You should say:

- What it is
- What it is about
- Who you watch it with

And explain why you like to watch it

Part 3:

- What programs do people in Vietnam like to watch?
- Do people in Vietnam like to watch foreign TV programs?
- Which one is better for children, watching animal videos or visiting the zoo?
- What are the values of using videos in teaching?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
on air	phát sóng	The series "House of the Dragon" is on air once every week on HBO.



patriarch	nam trưởng gia tộc	He is the patriarch in his family.
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step down	thoái vị	He has decided to step down as captain of the team.
take over	tiếp quản	After the death of Queen Elizabeth, her son, Prince Charles will take over her position as the new King.
screw-up	kẻ phá phách	The oldest child has the most experience despite being a screw-up.
behave petulantly	cư xử thô lỗ, khó chịu	The child behaves rather petulantly.
cunning character	nhân vật mưu mẹo, gian xảo	Ly Thong is one of the most cunning characters in Vietnamese folklore.
to be beyond redemption	không thể chuộc lỗi	The corrupt governors are beyond redemption.
action-packed film	phim hành động trộn bộ	“Enter the Dragon” is a legendary action-packed film.
put sb down	sỉ nhục	He put his opponents down in front of everybody.
highly entertaining	giải trí cao	Mr. Bean is a highly entertaining film.
fascinating plot	hấp dẫn, thu hút	The film has a very fascinating plot.
mind-boggling series	phim đấu trí nhiều tập	Sherlock is an impressive, mind-boggling series.
courtroom drama	phim trình thám hình sự	Criminal Minds is a famous American courtroom drama.



4. Describe a traditional product in your country

You should say:

- What it is
- When you tried this product for the first time
- What it is made of

And explain how you feel about it

Part 3:

- What are some kinds of traditional products in Vietnam?
- Why are traditional products important?
- Why is it important for children to learn about traditional products?
- Do you think tradition is important for a country? Why?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
craft products	sản phẩm thủ công	My friend is really good at making craft products.
emblematic item	mang tính tượng trưng	The “non la” is an emblematic item in Vietnam.
conical shape	hình nón	The “non la” has a unique conical shape.
implication of industriousness	ẩn dụ cho sự cần cù	The item is an implication of the industriousness of Vietnamese people.
bundles of straw	bó rơm	The “Non la” is made of bundles of straw.
silk strap	quai đeo lụa	The hat has a silk strap to make sure it doesn’t fall off the head.
functional item	vật dụng hữu ích	Despite being unappealing, the “non la” is a rather functional item.



mean to be	mang ý nghĩa	The “non la” is meant to be more than just a fashion item.
resilient nature	kiên cường	The hat reflects the resilient nature of Vietnamese people.
traditional costume	trang phục	The ‘Ao dai’ is the traditional costume of Vietnam.
cultural identity	bản sắc	Traditional products are symbols of cultural identity.
to be inclined	có xu hướng	The young are inclined to show concern about modern objects rather than more traditional and nostalgic ones.
take an interest in	quan tâm đến	People often take an interest in materialistic things and ignore traditional values.
the way I see it (discourse marker)	Theo cách tôi nhìn nhận	The way I see it, traditions should be preserved from generation to generation.

5. Describe something you had to share with others

You should say

- What it was
- Who you shared it with
- Why you had to share it with others

And explain how you felt about it

Part 3:

- Do children like to share?
- How can parents teach their children to share?
- What are the benefits of sharing for children?
- Is there anything that parents would persuade children to share with others?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
release stress	xả stress	I play badminton to release stress after school.
oblige sb with sth	chiều lòng ai đó bằng cái gì	I am always happy to oblige my friends with my favorite gum.
have a hankering for	có ao ước mãnh liệt	My friends and classmates also had a hankering for chewing gum.
of sb's own volition	ý chí, quyền quyết định	It was announced that he resigned of his own volition, but I believe he was forced out.
help others voluntarily	một cách tự nguyện	Kindness should be helping others voluntarily.
give sb a hand (idiom)	giúp đỡ ai đó	If you're talking about giving somebody a hand, I'm always willing to do that.
personal possessions	vật thuộc sở hữu cá nhân	However, I want to keep my personal possessions such as my laptop or smartphone private.
trustworthy relationship	mối quan hệ đáng tin cậy	A trustworthy relationship is a foundation for a happy marriage.
compromise and fairness	sự thỏa hiệp và công bằng	Sharing teaches people about compromise and fairness.
give sb guidance	đưa ra chỉ dẫn	Parents should give children guidance by setting examples.
underprivileged people	những người kém may mắn	My parents always advise us to help underprivileged people if we can.



pick up	học hỏi	Children can pick up lessons just by imitating adults' actions.
petty stuff	đồ nhỏ nhặt, không quan trọng	Petty stuff such as clothes, movies and so on can be shared to build people's relationships.
bring people closer together	mang mọi người đến gần nhau hơn	Surprisingly, petty things can bring people closer together.
of paramount importance	vô cùng quan trọng	Sharing knowledge and experience is of paramount importance.

6. Describe an invention that has changed the world in a positive way

You should say

- What it is
- What benefits it has brought
- How it influences people of different ages
- And explain how it changed people's lives

Part3:

- What is the most helpful innovation at home?
- What household appliances make us lazy?
- What kind of invention can be used at school?
- Do you think AI will replace human teachers? Why?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
medium of communication	phương tiện giao tiếp	The most ground-breaking medium of communication is perhaps smartphones.

high volume of work	khối lượng công việc lớn	A high volume of work induces a worker's physical deterioration.
navigate direction	định hướng	The compass was invented to enable adventurers to navigate directions.
avail opportunity	nắm bắt cơ hội	Instead of availing opportunities, people can create opportunities for themselves.
far-flung areas	những khu vực xa xôi	Travelling to the most far-flung areas of the world is such an unforgettable experience.
household utensils	đồ dùng gia đình	There are diverse household utensil options for families.
life-changing	đổi đời	This is such a life-changing event for human kind.
marginalize the importance	suy yếu sự quan trọng của	Innovative technologies have marginalized the importance of the human labor force.
eschew A in favor of B	sử dụng B thay vì sử dụng A	With the increasingly prevalent trend of green lifestyle, some people choose to eschew single-use items in favor of sustainable materials.
student-teacher rapport	mối quan hệ giữa giáo viên và học sinh	Student-teacher rapport is an indispensable part of every kind of classroom.
administrative work	công việc quản trị	Administrative work can be done by technological advances in order to reduce the burden of teachers.
mutual obligation	sự ràng buộc chung	There is a mutual obligation between teachers and students.

prolific inventor	nhà khoa học có rất nhiều phát minh	He was a prolific inventor whose inventions had a profound influence across the globe.
all mod cons	mọi tiện nghi.	The house is fully furnished with all the mod cons.
technical know-how	kiến thức về công nghệ	Having a necessary amount of technical know-how enables us to make appropriate household appliances.



TOPIC GROUP 2: DESCRIBE A PERSON

1. Describe a popular/well-known person in your country

You should say:

- Who this person is
- What he/she has done
- Why he/she is popular

And explain how you feel about this person

Part 3:

- What kinds of people are popular at work?
- Are bosses more popular than employees at work?
- Which one is more important, keeping a good relationship with colleagues or doing well at work?
- What benefits are there when a child is popular at school?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
Celebrated	nổi tiếng	Kelley was the most celebrated clown of his era.
be responsible for something	chịu trách nhiệm cho cái gì	Her department is responsible for overseeing the councils.
(a) national / country's icon	biểu tượng quốc gia	She's one of the country's best-loved sporting icons.
tenure	nhiệm kỳ, khoảng thời gian làm việc	During his tenure as mayor, relations with the police department worsened.
make it to somewhere /to the top	thành công (đến đỉnh cao)	She's very ambitious but I doubt she'll ever make it to the top.



instrumental	có tầm ảnh hưởng quan trọng	She was instrumental in bringing about the prison reform act.
elevate the prestige of something / somebody	nâng tầm ảnh hưởng của ai đó, cái gì	He plays an important role in evaluating the prestige of the team.
pay attention to something / somebody	chú ý tới cái gì, ai đó	If you don't pay attention now, you'll get it all wrong later.
boost sb's national pride	tăng niềm tự hào quốc gia	The success of the national football team in World Cup 2008 has boosted their national pride.
take the time	cố gắng tận dụng thời gian	She didn't even take the time to wish me good morning.
economically disadvantaged	gặp khó khăn về kinh tế	A new educational programme has been set up for economically disadvantaged children.
look up to somebody	kính trọng, tôn trọng ai đó	He'd always looked up to his uncle.
cold fish	(người) không thân thiện, không chia sẻ	Lewis was a cold fish.
get along with somebody	thân thiện hòa hợp với ai đó	I don't really get along with my sister's husband.

2. Describe a family member you want to work with in the future

You should say:

- Who he/she is
- Whether you worked together before



- What kind of work you would like to do with him/her
- And explain how you feel about this family member

Part 3:

- What kinds of family businesses are common in Vietnam?
- Why do people want to build their own family business?
- Is it always good to work with family members? Why?
- What are the benefits of working for big companies?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
on sb's mother's / father's side	bên họ mẹ, bên họ bố	He's my uncle on my mother's side.
hang out with somebody	vui chơi, ra ngoài với ai đó	I've been hanging out backstage with the band.
be passionate about something	yêu thích cái gì đó	Joe is passionate about baseball.
be attentive to something	chú ý tới để chăm sóc, phục vụ	A good teacher is always attentive to their students' needs.
outreach marketing	chiến thuật marketing tới khách hàng tiềm năng, cá nhân có sức ảnh hưởng tới người tiêu dùng	Outreach marketing is a strategy that aims to find individuals and organizations that may be interested in your business.
a wealth of something	có, sở hữu rất nhiều (thứ gì)	Jim has a wealth of teaching experience.
establishment	tổ chức, công ty	She seems to have spent all her life studying in educational establishments.

be doomed to fail	khả năng cao sẽ thất bại	The reluctance of either side to compromise means that the talks are doomed to (= will certainly) fail.
get the best / the most out of something	tận dụng, sử dụng một cách thông minh (người, đồ vật)	Beth's one of those managers who always seems to get the most out of her employees.
look out for something / somebody	chú ý tới cái gì, ai đó	Look out for Anna while you're there.
go out of sb's way	cố gắng hết sức để làm gì đó cho người khác	They really went out of their way to make us feel welcome.
be in good hands	được chăm sóc, chỉ bảo tận tình	You'll be in good hands with her – she's a terrific lawyer.
for the sake of somebody / for sb's sake	vì tốt cho ai đó	Their parents only stayed together for the sake of the children.
be at risk / put something at risk	đưa cái gì, ai đó vào hiểm nguy	Bad feelings and resentment could destabilize the business' operations and put a person's family relations at risk.
daunting prospect	viễn cảnh (tương lai) chán nản, đáng lo	Starting a new job can be a daunting prospect.

