

Bepul tarqatish uchun!

## **SAMPLE TOPICS AND QUESTIONS**

### **PART 1**

#### **Hometown**

Where is your hometown?

What do you like about it?

Were there any changes in your hometown in recent years?

#### **Job / Studies**

Do you work or study?

What was your typical day like at work / school?

Is there anything you don't like about your job / studies?

#### **Family**

How many people are there in your immediate family?

Who do you get on best within your family?

What do you do together with your family?

#### **Home**

What can you tell me about the place you live in?

Is there anything you would like to change about the place you live in?

Do you plan to live there for a long time?

#### **Weather**

What's your favourite kind of weather?

Is there any type of weather you really don't like?

What is the climate like in your country?

#### **Transportation**

Do you prefer public transportation or private transportation?

What's the most popular means of transportation in your hometown?

How has public transportation changed in recent years?

#### **School**

Do you miss your life at school?

Who was your favorite teacher at school?

Do you still keep in touch with your friends from school?

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### **Friends**

Do you have a best friend?

How often do you meet with your friends?

What do you spend your time with them?

### **Lifestyle**

What do you do in your free time?

Do you have a busy social life?

Has your life changed much in the last year?

### **TV**

Do you like watching TV?

How often do you watch TV?

What kind of TV programs do you like to watch?

### **Books**

Do you like reading books?

How often do you read?

Do you have many books at home?

### **Cinema**

How often do you go to the cinema?

Are cinema tickets expensive in your country?

What are the advantages of seeing a film at the cinema?

### **Ads**

Do you like watching advertisements?

Will you buy something because of an advertisement?

Do you like funny or serious advertisements?

## **Films**

What kind of movies do you like?

Do you usually watch films alone or with others?

Which actor would you like to play you in a film?

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## **Computers**

Do you use computers?

What do you use a computer to do?

Do you think computers changed your life a lot?

## **Music**

Do you listen to music?

What's your favorite kind of music?

What kinds of music are (most) popular in your country?

## **Newspapers**

Do you often read newspapers?

Do you prefer to read local news or international news?

Which is more popular where you live, newspapers or magazines?

## **Traveling**

Where was the last place you visited on holiday?

Would you like to go back there again?

What kind of tourist destinations do you usually prefer?

## **The internet**

How important is the Internet to you?

Do you use the Internet more for work or in your free time?

Do you think you use the Internet too much?

## **Sports**

Do you like outdoor activities?

What outdoor sports do you like?

How much time do you spend outdoors every week?

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## **PART 2**

Describe **an advertisement** that persuaded you to buy a product.

You should say:

- what advertisement it was
- where it was shown (TV, radio or newspaper)
- what was good about that advertisement

and explain why that advertisement made the product seem attractive.

Describe **an animal** that you find unusual.

You should say:

- what animal it is
- what is unusual about it
- where you saw it or learned about it

and whether it can be kept as a pet.

Talk about **a painting** you would like to have in your home.

You should say:

- what is it
- how you know about it
- how much it would cost you

and explain why you want to have it in your home.

Describe **a book** you read that you found useful.

You should say:

- what it was
- when you read it
- how you felt about it

and explain why you think it is useful.

Describe **a successful business** that you know about.

You should say:

- what business it is
- what this business does
- how you know about this business

and explain why you think this business is successful.

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Describe a **positive change** in your life.

You should say:

- what the change was about
- when it happened
- details of the change happened

and how it affected you later in life.

Describe an unforgettable event from your **childhood**.

You should say:

- what event it was
- when and where it took place
- who organized it

and what particularly you liked about that event.

Talk about a **beautiful city** in your country.

You should say:

- where it is
- how you came to know about it
- when you plan to go there

and explain why you recommend this place.

Describe an **important decision** you have made.

You should say:

- what the decision was
- why you made that choice

- who helped you make the choice

and explain why the decision was so important.

Describe **an environmental problem** that you think is most disturbing.

You should say:

- what it is
- where it is happening
- what problems it causes

and explain how it could be solved.

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### **PART 3**

#### **Advertisement**

Do you think advertising influences what people buy?

Is advertising really necessary in modern society?

Is there any advertising that can be harmful to children?

#### **Art**

How do people in your country feel about art?

How has art changed in the past few decades in your country?

Do you think children should study art in school?

#### **Reading**

Do people read more nowadays?

What is one example of traditional literature in your country?

Do you like reading the traditional literature of your country?

#### **Change**

Do you think change is good?

In what ways have changes in technology changed people's lives?

Why do old people not accept change?

#### **Cities**

In your opinion, what makes a city a good one to live in?

What are the advantages of living in a city?

In your opinion, what are the negative aspects of crowded cities?

### **Clothes**

Why do some companies ask their staff to wear uniforms?

What are the advantages and disadvantages of having uniforms at work?

Do you think people are treated differently when they are in uniform?

### **Education**

How has education changed in your country in the last ten years?

Is a good education more important to a boy or a girl?

How well do you think schools prepare young people for working life?

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### **Family**

In what ways have families in your country changed in recent years?

Should husbands and wives have different roles within the family?

What responsibilities do parents have towards their children?

### **History**

Do you think history is important?

What do you think we can learn by studying history?

Do you think people can learn history from films or TV programs?

### **Holiday**

Why do people go on holiday?

How important is it for families to go on holiday together?

Why do some people go on holiday alone?

### **The internet**

Do people these days rely on books or on the internet to find information?

Is online information reliable?

What kind of information do people trust more?

### **Lateness**

What is the general attitude towards arriving somewhere late in your country?

What is an example of a time that it is very important for people to arrive on time in

your country?

Can you suggest some ways to make sure you are not late for anything?

### **Shopping**

What things do young people like to buy in your country?

Is it a good idea to save money?

Do you think that people are happier if they have money?

### **Sports**

What are the best ways to keep fit?

Do you think most people consider exercise a chore or do they find it fun?

Do you think people in your country are less healthy than they used to be?

*Describe an advertisement that persuaded you to buy a product*

- *What advertisement it was*
- *Was it shown on TV, radio or newspaper*
- *What was good about that advertisement*

*Explain why do you think that advertisement attracted you to buy the product*

Following is a sample response to the above cue card question of IELTS speaking.

### **Sample Answer 1**

Here is the sample for “Describe an Advertisement which you found very persuasive” topic

Undoubtedly, the advent of social media has given a duly kick to advertisers and promoters worldwide. These days, we can find ourselves surrounded by persuasive promotions on almost every channel, whether offline or online. In my opinion, I find TV advertisements to be more informative and gripping than the ones



appearing on social media. Last week, I came across an ad on TV by Samsung wherein the brand was promoting their latest release – the Samsung Galaxy S21. In the advertisement, a young lady seemingly was on a road trip with her friends where she used the Samsung Galaxy S21 to record her surroundings and click pictures of her friends. I found the concept enthralling; hence, I decided not to change the channel and watch it till the end.

Also, alongside the lady trying to capture everything, the brand had listed out the specifications and essential features of the phone. The beauty and elegant design of the phone were highlighted, which impressed me greatly. This advertisement pinpointed everything required to know to buy this phone, from the display size to the battery capacity.

Since I was planning to upgrade my phone to a newer version, I was influenced by this commercial. Post the advertisement, I instantly searched for more features and pricing of the phone on the internet. I liked almost everything about it; thus, I ordered one myself.

All in all, I can state that the TV advertisements are influential, at least for me, as I ended up making this significant purchase merely because of a commercial.

### **Advertisement**

Do you think advertising influences what people buy?

Is advertising really necessary in modern society?

Is there any advertising that can be harmful to children?

#### **1. Do you think advertising influences what people buy?**

Yes, definitely. If there were no advertising and you went to a shop, then you would just buy what you wanted based on maybe what others have told you, what the product looks like, or, depending on the product, what it says on the label.

Advertising builds up a brand and people then trust a certain thing because they have seen it on television or elsewhere.

Also, there is so much advertising around it must influence us. You can't escape it as it is fed to us constantly in our daily lives – not only in magazines, radio and television, but on billboards, on TVs installed on trains and platforms, even in schools and universities. So yes, advertising influences what we buy.

### **3. Is advertising really necessary in modern society?**

It could be seen to be necessary in terms of the fact that, as I mentioned before, there is so much choice that we need someone to guide us in what to buy or to give us some extra information about products. Without this, it would be difficult to know where to start. However, that said, I'm not sure that I would regard it as 'necessary' as overall I think it may do more harm than good.

As we just discussed, advertising encourages people to buy things they possibly do not need. We live in a consumer society and many people are in debt because we are encouraged to buy and buy, and I'm sure advertising plays a major role in this. Without advertising we could just do our own research and decide what we really need. So no, I would not say that advertising is necessary in modern society

### ***3. How does advertising influence children?***

*Good answer starters:*

- children are an extremely vulnerable target audience

How ads influence children:

- commercials make children pester their parents for junk food, expensive toys and modern gadgets
- children make excessive demands on their parents for the products they see in the ads, especially if they were advertised by their favourite characters
- some children even have tantrums in public if their parents refuse to buy products they see in ads
- children often imitate specific behaviours they see in ads
- advertising affects kids' well-being
- advertising leads children to choose junk food instead of healthy options

- advertising causes changes in children's behaviour.

Why this happens:

- children take everything at face value and therefore they are easy to persuade
- children are cognitively and psychologically defenceless against advertising
- children are not able to understand persuasive character of advertising messages.

**Talk about a painting you would like to have in your home.**

**You should say:**

- **what is it**
- **how you know about it**
- **how much it would cost you**

**and explain why you want to have it in your home.**

"The Creation of Adam" painted by Michelangelo is the painting that I would like to have in my house. It is a painting that forms the part of the Sistine Chapel Ceiling, and it illustrates the Biblical creation narration of humans from the book of Genesis. This picture depicts the creation of "human" where God breathes life into Adam. This is considered to be one of the finest works ever done by a painter and only rivalled by two other great paintings: Mona Lisa and The Last Supper.

I saw a picture of this painting in our history book when I was in high school, and I was amazed by the painting and the idea of the painting. I am sure this painting is

priceless, and no individual would be able to own it and hang it in his/her house. But I can buy a copied version of this painting which would cost me around \$40.

When I looked at the painting in my early childhood, I was enthralled by the idea and fine work of this painting. This painting inspired me to learn more about painting and the greatest work of mythological paintings. Later I learned about other great paintings by Michelangelo and by other greatest artists. Furthermore, every time I look at this picture, I feel the overwhelming joy of creation, the human race and divinity. Because of this, I would like to have this picture (more accurately the copy of the original one) in my home.

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## **Art**

### **How do people in your country feel about art?**

**Answer:** We, humans, are “unique” in our existence and experience. Therefore, it is only natural that we have our needs and expectation that are unique as well. But among those unique needs and expectation, that separates us from animals, enjoying art seems to be something that makes us “truly” unique as humans.

So, what is the general purpose of art? Well, the answer is, art helps us to look at ourselves little “closer” in a different light by explaining our desire and expectation in more details which otherwise wouldn’t be possible. With the help of art, we are able to communicate our social, political, cultural and spiritual ideas in a much more organized manner so that we feel “challenged” to rethink over the issues and the subjects that are affecting us and our surroundings on a daily basis.

We enjoy art because it stimulates our hearts and minds to appreciate our lives in a more positive light. We enjoy art also because it makes us feel “different” by combining our “unusual motifs” that weave their way into our “subconscious” (or the “hidden” us) and alter our mood so that we feel free to travel into a different

realm.