3. Describe an interesting neighbor

You should say:

- Who he/she is
- How you knew him/her
- What you do together
- And explain why he/she is interesting



Part 3:

- Do you think people nowadays are close to their neighbors?
- What are the ways people can improve the relationship with their neighbors?
- Is there any benefit of getting along with neighbors?
- How do children build relationships with others in a community?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
blockbuster	(sách, phim, ...) nổi tiếng, bom tấn, thành công	We all felt the movie was a potential blockbuster.
come across	cư xử theo tính cách nào đó	He comes across as a bit of a bore in interviews.
down-to-earth	thực tế, thân thiện	She's a down-to-earth woman with no pretensions.
a block party	tiệc khu phố, cư dân	The family socialized with neighbors at annual block parties.
mill around	đi loanh quanh	In the square, people were milling around in the sunshine.
bump into somebody	vô tình chạm mặt	We bumped into Amy when we were in town last week.
by coincidence	vô tình, không cố ý, may mắn	Just by coincidence, I met my old schoolmate again 50 years later.
preconceived notion(s) of / about somebody / something	ấn tượng, ý niệm được xây dựng từ sớm, khi không đủ bằng chứng, kiến thức	You must judge each film on its own merits, without any preconceived notions about what it's like.

shatter	phá bỏ, phá vỡ	Noisy motorbikes shattered the peace/calm/stillness.
a small talk	nói chuyện phiếm	I don't enjoy parties where I have to make small talk with complete strangers.
other than something / somebody	ngoài ra	The form cannot be signed by anyone other than you.
once in a while	thỉnh thoảng	You meet some really interesting people every once in a while.
be full of contradictions	hỗn độn, hỗn loạn	His life was full of contradictions (= things that are not likely to appear together).
bona fide	thật, không giả	Make sure you are dealing with a bona fide company.
lavish	to, đẹp, sang chảnh	The team has the most lavish training facility in the league.

4. Describe a friend you like to talk with

You should say:

- Who he/she is
- What you like to talk about
- Why you like to talk with him/her

And explain how you feel about him/her

Part 3:

- Where do young people like to meet?
- What do young people talk about when they meet up?



- Do you think people should be honest when talking with friends?
- When do people talk with strangers?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
pair up (with somebody)	ghép cặp, ghép đôi với ai	Everyone should pair up for the next dance.
take / develop a liking for something / somebody	yêu thích	I'm developing quite a liking for jazz.
bond with something / somebody	tạo mối quan hệ, liên kết, tiếp xúc với	The hospital gives mothers no quiet private time in which to bond with their babies.
let go of something / someone	buông bỏ thứ gì	Brandon let go of her hand and ran across the street.
enjoy sb's company	thích đi cùng, ở cùng ai đó	I enjoy my own company (= I like being alone).
meet up	gặp mặt, nói chuyện (sau khi hẹn nhau)	I'm meeting up with some friends after work.
do something for hours on end	liên tục, nhiều giờ	She practices the violin for hours on end.
grumble about something	phàn nàn	She spent the evening grumbling to me about her job.
be saddled with something / somebody	gánh trách nhiệm, vắn đề không mong muốn	The company is saddled with debt.



understanding	thấu hiểu	She's very understanding - you feel you can really open your heart to her.
plight	thảm cảnh, tình cảnh khó khăn	Few of us can be unmoved by the plight of the refugees.
advise sb on something	khuyến bảo, cung cấp thông tin cho ai đó về cái gì	She advises the president (= gives information and suggests types of action) on African policy.
obnoxious to somebody	thô lỗ, vô duyên	When she's in a bad mood she's obnoxious to everyone.
gossip about something / somebody	buôn dưa lê	People have started to gossip about us.
make sb's acquaintance	làm quen, lần đầu nói chuyện	It was at the Taylors' party that I first made his acquaintance (= first met him).

5. Describe a person who likes to dress fashionably/well

You should say:

- Who he/she is
- What job he/she does
- What kind of clothes he/she wears
- And explain why he/she likes fashion

Part 3:

- Do you think online shopping will replace in-store shopping in the future? Why?
- Why is fashion very important to some people?
- Are older people as fashionable as young people? Why?
- Are women more fashionable than men? Why?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
valedictorian	thủ khoa	The one who was almost left back is now the class valedictorian.
groom to V	chuẩn bị cho ai đó làm việc gì	My boss is grooming me to take over his job next year.
be capable of something	có khả năng làm việc gì đó	I think both sexes are equally capable of looking after children.
range from ... to ...	có từ ... đến ...	Dress sizes range from petite to extra large.
fit sb well	phù hợp với ai đó	The job fits him well.
stupidly / ridiculously expensive	đắt khó hiểu	Buying ready-cooked crab is ridiculously expensive compared with getting a live one and doing it yourself.
show off	khoe khoang, khoe mẽ	She only bought that sports car to show off and prove she could afford one.
vapid	nông cạn, thiếu sáng tạo	He's attractive, but vapid.
there's more to life (than something)	không nên tập trung vào một số thứ vì ngoài kia còn nhiều điều để khám phá	There's more to life than looking good.
entice sb into something	dụ dỗ, lôi kéo, thuyết phục ai đó	The adverts entice the customer into buying things they don't really want.



no exception	không phải ngoại lệ	Her books are always entertaining and this one is no exception.
flirt with	tán tỉnh	Christina was flirting with just about every man in the room.

6. Describe a person you know who is from a different culture

You should say:

- Who he/she is
- Where he/she is from
- How you knew him/her

And explain how you feel about him/her

Part 3:

- Where do people usually meet people from a different culture?
- Is it important to know the differences between cultures?
- Do you think travelers should learn about the country they visit before their trip?
- What are the advantages and disadvantages of cultural diversity?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
hail from somewhere	đến từ nơi nào	Joe originally hails from Toronto.
a/an (adjective) contrast to something / somebody	đôi lập với ai đó, cái gì	The antique furnishing provides an unusual contrast to the modernity of the building.
come as no surprise	không ngạc nhiên, rõ ràng, quả nhiên	It came as no surprise to me.

have something in common	có điểm chung	We don't really have much in common.
every now and then	thỉnh thoảng	We meet up for lunch now and then, but not as often as we used to.
needless to say	không cần nói	Needless to say, he'll be off work for a while.
be protective of something / somebody	bảo vệ ai đó, cái gì	It's easy to be too protective towards/of your children.
cultural identity	bản sắc văn hóa, dân tộc	Vietnam has its own cultural identity, which is very different from other countries'.
broaden/expand sb's horizons	mở mang tầm nhìn, kiến thức	Traveling certainly broadens your horizons.
be of paramount importance to something	rất quan trọng	Learning about the country you want to visit before your trip is of paramount importance.
taboo	điều cấm kỵ	For some people, death is a taboo subject.
cultural assimilation	đồng hóa, hòa tan văn hóa	Cultural assimilation refers to the process in which a minority group or culture assumes the behaviors, values, rituals, and beliefs of their host nation's majority group.

7. Describe a friend from your childhood

You should say

- Who he/she is



- Where and how you met each other
- What you often did together

And explain what made you like him/her

Part 3:

- Which one is more important, old friendships or new ones?
- How important is childhood friendship to children?
- Do you think the development of social media affects friendships nowadays?
- Do you think social media will replace face-to-face communication?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
pudgy	hơi béo	I was a pudgy child.
get / stand in sb's way	ngăn ai làm gì đó, chặn lại	She's determined to succeed and she won't let anything get/stand in her way (= prevent her).
an assortment of something	một nhóm nhiều thứ khác nhau	An unlikely assortment of rock stars and politicians attended the charity concert.
a sense of something	khả năng, sự hiểu biết về cái gì	With her excellent sense of smell, she could tell if you were a smoker from the other side of the room.
camaraderie	tình bạn thân thiết, cảm giác thân thuộc	When you've been climbing alone for hours, there's a tremendous sense of camaraderie when you meet another climber.
lift sb's spirits	khiến ai đó vui	Nothing - not even the prospect of dinner - could lift his spirits.

get into trouble	gặp rắc rối	I hope you won't get into trouble because of what I said to your dad.
be grateful to somebody	cảm thấy biết ơn ai đó	I'm so grateful (to you) for all that you've done.
come up with something	nghĩ ra, nảy ra ý tưởng	She's come up with some amazing scheme to double her income.
ingenious	thông minh, tài giỏi	She devised an ingenious solution to the problem.
a sense of belonging	cảm giác thuộc về	Friendships benefit children by creating a sense of belonging and security and reducing stress.
assertiveness	tính cách cương quyết, không sợ hãi, tự tin	As the first woman to head the institute, she quickly gained a reputation for assertiveness.
exert a/an (adjective) effect /pressure/ influence on something	gây ra ảnh hưởng tới cái gì, ai đó	Some managers exert considerable pressure on their staff to work extra hours without being paid.
reliance on something / somebody	dựa dẫm vào ai đó, cái gì	You place too much reliance on her ideas and expertise.

8. Describe a person who inspired you to do something interesting

You should say:

- Who he/she is
- How you knew him/her
- What interesting thing you did

And explain how he/she inspired you to do it



Part 3:

- Which types of people become role models in your society?
- Do you agree that famous people have more responsibilities than ordinary people?
- What happens when young people lack good role models?
- What standards of behaviour should teachers set?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
inspirational role model	hình mẫu truyền cảm hứng	Yuzuru Hanyu is an inspirational role model for young people.
set a good example	tạo hình mẫu lý tưởng	He sets a good example for people to follow because of his inspirational story involving skiing, a very challenging but fascinating sport.
take up	bắt đầu làm cái gì	That's why I decided to take up learning how to ski.
partake in	tham gia	Skiing is such a totally new activity that I've ever partaken in.
to be acclaimed as	được biết đến	Yuzuru Hanyu is internationally acclaimed as "the prince of the ice rink".
ice skating athlete	vận động viên trượt băng	He is a well-known ice skating athlete.
impressive rotation	cú xoay vòng ấn tượng	Whenever he performs, most audiences can't take their eyes off him because his impressive rotations
relentless effort	nỗ lực không ngừng nghỉ	Thanks to his relentless efforts, he received many awards.
arduous techniques	kỹ thuật khó	He possesses many arduous techniques that everyone can admire.
win prestigious awards	thắng những giải thưởng danh giá	He has won numerous prestigious awards.
incredible strength and flexibility	sức khỏe và sự dẻo dai phi thường	He also has incredible strength and flexibility.



make an attempt	cố gắng	To become a successful athlete, he made a lot of attempts at it.
keep the balance	giữ thăng bằng	The most difficult thing I found in this sport is keeping the balance.
do strenuous exercises	luyện tập cường độ cao	He always does strenuous exercises to keep his body fit.
take an avid interest in	cực kỳ yêu thích cái gì	I take an avid interest in skiing.
have a head for sth	có khả năng làm gì	She really has a head for sports.
general public	quần chúng	Celebrities are usually under intangible pressure from the general public.
standing ovation	khán giả đứng lên vỗ tay	After his performance, there were thousands giving a standing ovation.
monument of perseverance	tượng đài về sự kiên trì	He is a monument of perseverance for everyone to follow.

9. Describe a person you know who loves to grow plants

(e.g. vegetables/fruits/flowers etc.)

You should say:

- Who this person is
- What he/she grows
- Where he/she grows them

And explain why he/she enjoys growing plants

Part 3:

- What do you think of the job as a farmer?
- Are there many people growing their own vegetables now?
- Do you think it's good to let kids learn how to plant?