### **How has art changed in the past few decades in your country?**

Answer: I am no art expert, but as far as I can understand, art has certainly changed in the last few decades in my country. For example, before a few decades, any artwork, be it a drama performance, film, or painting work, used to be “original” and “thought-provoking”. But these days, most artworks are void of any particular “message” or sometimes bear complex meanings which could possibly reflect our society and lifestyle in general. Besides, before a few decades ago, artists were reluctant to stay close to “power and establishment”, but these days, their artworks act as some kind of “mouthpiece” of the “establishment” most of the times.

Finally, in the past, artworks mostly reflected our own culture and tradition but they are more "universal" in these days.

### **Do you think children should study art in school?**

Answer: Art is like food for the soul, and that’s why children can benefit a lot from learning at school. To start with, through learning art children can draw their “creativities” out in the light by painting some interesting art pieces or by acting in a certain way in drama class. Learning art may also increase patience and determination in children because it takes a long time and efforts to learn and understand this subject. Finally, it also promotes teamwork and problem-solving skills as the children learn to collaborate and compete with each other in order to do well in art classes.

### **Cue card Describe a book**

Books play an essential role in every student's/ person's life because books providing knowledge of the outside world, introduce them to a world of imagination, improving their reading, writing and speaking skills, and boosting memory and intelligence.

I like to read motivational, story and investigation related books.

Today, I would like to talk about a crime and investigation related book.

When you read it? and What kind of book it is?

The book name is crime and punishment.

It is a novel written by the Russian author Fyodor Dostoevsky. It was first published in the literary journal The Russian Messenger in twelve monthly instalments during 1866. It is a murder storybook that is told from a murderer's point of view.

People did work and study from home. Due to the pandemic, everyone stayed at home last year. At that time, I had much free time, so to utilize the free time, I started to read a different kinds of books.

As I said earlier, I like investigation and crime-related books, so I downloaded some books online, and crime and punishment were one of these books.

What is about?

Book explain a murder's point of view, behaviour, emotions before and after the murder.

The novel's first masterpiece is a psychological analysis of a person, who thinks that he is an extraordinary/ very unusual person able to take on the spiritual (relating to soul or human spirit as opposed to material or physical things) responsibility of using evil means to achieve.

And explain why you think it is exciting?

I am keen to know different types of behaviour, and this book helped me to let know the unique feeling and emotions of murder, so that's why I think it is an exciting book.

Due to my unstable nature, I did not have a close contact with literature or literary books and recently I have read the story of Romeo and Juliet.

I heard about the long before but could not manage time to read about it entirely.

As a result, I did not have the right idea about Romeo and Juliet. The characters are the historic creation of British playwright, William Shakespeare. Basically, this is a drama and also found in the form of a storybook. It is a tragedy and tells the story of a young couple who had to die for their familial reasons. The plot source is controversial and it is anticipated that the plot is derived from an Italian tale or narrative poem with the name - The Tragical History of Romeus and Juliet, published in the 15th century.

In my summer vacation, I came to my grandparent's house in Corsica and being the younger one I have no one to be with me as all of the relatives and cousins are my elders. So, I thought that I should keep attention on my studies and if I feel bored, I should go for a walk. During the second day walk on the island, I found the book in a second-hand bookselling store. It was the compilation of all the writings of Shakespeare and I bought the books at a reasonable cost. Then, instead of wandering on the roads, I started reading the book in my room allotted in the grandparent's house. I did not feel interested in travelling across the island as I have visited it many times in my early childhood and preferred reading the stories of Shakespeare.

I have heard about the story many times from many people but unfortunately, I did not feel any interest in reading the story. When I was in my senior high school, some of the students staged the drama based on the story, invited me with all others to enjoy the show, but even then I could not manage time to be there at the right time. When I had reached, the show was over. As a result, I actually could not read or watch the show. So, when I got the chance to read the book, I did not want to miss that.

Model Answer 1:

IELTS Cue Card # 175 - Describe a book you want to read in the future

Written by IELTS Mentor

IELTS Speaking Part 2: IELTS Cue Card/ Candidate Task Card.

Describe a book you want to read in the future.

You should say:

what book it is

when you plan to read it



if you would like to read other books by the same author

and explain why you want to read this book.

Model Answer 1:

I have heard a lot about one of the legendary authors of all time, who is famously known as William Shakespeare, but, unfortunately, I am yet to read many of his books. Of course, it is not like I have read books of all famous writers in the world, but this gentleman deserves an extra bit of attention from all the book lovers around the world, simply because he is widely regarded as the greatest writer in the English language and the world's greatest dramatist.

The book, I want to read by this author, is called The “Tragedy of Hamlet, Prince of Denmark”, which is often shortened to Hamlet. The book is a tragedy, which was written by this legendary English poet, sometime between 1599 and 1601.

By the way, it also happens to be Shakespeare's longest play with 30,557 words. And, the book tells about a revenge story, based on a popular legend, where the ghost of a murdered king comes to haunt the living with tragic consequences. Of course, in the story, the ghost doesn't take the revenge himself, but rather he asks his own son, Hamlet, to avenge his murder by killing the new king, Hamlet's uncle. Hamlet feigns madness, contemplates life and death, and seeks revenge. His uncle, fearing for his life, also devises plots to kill Hamlet. At the end of the story, a fight breaks out where the King, Queen, Hamlet's opponent and Hamlet himself are all killed.

I am not only planning to read this particular book in the next few months but also another book called “The Merchant of Venice” by this same author.

Well, I want to read this book, mainly because I want to learn a little more about 16th century England and Europe as a whole. I want to read this book also because it is considered to be one of the greatest tragedies, ever written, as well as the

greatest play of England's national poet, who pretty much changed the landscape of English literature forever. Finally, I want to read this book also because it will further enrich my English language skills, I believe.

Model Answer 2:

The book I want to read in the future is "Fools Die" which was written by the famous author Mario Puzo. He is a highly acclaimed writer and widely known for his crime saga Godfather. I have read almost all of the books written by this talented author except 2 or 3, including "Fools Die". The fiction novel "Fools Die" was first published in the year 1978 and the plot encircles the worlds of gambling, film industry and publishing.

I am yet to read this book mostly because this book was not available in the market and library when I wanted to borrow or buy it. Hopefully, I will read this book within a couple of months. First, I will try to get a paperback version of this book and if this is not possible, I will download a digital copy of it to read in on my ebook reader.

I would definitely read any other books I have not read written by the same author. Since the writer is not in this world anymore, we won't have any new book written by him but I would like to read any book I have not read by this author if I have missed one that I am unaware of.

I have loved and thoroughly enjoyed all the books by this author, and he is a gifted storyteller who can easily keep readers awake till late at night with his uncanny storytelling ability and mastery. Though I have not read this book 'Fools Die', I am sure it would be another great book that I would enjoy very much. I read the summary of this book and that seemed a very interesting story indeed. No other writer has been able to tell stories of Mafia families and the crime world like this writer did.

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Do people read more nowadays?

I think that's tough to say, but all in all I would guess that people today read less than people in the past did. Take someone like my mom for example. In the past, she was a very avid reader, and would finish at least a few books every week. These days, she still reads occasionally, but with all of the great TV shows available to stream instantly, she actually spends a lot more time watching TV. So, I think people today read less because of the wide availability of other sources of entertainment, like TV

**Q5. Let's move on to the topic of traditional literature in your country. What is one example of traditional literature in your country?**

Well, there are many kinds of traditional literature that were originally written in several different languages. One famous example I can think of is an epic poem which was written over two thousand years ago called the Ramayana. The poem was written in Sanskrit, and it describes the life of a god named Rama.

**Q6. Do you like reading the traditional literature of your country?**

Yes, I love it. Reading traditional literature brings me closer to the country that I live in and it is very enjoyable. Because, when you read literature from a particular country, you get to know more about its culture and it is truly my dream to explore my country and understand it more deeply.

Describe a **successful business** that you know about.

You should say:

- what business it is
- what this business does
- how you know about this business

and explain why you think this business is successful.

Nowadays, there is a **booming** trend of **start-ups** in my city; however, not all of them are successful. One of the businesses that I think is the most successful is a **chain** of restaurants and café **boutiques**.

I remember that 2 years ago, they only had one business in our city. It quickly became one of the favorite spots for the youth to get together. Now they have expanded with **franchises** in almost every corner of my city. The fame of X has spread by **word of mouth** and in my case, a friend told me about it.

The owner of the chain is a young woman, who is only 31 years old. Since I have always been interested in opening up a small café/restaurant of my own, I admire her work a lot. She has successfully created a **brand name** for real food, in the modern era. Every time I have visited this restaurant, it has always been full and this applies to all other locations in our city.

Recently, the group announced that it had raised a 5.5 million-dollar **investment** from overseas funds. This proves that X could be considered to have great potential in developing further and becoming more successful in the future.

## Vocabulary

Here are the vocabularies for “Describe A Successful Small Company Or Business That You Know” with examples:

- **Booming:** Having a sudden increase in business, wealth, and success.  
**Eg:** The owner was able to buy new machinery because his company was booming and he had money to invest
- **Start-ups:** Companies that are just opening.  
**Eg:** Many start-ups fail because they do not have enough money to survive their first year in business.
- **Chain:** A group of businesses owned by the same company.  
**Eg:** There are about 6 large chains of supermarkets selling food in the UK.
- **Boutique:** A small business that sells fashionable products.  
**Eg:** A famous street in London is full of small boutiques selling all the latest styles of clothes.
- **Franchises:** Businesses that have been given permission by a company to sell its products in a particular area.  
**Eg:** The largest restaurant franchise in the UK is McDonald's.
- **Word of mouth:** The chain is famous because people have talked about it to each other.  
**Eg:** The news of the accident spread by word of mouth, hours before it was reported on TV.
- **Brand name:** The name given to a product by the company that produces it.  
**Eg:** The brand name of the most famous trainers is NIKE.
- **Investment:** A sum of money that you lend to a business, expecting that you will make more money over a period of time.  
**Eg:** The investment of money by the bank enabled the business to expand.

## Change

Do you think change is good?

Time and change compliment each other a great deal. In the past few years a quite number of changes have taken both to the negative and also the positive in my country Uzbekistan. The educational system has changed drastically from what is use to be in the past in terms of more conductive learning environment, qualified personnel's and fewer conflicts in the system. Furthermore, In what ways have changes in technology changed people's lives?

**Answer:** Modern technology today is an integral part of our lives, and therefore, we will have to live with it whether we like it or not.

Among the advantages of modern technology, I can say that it has made our lives much easier than it used to be ever before a few decades ago. It has revolutionized our production systems in all kinds of businesses and industries by increasing the output, quality and efficiency at all levels. The advancement in the communication technology, with the advent of the internet, has made communication among us so easy and fast that we can actually talk to each other on video even if we are a world apart from each other. Besides, modern technologies also made it pretty easy for us to get access to virtually any kind of information at any time and anywhere through smart gadgets like the iPad, iPhone, Galaxy tablets and etc. Finally, the use of modern technology has also made it very easy for us to travel long distances really fast. In fact, nowadays, we can travel a 10 miles distance within just a few minutes, if not any lesser, by using electric trains, aeroplanes and fast cars which

### **Describe a positive change in your life**

**What the change was about**

**When it happened**

**Details of the change happened and how it affected you later in life**

### **Possible Answer 3:**

The positive change that I would like to talk about is 'I started playing outdoor games instead of playing computer games'. After I got my first personal computer when I was only 9 years old or so, I started learning many things. Besides that, I started playing computer games. As computer games are addictive I found that I was playing the games whenever I had spare times. This addiction barred me from playing outdoor games like cricket, football etc.

I found myself very much attracted to computer games and I preferred to play the games at home instead of going to open spaces or fields to participate in outdoor games that involve physical exercises. Not that computer games are all so bad, but playing them all the time someone

has got is not a good thing especially for kids. I found that I was spending more times at home than being outside. After my parents noticed that, they discussed with me about that and explained to me the importance of outdoor activities. They gave me strict restriction that I would only be able to play computer games for an hour daily and in the evening I'd have to go outside to play with my friends.