- What are the differences between traditional and modern agriculture?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
skillful horticulturist	nhà làm vườn điêu nghệ	She is such a skillful horticulturist.
orchids	hoa lan	The orchids, attached to their substrates, hang from wires that support the palm-leaf roof.
tip of the iceberg	bề nổi của tảng băng	These small local protests are just the tip of the iceberg.
passionate about	đam mê cái gì	She is passionate about gardening.
outdoorsy person	người thích ở ngoài trời	I'm an outdoorsy person.
botanical garden	vườn bách thảo	There is a botanical garden in a park near my house.
flora and fauna	thực, động vật	The garden has a variety of flora and fauna.
feel at peace	cảm thấy thư giãn	People usually feel at peace when they are near nature.
have stronger preference for	có niềm yêu thích hơn về	I have a stronger preference for animals.
foster social relationships	nuôi dưỡng mối quan hệ xã hội	Visiting community gardens can foster social relationships.
pot plant	cây trồng trong chậu	My small garden on the balcony has a lot of pot plants.



bud out	đâm chồi	Almost all plants in my garden bud (out) in early spring.
bear fruit	kết trái	This palm tree takes a long time to bear fruit.
a sense of accomplishment	cảm giác thành tựu	I can feel a sense of accomplishment whenever my plants bud out, bloom or bear fruit.
therapeutic pursuit	hoạt động thư giãn	I find gardening a very therapeutic pursuit.
brighten my mood	làm ai đó vui lên	Seeing my cactus blooming really brightened my mood.
purify the air	thanh lọc không khí	Planting more trees helps purify the air better.



TOPIC GROUP 3: DESCRIBE AN EVENT/TIME

1. Describe a time you were very busy

You should say

- When it happened
- Where you were
- What you did

And explain why you were busy

Part 3:

- What are the advantages and disadvantages when people keep being busy?
- Do you think children should learn through playing games or under pressure?
- What kind of pressure people may experience at work?
- Is it easy to achieve work-life balance today?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
to be snowed under (idiom)	có quá nhiều việc phải làm	I'm totally snowed under the large volume of work I'm in charge of.
have a lot on sb's plate (idiom)	giải quyết nhiều vấn đề cùng 1 lúc	In working and studying simultaneously, I have a lot on my plate.
have your hands full with (idiom)	bận đến mức không có thời gian cho việc khác	She has her hands full with her housework.
to be up to your eyes (idiom)	việc ngập đến mắt	Since I got a new job, I was up to my eyes with many deadlines.
chasing your tail (idiom)	rất bận đến mức không thể quản lý tốt mọi thứ	He's chasing his tail as he has to manage a big project.

running around in circles (idiom)	rất bận đến mức không thể quản lý tốt mọi thứ	I'm running around in circles because of my assignments.
eager beaver (idiom)	người làm việc chăm chỉ	She is an eager beaver as she doesn't only work as an office employee but also as a housewife.
have sb's nose to the grindstone (idiom)	làm việc chăm chỉ hết sức mình	To prepare for the university entrance exam, most high school students have to have their nose to the grindstone.
time management/allocation	quản lý/phân bổ thời gian	Time management is an essential skill in our daily lives.
unflagging industriousness	sự siêng năng không mệt mỏi	She's renowned for her unflagging industriousness.
conscientious leader	lãnh đạo tận tâm	He is a conscientious leader.
bust the gut (idiom)	làm việc quá sức	I have to bust the gut to finish my deadline on time.
set a timetable	đặt thời gian biểu	You need to set a timetable reasonably to avoid exhaustion at work.
work with exertion	làm việc với sự nỗ lực	He always works with his full exertion.
achieve work-life balance	đạt được cân bằng giữa công việc và cuộc sống	It's hard to achieve a work-life balance in our conventional modern society.
to be burnt out	kiệt sức	I'm burnt out due to my deadlines.
hectic daily routine	lịch trình dày đặc, bận rộn	Nowadays, people are preoccupied with their hectic daily routines.
to drown in sth	ngập đầu với công việc	I'm drowning in my deadlines
develop realistic plans	phát triển kế hoạch thực tế	You need to develop a more realistic plan to complete your task soon.



make time for sth	dành thời gian cho cái gì	You should make time for yourself.
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2. Describe a time when you had to spend a long time in a traffic jam

Part 2:

You should say:

- When it happened
- Where you were stuck
- What you did while waiting

And explain how you felt in the traffic jam

Part 3:

- What are the causes of traffic jams?
- What are the ways traffic jam problems can be solved?
- Do you think developing public transport can solve traffic jam problems?
- What are the good ways to manage traffic flows in cities?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
irritating	khó chịu	I found her extremely irritating.
in time	đúng giờ	He just got there just in time
bottleneck	tuyến đường tắc nghẽn	My brother had to drive around the outside of town to avoid the bottleneck in the center.
reschedule	sắp xếp lại lịch trình	The show will now be rescheduled to a later date.
take place	diễn ra, xảy ra	The film festival takes place in Osaka.
get stuck	bị mắc kẹt	I got stuck in a traffic jam for hours.
intolerable	không thể chịu đựng được	He is facing an intolerable situation.



show up	có mặt, xuất hiện	It was getting dark when she finally showed up.
metropolitan areas	khu đô thị	Many youngsters prefer to live in metropolitan areas.
jumping the red light	vượt đèn đỏ	The road is heavily congested due to one car jumping the red light.
traffic volume	lưu lượng giao thông	The traffic volume can be reduced.
turn on	bật	I often turn on music while strolling around the nearby park.
chock-a-block	chật kín	The shelves were chock-a-block with books.
traffic gridlock	tắc đường	There's always a traffic gridlock between 6.30 and 9.00am.

3. Describe a time when you helped a child

Part 2:

You should say:

- When it was
- How you helped him/her
- Why you helped him/her

And how you felt about it

Part3:

- Do you often help kids? How?
- Do you think people will do a lot of volunteering to help their neighbors?
- Who benefits more from the volunteer services, the volunteers or the people helped?
- What can schools do to develop students' awareness of volunteering?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
give someone a hand	giúp đỡ ai	Let me give you a hand with those tricky questions.
return the favor (idiom)	trả ơn	I'll return the favor to those who help me.
absolutely astonished	sửng sốt, ngạc nhiên	She was absolutely astonished at his rudeness.
elated	vui sướng	I was elated by the prospect of the new job ahead.
a needy person	người đang cần được giúp	It's a charity that provides help and comfort for needy people.
greatly facilitate	làm cho việc gì/quá trình gì trở nên dễ dàng, dễ thành công hơn	The use of computers has greatly facilitated the firm's ability to keep accurate records.
to get something off your chest	trút bầu tâm sự	Why not tell her how you feel? It might do you good to get it off your chest.
embark on	bắt đầu tam gia, dấn thân làm gì đó	She is about to embark on an academic career.
reliable	đáng tin	He was a very reliable and honest man who would never betray anyone.
born with a silver spoon in your mouth	có bố mẹ giàu có	She was born with a silver spoon in her mouth.
aside from	ngoại trừ	Aside from these initial difficulties, my company is running quite successfully.



pick up on	tiếp thu, chú ý	She failed to pick up on the humor in his remark.
pay somebody a compliment	khen ngợi ai	Vietnamese teachers often pay students a compliment to encourage them to study more diligently.
valuable experience	trải nghiệm đáng giá	She didn't get paid much but it was a valuable experience nonetheless

4. Describe a special day out that cost you little money I didn't cost you much

Part 2:

You should say:

- When the day was
- Where you went
- How much you spent

And explain how you feel about the day

Part 3

- What do you think will matter on a day out (weather, people, etc)?
- The Difference between going out with your friend and going alone?
- Is money a matter of the day out?
- Do you think technology impacts the decision to have outdoor activities?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
out and about	đi dạo, đi xung quanh một địa điểm	We've been out and about talking to people in our neighborhood.
Cost an arm and a leg / worth a fortune	tốn kém, đắt đỏ	That meal cost me an arm and a leg.
meet up	gặp gỡ	They met up again later for a drink.

for a bit	trong một khoảng thời gian/ khoảng cách ngắn	Tom thought for a bit before answering.
flock to somewhere	đồ xô đến một nơi nào đó	Youngsters often flock to major cities to seek jobs.
leisure activities/ leisure pursuit	Hoạt động giải trí	There are a variety of leisure activities in amusement parks.
have a penchant for something	thích cái gì đó	She has a penchant for perfume.
splurge on something	tiêu tiền vào điều gì đó không cần thiết	I usually splurge on food on special occasions.
out of this world	rất tốt, rất tuyệt vời	The meal was out of this world.
hang out	đi ra ngoài, dành thời gian ở địa điểm nào đó	We often hang out at the coffee shop downtown.
look down on	coi thường	She looks down on underprivileged people.
Turn out	hóa ra là	It turned out that she was an old friend of my mother.
on the cheap	rẻ bất ngờ	My company managed to get a couple of computers on the cheap.
depend on/upon	phụ thuộc	I don't want to depend too much on my parents.

5. Describe an occasion when you lost something

Part 2:

- What you lost
- When and where you lost it



- What you did to find it

And explain how you felt about it

Part3:



- What kinds of things do people usually lose?
- What do people often do when losing things?
- Is it an effective way to use rewards to find lost things?
- What kinds of people may lose things often?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
absent-minded	đãng trí	Grandma's becoming quite absent-minded.
pass down	để lại, truyền thừa lại	Should I pass down my wealth before I die?
sort out	giải quyết	You should go outside and I'll sort the kids out.
end up	kết thúc	I ended up doing all the work myself.
look for	tìm kiếm	We shall be looking for a breakthrough in my research.
to fall into a light sleep	chìm vào giấc ngủ ngắn	I fell into a light sleep and missed the end of the movie.
smile/grin/beam from ear to ear	cười vui vẻ	My boss was beaming from ear to ear.
grateful for	biết ơn	She was grateful for the support of her neighbors.
fly off the handle	cực kỳ tức giận	He seems to fly off the handle about the final exam results.
bring/call somebody/something to mind	nhớ lại	She couldn't call to mind where she had left the key.



memorable experience	trải nghiệm đáng nhớ	Do you have any memorable experiences at the campsite?
time flies	thời gian trôi qua nhanh	Time has flown since the festival began.
take off	cởi bỏ	He took off his shoes before going into the room.
deep sorrow	nỗi buồn sâu sắc	He wrote a letter to express his deep sorrow.

6. Describe a time when you needed to search for information

You should say:

- What information you needed to search for
- When you searched for it
- Where you searched for it

And explain why you needed to search for it

Part 3

- How can people search for information now?
- What information can people get from television?
- With the development of the Internet, is the library still important?
- Does the development of the Internet have any impact on some disadvantaged people?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
burn the candle at both ends	mệt mỏi vì phải thức khuya dậy sớm	I had to burn the candle at both ends to finish my work on time
look up	tìm kiếm thông tin	I looked it up in the dictionary.
take advantage of	tận dụng	She took advantage of the children's absence to tidy their rooms.

have something at your fingertips	có đủ để sử dụng trong những trường hợp cần thiết	I had all the information at my fingertips before attending the meeting.
check out the library	đến thư viện đọc sách	In the past people used to check out libraries for important information.
make the most of something	tận hưởng	I'm going to make the most of my trip.
famous landmarks	các danh lam thắng cảnh nổi tiếng	The tower was once a famous landmark.
customize one's itinerary	điều chỉnh lịch trình	We found many top travel agencies that can customize our itinerary.
once in a lifetime	chỉ có 1 lần trong đời	This is a once in a lifetime opportunity.
have a whale of a time	có khoảng thời gian vui vẻ	The kids had a whale of a time at the theme park.
brehtaking sightseeing	địa điểm tuyệt đẹp	Did you have a chance to do any breathtaking sightseeing?
enlarge knowledge	mở rộng kiến thức	Obtaining news via the Internet can help us enlarge our knowledge.
a vibrant city	thành phố sôi động	New York is one of the most vibrant cities in the world.
exceptionally useful	rất có ích	This piece of information is exceptionally useful for our research.