This was obviously a very positive change for me. I'm not against computer games but I feel that if there are more important things to do, then we should not spend time on computer games only.

This change affected me very positively. I became a good cricket player, later on, I started maintaining my times more prudently and I am sure this change has affected me positively in terms of physical and mental health.

#### **Sample Answer 4:**

Changes are inevitable parts of human life. Transformation, changes, hopes and challenges make our life exciting and worth living. Some changes are unexpected while some are long-expected and meant to bring something good for us. Often changes define who we are and put us in situations we either find very challenging or favourable. This cue card topic reminds me of an important part of my life when a change brought something positive in my life.

The change was related to the migration from our hometown to the capital city in our country when I was 14 years old. This was quite a big change for my family, and particularly for me. I had to leave my school, friends, relatives, known places and start living in a place where I had no friends, no one to visit and no known place for playing or outing. Initially, this was quite a frustrating experience for me. After my father got me admitted in a school there, my life became even tougher. However, this did not last for a long.

My new school was quite remarkable and it is still one of the best high

schools in our country. I made new friends very quickly and my teachers were very helpful. I made a few friends in school and playmates in my neighbourhood and my parents used to take me outside every weekend.

My transitional period was over and I started feeling totally in peace again. Nevertheless, my result in my new school was not promising at all and my parents were worried about it. Being in a small town, it was not that much hard for me to become the top-scorer in the class. But this was not the case in my new school. While I was the top-scorer in my previous school, I could not secure even the top-ten position in my new school. After the first term exam result, I started studying harder, visit the library more and read a reference book more than ever. I even shrink my time for playing computer games and took part in outdoor games like football. Ultimately, all those changes and activity helped me study more, learn more and remain healthy. I found that some of the health-related problems that I used to have are no longer bothering me. This inspired me to study even harder and spend as much time as possible to recover my old top-scorer image to my parents.

My parents took me to places where I have observed so many news things for the first time in my life and those experiences enhanced my way of thinking and I could feel a silent transformation inside me. The school library had a huge collection of books and I read many of the books from my 'to-read' list. I was the third-best scorer in the final exam and over the time I started doing even better.

Why was this change important and how has it affected my later life? Well- I guess I had been able to give you an impression that when I moved to this city, I had to find a way to adapt myself to the changing circumstances and take challenges. The outcome was quite positive and it had taught me to take challenges in my life. These days, whenever I face any new challenge, I remind myself those days and prepare myself for the inevitable. On top of that, this change made me stronger. It was truly a heart-rending even to leave my school, friends and playmates. But finally, I coped with it and learned that we have to go on and grab the opportunities, face the challenges and bring out the best of



ourselves to keep pace with the rhythm of the life. Apart from that, being in a new school where I had to face more competition, I studied harder and learned even more. My fresh and inquisitive mind learned so many new things in a large city which would have been quite impossible without moving to this city.

At this stage of my life, I still think about this change and find it fascinating and inspiring, especially, the way I had been able to handle it. It was indeed a very significant change that brought positive outcomes in my life.

### **Do you think change is good?**

Yes, and my hometown developed significantly in the last twenty years. It became industrialized, which I think is beneficial to us residents and to our local economy since jobs have been generated. However it is the saddest thing about its development is that it brings so much pollution. I think we are paying the price for converting our agricultural lands to industrial ones.

### **Why do old people not accept change?**

Nowadays, it's probably not a question of age, it depends more on the individual person. Older people are still very adaptable and although they might not be interested in some of the things that younger are crazy about or use, they still have the ability to adopt new ideas and ways of doing things.

My father, for example, grew up without the internet but through his work and because he's interested in what technology can achieve he probably knows more about it than I do and is therefore always ready to try the next new thing – which interest him – not necessarily me. Being adaptable is very much a personal trait, not so much age related. I even know some young people who don't like change much.

In what ways have changes in technology changed people's lives?

Technology pretty much has changed each and every aspect of our lives, but perhaps it is safe to say that it has changed the way we communicate with each other the most with the advent of the internet, mobile phones and smart gadgets.

Technology has indeed proved the age-old saying “talk is cheap”- so cheap that we talk to each other by using our phones pretty much always, whether we are staying close to each other or far apart, even when we don’t need it. We have also become lazy to walk even 100 feet or a few minutes these days if we are in need to communicate something to our friends or families since we can do the same in seconds just by pushing a button on our phones. But, if we are not in a mood or feel really lazy to “talk” sometimes, we simply leave or send a message on social media networks and “messenger” to inform others about our “status”. Finally, technology has made communication really “personal” as we can see each other on live video while communicating, no matter where we live with the use of the internet.

Describe a happy childhood event you remember.

**You should say:**

- what it is
- when it happened
- how you felt at the time

**and explain why you remember this particular occasion.**

**Model Answer 2:**

When I was a child, I experienced a notable number of events but not all of them were happy. I also cannot remember all of them clearly. But I will always remember the event of receiving a large birthday present.

It was a remote-controlled car that I had long been desiring for. My father

presented me with the gift and it was a surprise for me indeed. I was too happy with the gift that I played with the car for the remaining parts of the day. Even I forgot to take my regular meals too. In fact, it was the best present ever I received in my life and also makes me remember of my childhood.

On that day, I was taking preparations from the early part of the day to celebrate the event. Guests started to arrive in the evening. But the number of guests were limited. Only the family members, some intimate relatives and some of the business partners of my dad. But the number of invited guests crossed 20 and it was difficult to manage everything, particularly the entertainment issue of the guests. However, my dad managed everything. The invited guests also brought gifts for me marking the fifth birthday of mine.

To be frank, I was overjoyed with the matter. I was amazed at the gifts and the people present there also greeted me in various ways. The decision to celebrate my birthday was taken a couple of days ago, and I was joyed hearing the news. Since I was a small kid, I did not know actually the meaning of celebrating a birthday but enjoyed blowing the candles and cutting the cake. My parents had been celebrating the day from my early age but once I crossed my teenage, I actually find no interest in such activities. The feelings in my childhood were really great about the issue.