7. Describe an occasion when someone said something positive about some work that you did

You should say:



- Who it was
- What work it was
- When she/he told you that

And explain how you felt when hearing it

Part 3

- Will you be affected when hearing a number of negative stories?
- How will you react when someone pays you a compliment?
- Why is negative feedback as important as positive feedback at work?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
give and take	cho và nhận	You're going to have to learn to give and take.
social norm	tiêu chuẩn của xã hội	"Give and take" has been a precious social norm in our society.
gain appreciation	nhận được sự tán đồng, ca ngợi	She gained much appreciation after her excellent performance.
set a timetable	đặt ra một lịch trình, thời gian biểu	I set a timetable and followed it strictly to make daily English learning become a habit.
positive feedback	phản hồi tích cực	I've heard loads of positive feedback about this book.
work ethic	thái độ, đạo đức làm việc	My boss always compliments his staff's work ethic.
pay off	thành công	The gamble paid off.
keep up	tiếp tục	You're doing a great job! Keep it up!
be proficient in	thành thạo	She is proficient in her culinary skills.



when it comes to (doing) something	khi nói tới, đề cập tới	When it comes to other majors, he's useless.
nothing like	không giống, gần như không	I had nothing like enough time to complete my tasks.
have an impact on	có ảnh hưởng tới	Negative comments always have an adverse impact on me.
react to something	phản ứng với cái gì	My friends never react to hostile comments.
make a comment	biên luận, ý kiến	She made helpful comments on my project.

8. Describe a time you used your cellphone/smartphone to do something important

You should say

- What happened?
- When did it happen?
- How important is the cellphone/smartphone?

And explain how you felt about the experience.

Part 3:

- What do you usually do with a cell phone?
- What are the differences between young and old people when using a cell phone?
- Which one is more important, using a cellphone to make phone calls or to read messages?
- Do you think there should be a law to stop people from making phone calls in public?
- How has technology made our life easier?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
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part and parcel of something	quan trọng	Keeping secrets is part and parcel of my job.
on a regular basis	hàng ngày, thường xuyên	I read novels on a regular basis.
tech-savvy individuals	người nghiện Internet	Companies need to meet the demands of today's tech-savvy consumers.
entertainment purposes	mục đích giải trí	Many people obtain the news for entertainment purposes.
keep in touch with	liên lạc	My sister still keeps in touch with friends from high school.
interpersonal skills	kỹ năng giao tiếp	Virtual communication may weaken interpersonal skills.
scroll through	đọc	I always scroll through travel blogs before planning my trip.
surf the Internet	lướt mạng	Teenagers nowadays spend most of their free time surfing the Internet.
work like a charm	rất hiệu quả, thành công	Her strategy worked like a charm.
keep track of	theo dõi, nắm bắt	I failed to keep track of time.
a navigation tool	công cụ định hướng	Mobile phones are considered as a navigation tool.
online transactions	giao dịch online	Customers often welcome the convenience of online transactions.
fulfill one's needs	đáp ứng được nhu cầu của ai	You cannot fulfill her needs with just a small sum.



enroll in something	tham gia, đăng ký	I enrolled in a Chinese course two years ago.
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9. Describe a time when you forgot/missed an appointment

You should say:

- What the appointment was for
- Who you made it with
- Why you forgot/missed it

And explain how you felt about the experience

Part 3:

- Is it important to have a daily plan?
- What kind of things do people need to plan carefully?
- Is there anything that can't be planned?
- Do you think it is important to have a work-life balance?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
with half a heart	nửa vùi	He always worked with half a heart and attained nothing.
against the clock	cố gắng hoàn thành trước thời hạn	I try hard to work against the clock.
burn the midnight oil	làm việc tới khuya	I often burn the midnight oil before final exams.
dead tired	Cực kỳ mệt mỏi	She felt dead tired after a long surgery.
with a view to doing something	nhằm mục đích làm gì	He's painting the house with a view to sell it at a higher price.

miss an appointment	lỡ hẹn	I missed an appointment to take photos for my university class' graduation.
be snowed under	bận rộn	I'd love to come but I'm completely snowed under right now.
stand by somebody	giúp đỡ ai	My boyfriend always stands by me.
through thick and thin	trong những lúc khó khăn	He's supported me for years through thick and thin.
work-life balance	sự cân bằng giữa công việc và cuộc sống	You need to partake in leisure activities to improve your work-life balance.
mad at/with somebody	bực bội	My mother is always mad at me for coming home late.
suffer from	chịu đựng, trải qua điều gì tồi tệ	He suffers from lung cancer.
in case of an emergency	trong trường hợp khẩn cấp	You should change your agenda in case of an emergency.
utterly desperate	rất tuyệt vọng	My friend felt utterly desperate.

10. Describe a time you made a decision to wait for something

You should say:

- Who or what you waited for?
- Where you waited?
- Why did you wait (or, had to wait)?

And explain how you felt while you were waiting

Part 3:

- On what occasions do people have to wait every day?
- Do you think people can't wait to invent new technologies?



- Why do people hate waiting?
- Do you think in the past people used to be more patient? Why?
- Are kids better at waiting than adults?



- Can patience be thought to kids? How?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
Make a decision	đưa ra quyết định	I think I've made the wrong decision.
make up one's mind (idiom)	đưa ra quyết định	They're both beautiful — I can't make up my mind.
pragmatic approach	phương thức, cách tiếp cận thực tế	The government needs to adopt a more pragmatic approach.
seek advice from	tìm kiếm lời khuyên từ ai	I often seek advice from my parents whenever I encounter difficulties.
have no stomach for something (idiom)	không đủ can đảm làm cái gì đó	He had no stomach for a risky investment.
fret about	lo lắng về	She is fretting about the upcoming interview.
in anticipation (of)	sự chuẩn bị cái gì đó	He bought extra food in anticipation of more people coming to his party.
revolve around	xoay quanh	His whole life revolves around work.
extremely perplexing	cực kỳ bối rối, lo lắng	I found this problem extremely perplexing.
take (smth) into consideration	suy nghĩ kỹ về cái gì	Taking everything into consideration, the presentation was a great success.
put up with	chịu đựng	I'm not going to put up with this situation any longer.



for hours on end	liên tục hàng giờ đồng hồ	The interview lasted for hours on end.
day in, day out	Ngày qua ngày	Eating junk food day in and day out is not good for you.
daunting task	nhiệm vụ khó khăn	Cleaning the house is a daunting task for me.

11. Describe a time when you saw a lot of plastic waste (e.g in a park, on the beach etc.)

You should say:

- Where are when you saw the plastic waste
- Why there were a lot of plastic waste
- What you did after you saw them

And explain what your thoughts were about this

Part 3:

- What are the benefits of using plastic products?
- How can people reduce their use of plastic?
- What kind of plastic waste is often seen in Vietnam?
- What are the problems when there is too much plastic waste?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
pose a threat	đặt ra một mối đe dọa	Nuclear weapons pose a threat to everyone.
hectic schedule	lịch trình bận rộn	People in cities usually endure hectic schedules
scenic beauty	phong cảnh đẹp	The scenic beauty makes this island a famous tourist attraction.

sole objective	mục tiêu duy nhất	The sole objective of the company is to increase revenue.
single-use plastic products	đồ nhựa sử dụng một lần	Single-use plastic products are used only once, or for a short period of time, before being disposed of.
piles of plastic waste	đống rác thải nhựa dùng một lần	As waste dumps expand in residential areas, the poor are often living near or even on these piles of plastic waste.
world-renowned	nổi tiếng thế giới	He is a world-renowned expert on food safety.
plastic consumption	sử dụng/ tiêu thụ nhựa	Plastic consumption has quadrupled in the last 30 years, caused by a growth in emerging markets.
an alarming effect	một hiệu ứng đáng báo động	Deforestation exerts an alarming effect on the soil.
land contamination	sự ô nhiễm đất	Land contamination can be attributed to a variety of human activities.
tainted soil	môi trường đất bị ô nhiễm	Massive plastic landfills can induce tainted soil.
take initiatives	chủ động, tiên phong	A group of young people took the initiative to lead a green life.

12. Describe a time when someone asked you for your opinion

You should say:

- When she/he asked you
- How she/he felt while listening to your opinion
- And explain why she/he needed your opinion



Part 3:

- Have you ever asked someone for his/her opinion?
- Why do some people react impolitely when listening to someone's story?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
in need of	cần	Nations which are severely affected by the war are in need of global support.
share perspective	chia sẻ quan điểm	The most productive way to collaborate is to share perspectives.
lead someone astray	đẫn ai đó đi lạc hướng	Citizens should protect themselves from being led astray by misleading news
dodge responsibility	né tránh trách nhiệm	Plenty of people dodge responsibility for something they're supposed to take care of.
sympathize with	cảm thông với	I sympathize with the impoverished in this situation.
reach out to somebody	liên lạc với ai	The new mayor is reaching out to inner city councils to discuss pressing issues.
express empathy	bày tỏ sự cảm thông	It is vitally crucial to be a good listener and express empathy with the individual's situation.
form view	hình thành quan điểm	There is no limit for children to form their own views on different aspects.
strengthen critical thinking	phát triển khả năng tư duy phản biện	Strengthening critical thinking is of paramount importance for the cognitive development of children.
a comprehensive perspective	một góc nhìn toàn diện	A good decision should be based on a comprehensive perspective.



lay foundation	tạo nền tảng cho	Verified information can lay a solid foundation for decision-making.
voice opinion	bày tỏ quan điểm	People voice different opinions about the importance of art
provide validation	cung cấp xác nhận	A written form can provide validation for employees in some litigious cases
dismiss advice	từ chối lời khuyên	Parents often dismiss advice regarding divorce for the sake of their children
accountable for	chịu trách nhiệm với	Everyone should be held completely accountable for their decisions.
follow advice	nghe theo lời khuyên	Children should follow advice from their parents to avoid committing illegal crimes.