I can remember this particular event as I received the most impressive gift of my life. I have celebrated many of my birthdays but that one was the best. I was greatly happy with the people and presents. To be honest, I had never received such great gifts after that birthday celebration. Besides, I enjoyed the company of other people and the foods were delicious. I still can remember the day when my parents fed me the birthday cake and everyone clapped around us. It was the most special day of my life. Not only the gifts, I was blessed by everyone present at the event. In fact, it was the best ever birthday celebration of my life. So, it is still vivid in my memory.

## Describe a city you have visited and liked.

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### **You should say:**

- what city it is, and where it is
- when you have visited this city
- why you liked/disliked it

### **and explain what influences the city has had on you.**

#### **Model Answer 1:**

I have visited several cities before, and they were all amazing in their own rights. However, there was one city which, I think, should be specifically mentioned here because I was not too sure about visiting it until the last moment. In fact, I heard a lot of negative comments about this particular city before visiting it about a year ago, but I was proved wrong when I actually visited it.

The name of this city is "Milan". I think that we all know where the city of Milan is. But, still, just to refresh our memory a little about this city, it is one of Italy's major metropolis cities in its northern Lombardy region.

Milan is also a major financial hub which is known for its high-end shops and restaurants. And, of course, it is known as the capital of the fashion

world also. Anyway, I visited this city recently, about a few months ago.

Contrary to popular belief, Milan has a lot of wonderful and modern architectures for a city which was bombed rather heavily during the Second World War. Besides, visiting Lake Como, which was only an hour (by train) from Milan, was one of my best experiences ever. In fact, Lake Como, in my opinion, is one of the most beautiful places on earth with its mountains and colourful villas.

Milan has also some of the most beautiful and green public parks in the world, in my opinion. One of my favourite green spaces in Milan was the Library of Trees, which contains more than 100 species of trees. However, there is one thing that I didn't like about Milan was that it was rather expensive.

Anyway, all in all, I would say that visiting Milan was a great experience. Even though it is a bustling city with a lot of activities, I think that there is a lot of life in it and people in its different neighbourhoods tend to enjoy their life to the fullest. I think that I would go back to visit that city again in future.

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### **Sample Answer 2:**

"Sydney" is undoubtedly my favourite city among the cities I have visited so far. Sydney is the state capital of New South Wales of Australia. This city is situated on the bank of the Tasman Sea and has around 4.6 million people. I have visited this city in 2008 after I finished my graduation and loved my stay there. Sydney had many attractive natural areas, botanic gardens, parks, and high rising buildings. This city has many heritage-listed buildings that attract tourists and visitors. The Sydney Opera House is one of the most recognised landmarks in Australia and is a great place to visit.

This city is known for the dynamic cultural hub and it has many famous museums, galleries and art galleries as well. Because of the great

architecture, warm weather and hundreds of tourists attraction more than 11 million international and domestic tourists visit this city each year. I had been there for about 15 days and I really enjoyed everything about this city. I stayed at a 20 storied hotel that offered a really amusing view. The transportation system of the city is better than many other cities and I could have been maintaining the track and time of my schedule because of that. I loved being at open & wide spaces in the gardens and parks. People are welcoming and friendly there. A tourist can get necessary help both from people and the authority and can roam easily without any interruption. I saw 2/3 art museum and some cultural festivals and those were awesome.

There are so many places to be, so many things to do in Sydney. Some of the attractive places are Royal Botanic Garden, Hyde Park, Queen Victoria Building, Sydney Townhall, Macquarie Lighthouse, Australia Square, Sydney Opera House and so on.

I had a tremendous vacation in Sydney and I liked most of the places there and I enjoyed so much that I did not even notice how quickly the 2 weeks scheduled time has passed.

## Describe an important decision/choice that you made in your life.

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### **You should say:**

- what the decision/choice was
- when you made the decision/choice
- what the result of the decision/choice was, and whether it was good for you.

### **and explain why it was an important decision or choice for you.**

I've made many decisions in my life and frankly speaking, I have taken those decisions sometimes all alone and sometimes discussing with my parents and others. The particular decision that seems very important to me was the time when I decided to major in Literature rather than major in Engineering. My mother wanted me to get admitted to the Engineering University and do my graduation majoring Engineering while my fascination

was studying in Literature. I made this decision when I was 18 years old, just after finishing my 12th grade. My father did not force me to do anything; instead, he told me to do what I thought was best for me. My relatives thought that I was a fool and too immature to make a big decision for myself.

But after considering several issues and perspective I decided to get myself admitted to a university that offers graduation in literature. I'm happy that I made this decision. I'm yet to finish my graduation but throughout the last 3 years I have enjoyed studying literature and I am doing quite well academically.

Making the decision/ choice was not easy and I had to go through a hard time as I remember. I had to fight a lot with my inner self and then convince my mother. There were always risks of picking the option I prefer my parents would have complained if I hadn't made a promising result. I still remember the dubious feelings I had that time. Sometimes it seemed to me that I should abandon my passion and yield to my parents' decision and then again I strongly felt for my own choice and passion. Since I made my own choice at that time, a strong urge and force worked on me that I have to do really good and I am happy that I took my decision and doing very good so far.

## Describe a place you visited that has been affected by pollution.

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### **You should say:**

- where it is
- why and when you went there
- how it has been affected by pollution

### **and explain what are the reasons for this pollution.**

Thank you for letting me talk about this topic. Last year I went to visit (*...say an area name in your city/country...*) with two of my friends and thought we would enjoy our trip. We heard from a teacher that this was a beautiful place to visit and after that, we planned to go there. To our surprise, this place was severely affected by pollution and instead of enjoying our trip, we cut it short and returned home immediately.