13. Describe an occasion when somebody said something positive about some work that you did

You should say:

- When it happened
- Who gave you money
- Why he/she gave you money
- And explain how you felt about it

Part 3:

- Will you be affected when hearing a number of negative stories?
- How will you react when someone pays you a compliment?
- Why is negative feedback as important as positive feedback at work?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
in vain	vô ích	He did his best, but it was all in vain.
overcomes weakness	vượt qua điểm yếu	In order to overcome weakness, we should be open-minded to critical judgments.
high flying colours	điểm cao	She has never given a scrap of trouble and has passed her test with flying colours.
the depth of sb's heart	từ sâu trong đáy lòng	From the depths of my heart, I feel grateful for your unconditional support
receive appreciation	nhận sự đánh giá cao	After greatly contributing to gender equality campaigns, he received much public appreciation.
sense of satisfaction	cảm giác thỏa mãn	A sense of satisfaction prevails over all of the negative feelings that existed before.
forge relationship	thắt chặt mối quan hệ	With innovative technology, it offers everyone a unique opportunity to forge relationships with consumers
optimistic feedback	lời phản hồi tích cực	By giving optimistic feedback, and encouraging others to do so as well, a boss can create a positive, high-performing environment for their staff
take a sigh of relief	thở phào nhẹ nhõm	Residents in coastal areas have breathed a sigh of relief when the hurricane has passed.
enhance confidence	nâng cao sự tự tin	There are many viable ways to enhance children's confidence.

unabated support	sự hỗ trợ liên tục	The unabated support from families is the driving force behind my success.
constructive feedback	lời nhận xét mang tính xây dựng	Without constructive feedback, people can hardly move forward.
receptive attitude	thái độ sẵn sàng tiếp thu	A receptive attitude is a prerequisite when working with different ideas
contradicting opinions	những ý kiến đối lập	Contradicting opinions about genetic engineering have made it a hotly debated topic.
emotional trajectory	quỹ đạo cảm xúc	Constantly consuming negative news can influence people's entire emotional trajectory.

14. Describe a time when you received money as a gift (birthday, wedding)

You should say:

- When it happened
- Who gave you money
- Why he/she gave you money

Part 3:

- Why do people rarely use cash now?
- Why do restaurants and shopping centres give free gifts?
- Can the excess of free gifts have the negative impact too?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
prohibitively expensive	cực kì đắt đỏ	Although the bag is prohibitively expensive, it sells like hot cakes.
accumulate money for	tích tiền để	The goal of investing is to increase wealth and accumulate money for long-term goals such as retirement.
unconditional love	tình yêu không điều kiện	With unconditional love, parents could make their children become better.
frugal person	người tiết kiệm, giản dị	Despite being one of the most affluent people in the world, he is a frugal person who only wears the same 5 T-shirts.
make a pact	có một thỏa thuận	Two of the leading shipping corporations in the world have signed a free-trade pact.
splurge out on	chi một khoản tiền lớn (những đồ đắt đỏ)	As a profligate, she usually splurges large amounts of money out on unnecessary things.
monetary control	kiểm soát tiền tệ	Banks play a major role in controlling monetary flow.
buy in bulk	mua với số lượng lớn	Buying in bulk can minimize or eliminate packaging.
paid over the odds	đắt đỏ	It's a nice car but I'm sure she has paid over the odds for it
cost a fortune	đắt đỏ	Possessing such a state-of-the-art computer can cost a fortune for such a middle-class family
on the breadline	nghèo túng	Those people who live on the breadline can potentially commit illegal behaviors.



milestone in history	dấu mốc trong lịch sử	The advent of mobile phones has been a groundbreaking milestone in the history of communication.
destitute situation	tình trạng nghèo khó	Those people in destitute situations in mountainous regions tend to become victims of human trafficking.
belt-tightening	thắt lưng buộc bụng	During the economic recession, due to consumer belt-tightening, companies had to reduce the size of their products but still keep the same prices.
skeptical about	nghi ngờ điều gì	Some people are usually skeptical about the quality of new products.

15. Describe a time when you succeeded in doing something that was difficult

You should say:

- What you succeeded in
- When you succeeded
- Who helped you do it

And how you felt when you succeeded

Part 3:

- Is it easy to become a successful person?
- Would you do charity when you succeed?
- Is there a lot of competition with others trying to achieve the same goals?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
daunting task	nhiệm vụ khó khăn	The deadline was too tight, which made it truly a daunting task.
innumerable essays	vô số các bài viết	Checking innumerable essays from students makes me physically drained.
the scarcity of time	Tình trạng thiếu thời gian	The scarcity of time drove me crazy and stressed me out.
race against the clock	hoàn thành một việc trong thời gian rất ngắn	We have to race against the clock to meet the deadline.
around the clock	làm việc không ngừng nghỉ, ngày đêm	Working around the clock makes me physically drained.

materialistic value	giá trị vật chất	Some people usually prefer materialistic values to spiritual ones.
worry-free life	cuộc sống không lo âu	Some elderly people enjoy living worry-free lives after wholeheartedly devoting their lives to their careers.
without a hitch	theo đúng kế hoạch	I was nervous, but the whole plan went off without a hitch.
bruised ego	cái tôi bị tổn thương	Only when having a bruised ego can people grow to be better.
go hand in hand	đi song hành với nhau	Officials and citizens' responsibilities go hand in hand to resolve environmental problems.
lackluster youth	tuổi trẻ thiếu sức sống	A disappointingly lackluster youth usually originates from laziness.
fall victim to charity scams	Trở thành nạn nhân của những vụ lừa đảo núp dưới danh nghĩa nhân đạo	Some gullible people fall victim to charity scams and also lose large amounts of money.
humanitarian activities	các hoạt động nhân đạo	Humanitarian activities help to forge social connections.
set an example for	làm gương cho	Some celebrated figures have successfully set an example for the youth via their humanitarian activities.
resource endowment	nguồn tài trợ	Resource endowments from brands and companies are the driving force behind celebrity endorsements.



TOPIC GROUP 4: DESCRIBE AN ACTIVITY

1. Describe an outdoor activity you did in a new place recently

You should say:

- What the activity is
- Who invited you to participate in it
- Whether you asked for help in the activity

And explain what change you had in the activity

Part 3:

- What outdoor activities are popular in VietNam?
- What are the differences between after-class activities done by middle and older children?
- Do you think it's better for people to change jobs when there are new chances?
- Should young people try as many new activities as possible?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
lethargic spirit	tinh thần mệt mỏi, uể oải	My lethargic spirit is due to this very long trip.
outdoor pursuits	hoạt động ngoài trời	Some people prefer outdoor pursuits to indoor activities due to the health benefits they provide.
cater the needs for	phục vụ nhu cầu	The purpose of volunteer projects is to cater the needs of people living in impoverished areas.
endurance	sức bền	Doing exercises everyday can enhance our endurance.

vigorous muscle development	sự phát triển cơ bắp khỏe khoắn	Weightlifting focuses on vigorous muscle development.
shed some pounds	giảm một số cân	A healthy diet with daily exercise will help you shed the pounds.
physical agility	thể chất nhanh nhẹn	Physical agility can be regularly fostered by doing exercises.
sedentary lifestyle	lối sống ít vận động	A sedentary lifestyle can induce obesity or a higher risk of cardiovascular diseases.
the rat race	Guồng quay mệt mỏi của cuộc sống	Some people decided to get out of the rat race in major cities to seek solitude in farms.
a drain on one's energy	lấy hết năng lượng của ai	Negative thoughts are a drain on one's energy.
recreational pursuits	những hoạt động giải trí	Recreational pursuits usually attract young people.
impair one's career	làm suy yếu sự nghiệp của một người	Constantly switching jobs can impair an individual's career.
job hoppers	những người hay nhảy việc	Recruiters are often reluctant when hiring job hoppers.
prospective employees	nhân viên tiềm năng	Prospective employees are likely to receive more resources than current employees.
wholeheartedly devote	cống hiến hết mình	Recruiters tend to have a preference for potential employees who are likely to wholeheartedly devote themselves to the collective success of the corporation.



2. Describe a contest/competition you would like to participate in

You should say:

- What the contest/competition is about
- Where it will take place
- When it will be held

And explain why you would like to participate in it

Part3:

- What are the contests commonly seen on TV programs?
- Why are competition shows popular?
- What kinds of industries need competition? Why?
- Do you think it is necessary to encourage people to compete with others in companies?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
catch sight of	bắt gặp hình ảnh	You can catch sight of motorbikes on every street in Vietnam.
spectacular and impressive performance	màn trình diễn ngoạn mục và đầy ấn tượng	These spectacular and impressive performances have left a long-lasting impression on the audience.
pride of one's national identity	niềm tự hào dân tộc	A victory over other countries can immensely enhance the pride of national identity among Vietnamese people.
prestigious trophy	chiếc cúp danh giá	The World Cup is the highest, most prestigious trophy that every national football team wants to achieve.
all the rage	phổ biến	Motorbikes are all the rage in Vietnam

a sense of rivalry	sự ganh đua	A sense of rivalry in workplaces can significantly increase employees' productivity.
stiff competition	sự cạnh tranh gay gắt	As there's some stiff competition out there, companies have to spend a lot on promotion.
monotonous workplace	nơi làm việc đơn điệu, nhàm chán	A monotonous workplace can diminish workers' creativity.
promising career	công việc đầy hứa hẹn	Promising careers often come with lucrative salaries
pass the time	giết thời gian	We passed the time in the airport playing cards.
cut-throat market	thị trường khốc liệt	Many corporations have suffered economic crises from this cut-throat market.
sunrise industries	những ngành công nghiệp mới, có tiềm năng phát triển trong tương lai	A sunrise industry is a new realm that is expected to become pivotal in the future.
new realms	những khía cạnh mới	Her interests are in the new realms of scientific discovery.
take a hammering	bị đánh một đòn dữ dội	Many mountainous areas took a tremendous hammering because of the disastrous hurricane.
a productivity incentive	sự khuyến khích thúc đẩy năng suất	Monetary rewards can be an important productivity incentive for employees.



TOPIC GROUP 5: DESCRIBE A PLACE

1. Describe a quiet place you like to go to

You should say:

- Where it is and how you knew about it
- How often you go there
- What you do there
- And explain how you feel about the place

Part 3

- Is it easy to find a quiet place in your country? Why?
- Why do old people prefer to live in quiet places?
- Why are there more noises made at home now than in the past?
- Why do some people like to use noises as background sound when they are working or studying?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
fast-paced	nhanh, hối hả	You need to be an experienced marketing manager with a background in online business.
peaceful ambiance	không gian yên bình	The peaceful ambiance of this restaurant brings me back to my childhood.
in the lap of	trong lòng của	She is living in the lap of luxury in Paris.
tranquil time	phút giây yên bình, thư thái	People tend to enjoy tranquil times to stay away from the bustling atmosphere in big cities.

off-peak season	mùa không cao điểm	The best way to avoid increasing clothing prices is going shopping during off peak seasons.
seek solitude	tìm kiếm sự cô đơn	Very young children often have secret hideaways where they seek solitude.
be enraptured by	bị mê hoặc bởi	Tourists going to Ha Long Bay are completely enraptured by its picturesque beauty.
conjure up	làm sống lại	Watching those kids playing hide-and-seek conjures up my childhood memories.
throw you a curveball	khi phải đối mặt một tình huống khó khăn bất chợt đến trong cuộc sống	When you think things are working out, life throws you a curveball.
be crammed into a confined space	chen chúc trong một không gian chật hẹp	People are usually crammed into a confined space on public transport during peak hours.
tempo of life	nhịp sống	The tempo of life in metropolises makes people emotionally and physically exhausted at the end of the day.
cosmopolitan cities	thành phố mang tính quốc tế	Hanoi is a cosmopolitan city where people from all walks of life come and meet up
the chirping of the birds	tiếng chim hót	The chirping of the birds helped create a calm ambience.
the rustling of leaves	lá xào xạc	He stood on the balcony, listening to the rustling of leaves.

every nook and corner	mọi góc ngách	He knows every nook and cranny of that street.
at all cost	bằng bất cứ giá nào	Security during the president's visit must be maintained at all costs.
be informed of something	được biết về cái gì	Walters was not properly informed of the reasons for her arrest.
attempt to V	cố gắng làm gì đó (việc khó khăn)	He attempted to escape through a window.
extraterrestrial life	sự sống ngoài thế giới	In those rocks may lie the best chance of finding extraterrestrial life.
pose a possibility	có khả năng	One possibility is that the situation posed by this question is clearly counterfactual for supporters of large political parties.
Easter egg(s)	điều bí ẩn, bất ngờ trong game, phim, truyện, ...	How can I find out whether any Easter eggs are hidden in my software?
prime time	giờ vàng	The interview will be broadcast during prime time.
media coverage	phạm vi phủ sóng (trên các phương tiện truyền thông)	The President's gathering was closed to media coverage.