It was early summer last year and visiting a place near a river which is surrounded by natural beauty and recommended by one of our favourite teachers was an excellent idea,

at least at that time. I am sure the teacher who suggested this place had no idea about the severity of the pollution there and how things have become worse.

The water pollution was quite severe there and the black and greasy elements that were floating on the water created a shocking scene. Uncontrolled waste management, toxic elements from factories and industries, motorised vehicles running on the water and the lack of proper maintenance of the riverside are the main reasons the water has got polluted. More shockingly, the air pollution was also noticeable. I saw many industries and factories that were exhausting black fumes and that has made the air polluted more than any other part I know about.

Uncontrolled urbanisation, the establishment of new factories & industries without proper planning, lack of strict policy and corruption in government offices are so far the main reasons for increasing pollution in our country. I wish this will stop and we will be conscious enough not to destroy our own inhabitants.

## **Speaking Part 1**

*1 Do you often visit the countryside?*

Yes, I usually head out on a day trip to lots of pleasant countryside regions on the weekend to recharge my energy after a busy week.

*2 If so, who do you visit in the countryside?*

I like to visit my grandmother in the countryside. I usually get there on a train. Whenever I get the chance to see her & enjoy the great fruit, spending some time getting back to nature, I find myself restored & relaxed.

*3 Do you have family or friends living in the countryside?*

Yes, my grandmother still lives in the countryside. She is a farmer & she really enjoys the tranquillity & the beauty of the countryside, so she decided to stay there for the rest of her life.

*4 Would you like to live in the countryside in the future?*

Absolutely! I'm a huge fan of the forest. The environment there is just superb. Now and then I would visit a forest just because there isn't that much pollution and I could smell the fresh air. The animals there are also quite cute – especially some colourful birds.



*5Have areas of countryside in your country changed since you were a child?*

There is a massive change in the countryside, primarily because of industrialisation. The lush green fields are converted to mills and industries. Young people no longer stay there.

*6Do you think that visits to the countryside should be something that schools offer to their children?*

Yes. It is an excellent idea for schools to arrange excursions to take their children to the countryside. Nowadays, most children spend their time on video games. So the excursions would be an excellent opportunity for them to appreciate nature.

## Speaking Part 2

*Describe an enjoyable/unforgettable experience you had in the countryside*

You should say :

- what the activity was
- when you did it
- who you did with it
- why it was enjoyable

### Sample Answer

It was two years ago when I had my very first motorbike trip with my friends to the first and most ancient village which is located in the Southern [our country]. It is an unforgettable trip that I've ever had.

Our group had three people, Jack, Jenny and me. We chose to visit that village because we wanted to **get away from the hustle and bustle of the city** and **get off the beaten track**. Moreover, the village is also the **birthplace** of my grandparent, and I felt excited to visit the village and **get a closer insight into** the lifestyle of local people as well as my grandparent. We set out for a day trip to date back to the tradition of our country very early. I'm always **a night owl**, not **an early bird**, so leaving the city at 5 a.m made me feel like I was **deprived of** sleep. However, I was **deliriously happy** shortly after **embarking on** the trip to the village. It was because on the way to get there we **admired the breathtaking landscapes** which is different from the city we are currently living in. After an hour's drive, we got to the **picturesque village**, which made me feel **over the moon**. We rented

some bikes to cycle around the village with a lot of small **alleyways filled with** green grass. After riding a bike to the **paddy field to get the vibes** of the village, we visited some 400-year-old ancient house which **made of** mud and **laterite** and **had a look at communal** houses where the local people gathered for festival celebration or public meeting. After that, we had lunch with much **scrumptious** food which is locally and **organically grown**. In the afternoon, we joined a cooking class with the villagers who were extremely friendly and **talented at** making traditional cakes. The **highlight** of the trip to the village was going to the paddy fields to help the farmers **harvest** the crop. It was such a **once-in-a-lifetime experience** which I enjoyed.

That was our first motorbike trip to the **outskirt** of the city, and the first time in the countryside so we enjoyed **every single moment** there. Jenny was **like a dog with two tails** while Jack and I were also **on cloud nine**.

We **relished** everything in the village from the fresh air, cosy **ambience** to beautiful landscapes such as small houses or paddy fields. We were **very much hope** that we can **embark on** a more extended trip to the countryside **down the road** if we have more spare time.

## Vocabulary For Cue Card

- **Hustle and bustle:** Noisy and confusing activity.  
**Eg:** He goes to the park regularly to be away from the hustle and bustle of the city.
- **Off the beaten track:** far away from the places that people usually visit.  
**Eg:** Kim's family planned to go somewhere off the beaten track during the summer vacation
- **Get insight into:** gain an accurate and deep understanding of the subject.  
**Eg:** The book gave a deep insight into the plight of workers in coffee plantations.
- **Night owl:** someone who enjoys going out at night or does not go to bed until it is late.  
**Eg:** He was at the party till 4:00 AM in the morning. He's such a night owl.
- **Early bird:** someone who gets up early in the morning.  
**Eg:** Oliver was always an early bird.
- **Deliriously happy:** very very happy.  
**Eg:** Jack was deliriously happy when he heard the news.
- **Embark on:** to start a new project or activity, usually one that will be difficult and will take time.  
**Eg:** ABC Company decided to embark on overseas expansion.
- **Breathtaking:** extremely impressive or beautiful.  
**Eg:** The landscape in Scotland was breathtaking.
- **Picturesque:** a picturesque place or scene is attractive, especially because it is old and interesting.  
**Eg:** It was a picturesque lake.
- **Over the moon:** very happy.  
**Eg:** Juliet was over the moon when Romeo proposed to her.