2. Describe a popular place for sports (e.g. a stadium) that you have been to

You should say

- Where it is
- When you went there
- What you did there



- And explain how you felt about this place

Part 3:

- Do young people today do enough sports?
- What are the benefits of playing sports for children?
- Is it necessary to build public sports spaces?
- What do you think of companies donating sports venues for poor children?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
generous	rộng, lớn (về kích thước)	The car has a generous amount of space.
occupy	chiếm (thời gian, địa điểm, ...)	The bed seemed to occupy most of the room.
multifunctional	đa chức năng, làm được nhiều việc	This appliance is low-priced and multifunctional.
intended for	(được thiết kế, chế tạo) cho việc nào đó	The rooms were intended for use as laboratories.
(a/an) internationally acclaimed (noun)	nổi tiếng thế giới	Adele is an internationally acclaimed singer.
once more	thêm lần nữa	Let me hear it just once more.
(a) standing ovation	khoảnh khắc khán giả đứng lên vỗ tay tán dương (màn trình diễn, phát biểu, ...)	She received a standing ovation at the end of her speech.
relive	nhớ lại, sống lại khoảnh khắc quá khứ	Whenever I smell burning, I relive the final moments of the crash.

die-hard fan	fan ruột, fan cuồng (nghĩa tiêu cực)	My brother is a die-hard fan of football. He never misses any match.
(be) immerse yourself in something	đắm chìm vào cái gì	She got some books out of the library and immersed herself in Jewish history and culture.
lead a sedentary life	cuộc sống ít vận động	Youngsters nowadays tend to lead a sedentary life by working 8 hours per day without doing exercise.
strengthen	(động từ) tăng cường	Physical exercise can help strengthen children's immune system.
the provision of communal facilities	sự cung cấp cơ sở vật chất cho cộng đồng	The provision of communal facilities can create a positive image of the companies.
(be) deprived of something	thiếu thốn cái gì	Children in some destitute areas are deprived of basic sports infrastructure in their schools.
build a strong brand image	xây dựng hình tượng thương hiệu mạnh	Their actions can help build a strong brand image among customers in particular and the public in general.

3. Describe the home of someone you know well that you often visit

You should say:

- Whose home it is
- How often you go there
- What it is like
- And explain how you feel about the home

Part 3:



- What are the differences between buildings in the city and the ones in the countryside?
- What do young people in Vietnam prefer, living in the city or in the countryside?
- What safety risks are there in residential buildings in cities?
- Is it expensive to decorate a house or an apartment in Vietnam?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
frequent	(động từ) thường xuyên thăm, ghé	They go to clubs frequented by artists.
motif	thiết kế, phong cách thiết kế	We chose curtains with a flower motif.
(be) meticulously designed	được thiết kế tỉ mỉ, kỹ lưỡng	My room was meticulously designed by a well-known architect.
durable	chắc chắn, bền	The machines have to be made of durable materials.
maintenance	bảo trì, bảo hành, bảo dưỡng	Old houses need a lot of maintenance.
be (a) contributing factor(s) to something	là nhân tố gây nên cái gì	According to the police report of the accident, excessive speed was a contributing factor.
(be) well-retained / well(-)preserved	được bảo tồn tốt, gìn giữ tốt	It was a pretty town with a picturesque harbor and well-retained / well-preserved buildings.
tranquility	sự yên bình, tĩnh lặng	I love the tranquility of the lakes.
nostalgic	gây nhung nhớ, hoài niệm	Talking about our old family holidays has made me feel all nostalgic.

(be) imprinted on sb's mind	gắn liền với tâm trí, in dấu lên tâm trí	That look of grief would be imprinted on her mind forever.
breathtaking landscape(s)	cảnh đẹp tuyệt vời	After arriving, we admired breathtaking landscapes in the countryside.
off the beaten track	hoang vu hẻo lánh	The farmhouse we stayed in was completely off the beaten track.
relish	hưởng thụ, thích thú	I relish everything in the coastal city - Da Nang - from the fresh air to scrumptious food and friendly people.
ambience	môi trường xung quanh, hoàn cảnh, không gian của 1 nơi nào đó	Despite being a busy city, Dublin still has the ambience of a country town.
embellish	trang trí	The room is embellished with flowers and leaves.

4. Describe a place you have visited that you would recommend as a good place to live

You should say:

- Where it was
- How you felt when you were there
- And explain why you would love to live there

Part 3:

If you had a chance to live anywhere in the world, where would it be?

What are the good qualities of a good place?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
immaculate	sạch đẹp, tuyệt vời	My aunt's kitchen was always immaculate.
reside	(động từ) sống, ở	The family now resides in southern Vietnam.
(be) at ease	cảm thấy thoải mái, thư giãn	Soothing music soon put me at ease.
majestic scenery	đẹp, hùng vĩ	The majestic Montana scenery will leave you breathless.
promising career	cơ hội nghề nghiệp đầy hứa hẹn	She was a young woman with a promising career.
sleepiness	sự yên bình, tĩnh lặng của một nơi	The small town had an air of afternoon sleepiness.
out of this world	tuyệt vời	What a restaurant - the food was out of this world!
hospitable	hiếu khách	The villagers were very hospitable to/towards anyone who passed through.
overlook	nhìn qua, có view	Our hotel room overlooked the harbour.
authenticity and originality	tính nguyên bản	A good place values authenticity and originality.
community bonds	mối quan hệ cộng đồng	My hometown sparks and strengthens community bonds by weekend activities.
welcoming	chào đón, hiếu khách	My neighbor is very nice. She gave everyone a welcoming smile.



5. Describe a place in your country that you would like to recommend to visitors/travelers

You should say:

- What it is
- Where it is
- What people can do there
- And explain why you would like to recommend it to visitors/travelers

Part 3:

Is it important to take photos while traveling?

Can you trust others' journals on the internet?

What factors affect how people feel about travel?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
brag about	khoe mẽ, khoe khoang	She's always bragging about how much money she earns.
crystal clear	sạch bong, sạch như gương	The water in the bay was crystal clear. I could see the bottom of it.
serve / meet the needs of somebody	đáp ứng nhu cầu của ai đó	They don't have enough food to serve / meet their needs.
reasonable price (be) reasonably priced	giá cả hợp lý	The food there was reasonably priced, compared to other coastal cities I have been to.
eatery	nhà hàng	We met in a little eatery just off the main road.
plentiful	có rất nhiều	Strawberries are plentiful in the summer.

satiate sb's food cravings	thỏa mãn cơn đói của ai đó	Tourists can satiate their food cravings by diverse seafood in restaurants.
peace of mind	bình yên trong tâm trí	I need to check that she is all right, just for my own peace of mind (= so that I do not have to worry).
embrace	gìn giữ, ôm chặt, bao gồm, ...	Linguistics embraces a diverse range of subjects such as phonetics and stylistics.
under-the-radar	không được nhiều người quan tâm chú ý tới	The boutique specializes in trendy and under-the-radar brands.
mass tourism	du lịch đại trà	Mass tourism refers to the movement of a large number of organized tourists to popular holiday destinations for recreational purposes
pristine	hoang sơ	The oil slick seems certain to blacken miles of pristine coastline.
mesmerizing	đáng nhớ, cuốn hút	Her performance was mesmerizing.
credible credibility	đáng tin, có thể tin cậy	You should always critically evaluate an online source to test its credibility / to see if it's credible.



TOPIC GROUP 6: OTHER TOPICS

1. Describe a positive change that you made in your life

You should say:

- What it is
- Why you did it
- Who you did it with

And explain how you feel about the change

Part 3:

- Is it easier for young people to change?
- Is it easy for old people to change?
- How can people change their daily routine if they want to?
- What are the disadvantages when people keep making changes?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
enthusiastically embrace	áp ủ nồng nhiệt	She enthusiastically embraced the dream to become a doctor in the future.
immediate gratification	sự thoả mãn ngay lập tức	I've slowly moved away from the immediate gratification of junk food
get out of hand	không thể kiểm soát	She was furious with herself for letting things get out of hand.
cut down	cắt giảm	You should cut down on inessential spending.
settle on	bắt đầu	After much discussion, we both settled on a name for our baby with Angel.
spry (people)	nhanh nhẹn, hoạt bát	A spry elderly man was pulling weeds in a large garden.

irrefutable (proof)	không thể phản bác được	It's irrefutable proof that I'm right and you're wrong.
miss out on	hối hận	I have enjoyed enough junk food earlier in life, so I don't feel like I missed out on it!
be accustomed to	quen với	Everybody is accustomed to technology.
You can't teach an old dog new tricks	dạy ai đó thay đổi một	It was evident that you can't teach an old dog new tricks.
ups and downs (idioms)	trạng thái lúc lên thăng trầm lúc đỉnh cao	My grandfather experienced ups and downs in his life.
threaten the livelihoods of	đe dọa gì	Catastrophic floods can threaten the livelihoods of locals.
be the catalyst for	trở thành chất xúc tác cho cái gì	The protests became the catalyst for political change.
afraid of	sợ gì đó	My daughter is afraid of complete darkness.
sense of security	cảm giác an toàn	She always feels a sense of security in his arms.

2. Describe something you do that can help you concentrate on work/study

You should say:

- What it is
- How it helps you concentrate
- When you do it

And explain how you feel about it

Part 3:

- Why is it more difficult for children to concentrate nowadays than in the past?

- Do you think technology will harm children's ability to concentrate?
- What kinds of jobs require a high level of concentration?
- Can exercising help people improve concentration?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
concentrate on	tập trung vào cái gì	I have to concentrate on my revision for my final exam.
give myself a deadline to	tự đặt cho mình hạn chót cho việc gì	I have to give myself a deadline to finish the homework.
within a certain timeframe	trong 1 khung thời gian	You should complete the task within a certain timeframe.
get distracted	bị làm phiền bởi	If you study with other people, you can get distracted easily.
engage in	tập trung vào, tham gia vào	My doctors encourage me to engage in sports.
stay focused	giữ cho tập trung vào	Be quiet! I have to stay focused.
hinder (development)	gây cản trở (sự phát triển)	Lack of careful planning can hinder the development of an individual.
scroll through	lướt	I love scrolling through my phone whenever I have time to spare.
laser focused	tập trung cao độ	A successful strategy must be laser-focused on adopting a development path.
ambivalent (attitude) (adj.)	có sự mâu thuẫn trong tư tưởng	I have an ambivalent attitude towards smoking in general.



have/keep your ear to the ground (idioms)	nhảy bén với gì	His boss told him to keep his ear to the ground so that he'd be the first to know of a new idea.
take heed of	cần tập trung và cẩn trọng với một vấn đề cụ thể.	You should take heed of your doctor's advice.
zoom in on sth (zero in on)	để ý và quan tâm đặc biệt đến một vấn đề nào đó	My teacher immediately zoomed in on the weakest part of my argument.

3. Describe something you do to keep fit and stay healthy

You should say:

- What it is
- When you do it
- Who you do it with

And explain why you think this method is important

Part 3:

- How do children and old people keep fit and healthy?
- What do people normally do to keep fit and healthy in your country?
- How can parents help and guide their kids to keep healthy?
- Do you think it is a good way for governments to use the power of idol to help people to build health awareness?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
stay in shape	giữ dáng	I practice yoga to stay in shape.
in the vicinity of	gần chỗ nào	There isn't a good school in the vicinity of my neighborhood.

kept my nose to the grindstone	làm việc chăm chỉ	She kept her nose to the grindstone all year and got the exam results she wanted.
refresh my mind	giải trí	I often listen to music to refresh my mind.
opt for	chọn	Most people in Britain opt for buying a house rather than renting.
suffer from	chịu đựng	Without a healthy lifestyle, you can suffer from many diseases.
let my hair down thư giãn	thư giãn, nghỉ ngơi	Do let your hair down after a hard-working day!
recharge my battery	nạp lại năng lượng	She took a trip to Paris to recharge her batteries after a long period of working.
life-threatening disease	những bệnh đe dọa đến tính mạng	John denies having a life threatening disease.
as fit as a fiddle (idiom)	khỏe như vâm	I felt as fit as a fiddle after the long vacation.
under the weather (idiom)	bị ốm	She has been under the weather since last Wednesday.
maintain a balanced diet	duy trì chế độ ăn cân bằng	Being aware of nutrients in each meal is of great importance in maintaining a balanced diet.
enhance suppleness	tăng sự dẻo dai	Doing yoga can enhance people's suppleness.
athletics-based activity	các hoạt động liên quan đến điền kinh	My younger brother is fond of practicing athletics-based activities like running and jumping.



body coordination	sự phối hợp cơ thể	Body coordination can be maintained by playing sports regularly.
(demand, require) dexterity	(yêu cầu) sự dẻo dai	Some jobs require dexterity in work.
combat sports	thể thao đối kháng	In many combat sports, a contestant wins by scoring more points than the opponent.
take up doing something	bắt đầu hoạt động gì đó như là 1 sở thích	I take up karate to protect myself.

4. Describe something that surprised you

You should say:

- What it is
- How you found out about it
- What you did when you found out about it

And explain whether it made you happy

Part 3:

- How do people express happiness in your culture?
- Do you think happiness has any effect on people? How?
- How can people become more happy in life?
- Do you think sometimes being unhappy is good? Why?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
shed some light on	giải thích chi tiết cho cái gì	We had hoped that she would be able to shed some light on the problem.
prepare for	chuẩn bị cho cái gì	You should carefully prepare for the final exam.

with flying colors (idiom)	thi đỗ gì đó với số điểm cao	He finished his course with flying colors.
burn the midnight oil (idiom)	thức tãg đêm là gì	If you burn the midnight oil night after night, you'll probably become ill.
at the drop of the hat (idiom)	ngay tức khắc	I want to be at school at the drop of the hat because it's too late now.
be on cloud nine (idiom)	rất vui	She was on cloud-nine after her victory.
get familiar with	quen với cái gì	How do you believe literature can help you become familiar with a culture?
the frame of mind (phrase)	tâm trạng	I'm not in the right frame of mind for jokes right now.
Brighten up	hơn hỏ, làm bừng sáng	Fresh flowers will brighten up any room in the house.
comfortable in your own skin (idiom)	tự tin khoe cá tính	Jane is so comfortable in her own skin that I have no doubt that she'll find her ideal path in life.
full of the joys of spring	rất vui, tràn đầy năng lượng	She looks full of the joys of spring this morning.
have a sense of purpose	có mục đích trong đời	He has a sense of purpose as a youngster.
the pursuit of happiness	sự theo đuổi hạnh phúc	"All men are created equal and they are endowed with the rights to life, liberty and the pursuit of happiness.
get hung up on sth	bận tâm về việc gì	He got so hung up on his ex-girlfriend that he didn't even notice the pretty girl flirting with him at the bar.



guilt trip sb	làm ai cảm thấy có lỗi	Don't cause a guilt trip on your child about schoolwork.
creatively fulfilled	thoả mãn sức sáng tạo	They creatively fulfilled their tasks with all their knowledge.
be consumed with sth	quá đắm chìm vào cái gì đó	She is too consumed with her job, but forgets to take care of herself.

5. Describe an important river/lake in your country

You should say:

- Where it is located
- How big/long it is
- What it looks like

And explain why it is important

Part 3:

- Are there many lakes/rivers in your country?
- What are the ways local people can benefit from the rivers/lakes in their area?
- Who should be responsible for water pollution in many parts of the world?
Individuals, businesses, or the government?
- What can individuals and the government do to solve water pollution problems?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
iconic landscapes	cảnh đẹp mang tính biểu tượng	In Vietnam, there are several iconic landscapes.
vermillion red	đỏ son	She got dressed and brought a vermillion red sash.
poetically beautiful	đẹp nên thơ	This mountain is poetically beautiful.

historical observer	người chứng kiến lịch sử	Many of my family were historical observers of the war in the 70s.
picturesque scenery	cảnh đẹp như tranh vẽ	Vietnam is famous for its picturesque scenery.
pass down for	truyền lại	His metalwork is a family trade, passed down from generation to generation.
traditional pastimes	thú tiêu khiển ngày xưa	The traditional pastimes are very interesting.
nature geek	am hiểu thiên nhiên	My older brother is truly a nature geek.
tributaries (rivers)	các nhánh sông	The Mekong river is distributed into several tributaries.
the way I see it (phrase)	theo như cách mà tôi hiểu	The way I see it, email is much more efficient and convenient than traditional mail.
an exhilarating and invigorating experience	một trải nghiệm phần khích và tràn đầy sức sống	The trip to Paris was one of my most exhilarating and invigorating experiences.
dying to	khao khát, mong muốn	I am dying to try seafood at some point in my lifetime.
transportation routes	các tuyến đường chính	There are many transportation routes in my hometown.
lies in the very heart of (phrase)	nằm ở trung tâm / nằm ở giữa lòng	This lake lies in the very heart of the city.



put one's mind at ease (phrase)	làm tâm trí nhẹ nhõm, thư giãn	Every time when I come back to my hometown, this can put my mind at ease.
bodies of water/water bodies	thủy vực	Immerse yourself in stunning bodies of water from north to south.
soothing (river, music)	êm dịu	I find the music relaxing and soothing.
serenity	sự êm đềm	You can enjoy the serenity of the river at dawn.
strong currents	sóng to	This river doesn't have any strong currents.
put one's life at risk (phrase)	đặt mình vào tình huống hiểm nghèo	This rough river puts all travelers' lives at risk.

6. Describe a change you made in your daily life that saved you a lot of time

You should say:

- What it is
- How you implement it
- How difficult it is

And explain how you feel about the change

Part 3:

- What can people do to save time on daily activities?
- Does technology help people save time? How and why?
- Do you think parents should be the one to teach children to save time?
- Do people with good time management skills become successful more easily?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
(crucial) breakthroughs	bước đột phá	We have achieved a crucial breakthrough in the pursuit of peace.
budget my time	tính toán thời gian	I find it difficult to budget my time appropriately.
commonly encounter	hay gặp thường xuyên	Deers were commonly encountered in the mountains of Vietnam until quite recently.
in advance (phrase)	trước	You must book a table in advance in this restaurant.
miss out	thất bại, bỏ qua cái gì	Oh, I'm sorry Jane, I've missed out on you. What would you like to eat?
undesirable (results)	kết quả không mong muốn	I felt sad because I got undesirable results in the final exam.
change my habit	thay đổi thói quen	To live healthier, you have to change your old habits.
set aside	tiết kiệm gì	She had some money in an account that she'd set aside for her little child.
To-do list	danh sách cần làm	You should plan your to-do list every day.
Early bird	người dậy sớm	My mom is truly an early bird because she often wakes up at 5 o'clock.
pick up a habit	hình thành thói quen	You should pick up good habits of eating healthily.
peace of mind	sự yên tâm, sự thanh thản	The old woman has complete peace of mind.



allocate time	phân bổ thời gian	My job is to allocate time to review company products.
downward spirals	vòng xoáy đi xuống	Her life was in a downward spiral as she battled depression and addiction.
Inundated with	bận ngập đầu	Last month, I was inundated with my studies at university.

7. Describe an impressive English lesson you had and enjoyed

You should say:

- What it was about
- When you had it
- What the teacher did

And why you enjoyed the lesson

Part 3:

- Why do people learn foreign languages?
- What are the qualities of a good foreign language teacher?
- Do you think grammar is important when learning foreign languages?
- How can a foreign language teacher make their lessons interesting?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
inspirational (talk, speech)	bài nói, bài diễn thuyết truyền cảm hứng	He gave an inspirational talk on overcoming obstacles in life.
renowned (person)	người nổi tiếng	She wanted to become a renowned person in her field in the future.

to sincerely confess	thành thật mà nói	I can sincerely confess to you that I do not necessarily spend my time doing what I want to do.
overwhelming (urge/desire/need)	khó có thể cưỡng lại được	She felt an overwhelming desire to tell someone about what had happened.
enlightened in	sáng tỏ về cái gì	I was enlightened in every English lesson given by Henry.
linguistic absorption	sự tiếp nhận ngôn ngữ	The living environment plays an important role in the linguistic absorption of a learner.
reignite the passionate flame for	truyền nhiệt, truyền cảm hứng	This movie has reignited the passionate flame for my desire to find true love.
authentic lens	Góc nhìn chân thực	A language learner should have an authentic lens about cultural diversity.
lingua franca	Ngôn ngữ cầu nối/ đi làm/ du lịch	English is a type of lingua franca in many countries.
cultural sensitivity	Sự nhạy cảm về văn hóa	Teachers may not have enough cultural sensitivity to recognize such subtle but important differences.
comfort zone	Vùng an toàn	Step out of your comfort zone and set goals that require risk and uncertainty.
linguistic competency	năng lực ngôn ngữ	The linguistic competency of a person is expressed in many forms like writing or speaking.
you name it (phrase)	vân vân	The camp offers horse riding, tennis, football, water sports, you name it.



local dialects	tiếng địa phương	For one thing, Australia has a comparatively short history whereas the establishment of local dialects usually requires more time than that.
to adopt the dominant language	nói ngôn ngữ chiếm ưu thế	To adapt to the modern world, you should adopt a dominant language like English.
to encounter language barriers	gặp phải những rào cản ngôn ngữ	While travelling abroad, visitors may encounter some language barriers.
language preservation	sự bảo tồn ngôn ngữ	Respecting your mother tongue is important for language preservation.
to support language learning	hỗ trợ việc học ngôn ngữ	I need a tutor to support my language learning.
heritage language	ngôn ngữ được kế thừa từ đời này sang đời khác	Some ethnicities have a heritage language from their colonial period.

8. Describe a story or novel you have read that you found interesting

You should say

- When you read it
- What the story or novel was about
- Who wrote it

And explain why you think it was interesting

Part 3:

- How does technology help people tell their stories?
- Which one is more popular in Vietnam, ebooks or paper books?
- Why are mystery novels so popular nowadays?
- What kinds of stories do children in Vietnam enjoy reading?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
adapted into	chuyển thể thành phim	This novel was adapted into a movie in 2008.
blockbuster (movie/novel)	bom tấn	I felt the movie was a good blockbuster
titular character	nhân vật chính	In the end, all the titular characters are dead.
in need of (phrase)	cần gì đó	She was in need of money at a difficult time.
take the plunge	quyết định làm gì	They're finally taking the plunge and getting married.
take enormous enjoyment in	cảm thấy thích thú từ việc gì	I can take enormous enjoyment in watching films.
slow down to a grinding halt (idiom)	đi đến hồi kết	This movie slows down to a grinding halt.
avid reader	người thích đọc sách	My grandmother is an avid reader.
a profound impression	ấn tượng sâu sắc	This movie left a profound impression on me thanks to the mesmerizing beauty of its characters.
revolve around	xoay quanh	This novel revolves around the lives of the poor.
protagonist	nhân vật chính	Preston is the young male protagonist in the play, who is traditionally played by a young actress in boy's clothes.



top-notch (movie, film)	xuất sắc	This movie is top-notch.
to be fascinated with	bị mê hoặc với	I am fascinated with the plot of this film.
let their imagination run wild	thỏa sức tưởng tượng	This movie has an open ending, so it lets the audience's imagination run wild.
moral lessons	các bài học đạo đức	Each novel can convey some particular moral lessons.
spark their children's interest in	khơi gợi sự thích thú	Cartoons can spark children's interest in wildlife.
an insatiable thirst for	con thèm khát kiến thức	My little sister had an insatiable thirst for knowledge.
enrich one's knowledge and spiritual life	làm giàu kiến thức và đời sống tinh thần	Reading novels can enrich people's knowledge and spiritual life.

9. Describe an important thing you learned (not at school or college)

You should say:

- What it is
- When you learned it
- How you learned it

And explain why it was important

Part 3

- What can children learn from parents?
- Do you think some children are well-behaved because they are influenced by their parents?
- Is it necessary for adults to learn new things?
- How can people learn new things?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
a lifelong process	quá trình cả đời	Learning is a lifelong process.
pick up	góp nhặt kiến thức	I can pick up a lot of new knowledge at my university.
be not one's cup of tea (idiom)	không phải là sở thích của ai	Playing games is not my cup of tea.
internet-based materials	tài liệu trên mạng	Students these days get used to searching internet-based materials.
nowhere to be found	không được tìm thấy ở đâu	We looked for her everywhere, but she was nowhere to be found.
sneak into	lén vào	You could always sneak into the movie without paying.
Learner-oriented	hướng tới người đọc	This educational reform plan is learner-oriented.
parental guidance	sự hướng dẫn của cha mẹ	Parental guidance is important in the moral development of a child.
childcare and housework	việc nhà và việc chăm sóc trẻ	Women are mainly responsible for childcare and housework.
educate children about the importance of sth	giáo dục trẻ về tầm quan trọng của...	Parents should educate children about the importance of self-reliance.
take more family trips	tổ chức nhiều chuyến đi cùng gia đình hơn	Parents are advised to take more family trips to connect with their kids.



become a positive role model	trở thành hình mẫu tốt	Parents should become positive role models for their children.
have long-term positive implications for	có ý nghĩa tích cực lâu dài đối với ...	Parents' emotional reactions can have long-term positive implications for children's emotional expression.
close ranks	sát cánh	It is a parental responsibility to close ranks with their kids.
like father, like son (idiom)	cha nào con nấy	The boy has a full face. Like father, like son.
run in the family (idiom)	di truyền	Intelligence seems to run in his family.

10. Describe a difficult decision that you made and had a good result

You should say:

- What the decision was
- When you made that decision
- Why it was difficult to make
- And explain how you felt about the good result

Part 3:

- What kinds of decisions do young people have to make?
- Do you think young people are easily influenced by others while making decisions?
- Do you think some people can make decisions without asking for advice from others?
- Do you think it is necessary for kids to make as many decisions as they can?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
momentous decision	quyết định quan trọng	Whether or not to move overseas was a momentous decision for the family.
open up (an) opportunity	mở ra cơ hội	Studying abroad for several years may open up a wealth of opportunity for students.
take a course	tham gia khóa học	I'd like to take a writing course when I retire.
leading	đứng đầu, hàng đầu	He has established himself as the leading candidate in the election.
forte	điểm mạnh	Cooking was not exactly her forte.
be of two minds	phân vân, chưa biết chọn cái gì	I was of two minds about whether to invite him to the wedding.
turn upside down	đảo lộn (theo chiều hướng xấu)	Their lives were turned upside down when their son was arrested.
hone to perfection	rèn luyện, làm cái gì đó hoàn hảo phù hợp với mục đích	His physique was honed to perfection.
(be) elated	rất vui vẻ, hạnh phúc	The prince was reported to be elated at/by the birth of his daughter.
transitional stage	giai đoạn chuyển đổi, chuyển tiếp, thay đổi (trong cuộc sống, công việc, học tập, ...)	She is only four so is at that transitional stage but it was a great effort and she should improve a lot.
(a) considered opinion / decision	1 quyết định đã được cân nhắc kỹ	It is my considered opinion / decision that he should be promoted.

self-aware	có nhận thức, hiểu bản thân	He is self-aware enough to realize that he needs help.
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11. Describe a problem you had while shopping online or in a store

You should say:

- When it happened
- What you bought
- What problem you had
- And explain how you felt about the experience

Part 3:

- What are the factors of a good service?
- What are the differences between shopping online and shopping in stores?
- What problems do customers often have while shopping?
- What do you think customers should do when there are problems with the products they bought online?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
by nature	theo tính cách	She is, by nature, a sunny, positive kind of person.
(be) conveniently located / situated	(một nơi) ở chỗ dễ tìm, dễ thấy	The house is conveniently situated near the station and the shops.
(be) after something / somebody	tìm kiếm cái gì, ai đó	The police are after him.
my mind goes blank	đầu trống rỗng, không nghĩ ra gì	When she asked me his name, my mind went blank.
stand motionless	đứng im không cử động	She stood absolutely motionless.

head for something / somewhere	đi về phía cái gì, nơi nào	He headed straight for (= went towards) the fridge.
brand awareness	nhận diện thương hiệu	Outside of the UK, the company has low brand awareness.
word of mouth	truyền miệng	We get most of our work through word-of-mouth recommendations.
brick-and-mortar	(cửa hàng, tòa nhà) offline (sử dụng khi so sánh với các cửa hàng online)	Online retailers try to lure customers away from their brick-and-mortar competitors.
live up to sb's expectation	đáp ứng được nguyện vọng của ai đó	The holiday lived up to all our expectations (= was as good as we were expecting).
(be) at fault	mắc lỗi, phạm sai lầm	Her doctor was at fault for/in not sending her straight to a specialist.
cut-throat (business / competition / market)	gay cấn, khốc liệt, không công bằng	Many firms have fallen victim to cut-throat competition.
fulfill sb's duty / responsibility	thực hiện đầy đủ trách nhiệm / nhiệm vụ của ai đó	He has failed to fulfill his duties as a father.
know-how	kinh nghiệm, kiến thức thực tế	I don't have the technical know-how to repair a computer.
go the extra mile	cố gắng hết sức, hơn kỳ vọng	He's a nice guy, always ready to go the extra mile for his friends.



12. Describe a disagreement you had with someone

You should say

- Who you had the disagreement with
- What the disagreement was
- What happened during the disagreement
- And explain how you felt about it

Part 3:

- What kind of topics do people usually argue about today?
- What are the ways to prevent an argument from escalating into a fight?
- Who do you think should teach children to respect others?
- What disagreements do parents and children usually have?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
bound to V	có khả năng xảy ra	You're bound to feel nervous about your interview.
overwhelming	quá nhiều, tràn ngập, lấn át	I felt an overwhelming sense of relief when the semester was over.
all things considered	mọi thứ đều tốt (nhìn chung) mặc dù chưa phải hoàn hảo	I think the party was great, all things considered - I mean we didn't have much time to get ready, but it still went well.
be in charge of something	chịu trách nhiệm làm gì / cái gì	The teacher put me in charge of organizing the project.
distribute something to somebody	phân phát cái gì cho ai	Food and clothing are being distributed to the flood victims.
division of labor	phân công lao động	Society is challenging the traditional sexual division of labor.

pull an all-nighter	thức trắng đêm để học bài, làm việc	I pulled an all-nighter last night.
the last minute	phút cuối	He always leaves his homework until the last minute.
beg to differ	xin phép được không đồng ý (lịch sự)	'At least she is good at her job.' 'Oh, I beg to differ.'
get in contact with somebody	liên hệ, liên lạc với ai	Anyone with any information about the incident is asked to get in contact with the police (= phone them or go to see them).
miss out on something	lỡ mất, không tận dụng được cái gì	Don't miss out on the fantastic bargains in our summer sale.
common ground	kiến thức, sở thích chung	Once we'd found some common ground (= things we both knew about) we got along very well together.
have a quarrel over / about something	tranh cãi về cái gì đó	They had a bitter quarrel about/over some money three years ago and they haven't spoken to each other since.
with (all due) respect	với tất cả lòng kính trọng, nhưng ... (dùng biểu thị sự không đồng ý nhưng vẫn tôn trọng đối phương)	With all due respect, Sir, I cannot agree with your last statement.
come into conflict with somebody	tranh chấp, có xích mích với ai	It is only to be expected that members of your team will come into conflict with each other at some point.



13. Describe a movie you watched recently and would like to watch again

You should say:

- What type of movie it was
- What it was about
- Where you watched it
- And explain why you would like to watch it again

Part 3:

- Where do people in Vietnam normally watch movies?
- What are the differences between watching movies at home and at the cinema?
- Are famous actors or actresses important for a movie to be successful? Why are there fewer people going to the cinema to watch movies nowadays?

TỪ VỰNG	NGHĨA TIẾNG VIỆT	VÍ DỤ
prestigious award(s)	giải thưởng danh giá	The car won some of the industry's most prestigious awards.
have a change of heart	thay đổi ý định, tâm ý	She was going to sell her house but had a change of heart at the last minute.
groundbreaking	mới, nổi bật, khác với trước	His latest movie is interesting, but not groundbreaking.
world-famous	nổi tiếng thế giới	His books are world-famous.
venture into something / somewhere	đi khám phá (những nơi nguy hiểm và hoang sơ)	As we set off into the forest, we felt as though we were venturing (forth) into the unknown.
in search of something	tìm kiếm thứ gì	She was shot by a sniper when she went out in search of firewood.

a/an (adjective) quest for something	sự tìm kiếm lâu dài một điều / thứ gì khó, hiếm	Nothing will stop them in their quest for truth.
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