- **Alleyway:** a narrow street or passage.  
**Eg:** There are two big cars parked in this tiny alleyway.
- **Feel the vibe:** a general feeling that you get from a person or place.  
**Eg:** I could feel positive vibes in the house.
- **Laterite:** a kind of brick.  
**Eg:** The soil is composed of laterite and hence is not very suitable for cultivation.
- **Have/take a look at:** look at with attention.  
**Eg:** The Engineer sent three assistants to take a look at the bridge.
- **Communal:** relating to a particular community.  
**Eg:** It was a communal riot.
- **Scrumptious:** very delicious.  
**Eg:** Scrumptious food was served at the party.
- **Once-in-a-lifetime experience:** very special experience because you will probably only have it once.  
**Eg:** Travelling to the Himalayas is a once-in-a-lifetime experience.

## Speaking Part 3

### *1 What are the advantages of living in the countryside?*

Living in the countryside can benefit people in a wide range of ways. Living in the countryside is better for one's health condition, thanks to significantly lower levels of air pollution. It is undeniable that air quality in big cities is so bad that **long-term exposure to** it may cause **respiratory diseases** and other health problems. Besides, the cost of living in rural areas is likely to be lower than that in cities. Although people in the city tend to make more money than people in the countryside do, they have to spend more on food, accommodation and transportation. Therefore, one can save more money by living in the countryside without working as hard.

### *2 What are the disadvantages of living in the countryside?*

Although living in the countryside can **do wonders for** your wellbeing, it is undeniable that there are still some drawbacks of living in the countryside. To be more specific, not having good transport on your doorstep, will make it inconvenient to travel to a far-away place, which also means you will **squander more time on** commuting. Another disadvantage is that **country-dwellers** also have fewer job opportunities compared to those in the cities, thereby resulting in a lower standard of living.

### *3 What kinds of people live in the countryside?*

**To the best of my knowledge,** many people decide to live in the countryside because they want to downshift to a less stressful life. Although people who

live in the countryside can still lead hectic lives, the peace of their surroundings helps to bring them to a gentle halt and remind them not to rush life away.

#### *4What do people living in the countryside like to do?*

I reckon that when living in the countryside, people can enjoy **a myriad of** activities that they hardly have in cities such as going out at night without fear of street criminals, doing exercise in the early morning to enjoy the fresh air.

#### *5How has life changed over time in the countryside?*

The countryside has experienced specific changes for the last few decades. Firstly, people, especially farmers, have applied modern technologies in their work. Therefore, productivity has significantly improved while people don't have sweat as much as they used to. Moreover, young people in the countryside tend to move to town to seek job opportunities. As a result, the population in the countryside is reducing and ageing.

#### *6Do you think it is better to live in the countryside or in the city?*

As often as this question is raised, I believe it remains a tough decision to make when it comes to choosing between living in the countryside and living in the city. Many people have been attracted to live and work in big cities because of better employment opportunities and higher **living standards**. This massive rural-to-urban migration has, however, led to an increase in environmental pollution, traffic and social issues in urban areas. It would be a better idea for people to live in the suburb and travel into the city to work every day so that they can enjoy the best of both worlds.

#### *7How is the countryside different from town?*

There are many things which differ in the countryside from town. It is much less crowded in the country than in cities. Besides, the pace of life in the countryside is slow while people living in big cities always seem to be in a hurry. Also, it is much more healthy to live out of big cities because the air in the country is fresher and there is not as much noise.

#### *8Do youngsters prefer living in rural areas? Why or why not?*

Youngsters prefer to live in the cities. It is mainly because of the innumerable job opportunities that a city offers. Apart from this, a city offers good healthcare and educational facilities.

## Vocabulary For Speaking Part 3

- **Exposure:** the state of having no protection from something harmful.  
**Eg:** Prolonged exposure to heat can be harmful.

- **Respiratory Diseases:** Respiratory diseases, or lung diseases, are pathological conditions affecting the organs and tissues that make gas exchange difficult in air-breathing animals.  
**Eg:** Chain smokers are often detected with respiratory diseases.
- **Do wonders:** to cause improvements or have a very good affect.  
**Eg:** Aloe vera gel did wonders to my skin.
- **Squander:** to spent extravagantly or to waste money.  
**Eg:** The rich brat squanders his father's money on his friends.
- **Country-dwellers:** a person who lives in the country  
**Eg:** Country-dwellers spend their money wisely.
- **To the best of my knowledge:** used to say that a person thinks something is true.  
**Eg:** The thesis submitted by me is to the best of my knowledge.
- **A myriad of:** a very large number  
**Eg:** There are a myriad of spiders in the old house.
- **Living standards:** the quality of housing, material comfort, and wealth experienced by an individual or group.  
**Eg:** Over the decades, living standards among the people have been improved.

#### Advantages of living in a city

- Access to culture
- High level of convenience
- Reliable public transport
- Variety of shopping outlets
- Entertainment facilities
- Better job opportunities
- Higher quality education
- Better standard of living

#### Disadvantages of living in a city

- Traffic congestion
- Pollution
- Air pollution / noise pollution / traffic pollution / water pollution
- Overcrowding
- Dense population
- Growth of slums
- High rate of unemployment
- High cost of living
- Wealth inequality
- Growing gap/disparity between the rich and poor
- High levels of stress
- You get stuck in **the rat race** (=working 9 to 5 every day and stuck in a boring routine)

#### Cities and Their Problems

**Urban wasteland** (in bad condition)

**No-go areas** (with the high crime)

**Run-down buildings** (falling apart)

**Deprived areas** (without necessary things, e.g. enough money, good living conditions)

1. **Bumper-to-bumper traffic** all day long

2. **The volume of traffic** (amount)
3. **Exhaust fumes**
4. **The incessant roar** of trucks and buses (very loud noise)

The City Where I live: Santander

It has rather **dreary weather** = *dull weather*

Mild climate = *not hot or cold*

Overcast (adj).= *cloudy*

As for the weather, it's often overcast in my city.

The city **looks over the bay**

Holiday-makers = *people on holiday*

People like to **nibble snacks in the bars** = *to eat in small bites (usually snacks)*

Local people love **going for a stroll** in the afternoon = *go for a short walk*

Big attraction = *popular attraction*

There is a lot of **heavy rain**

It often **throws it down** = *it often rains heavily*

### **Collocations related to cities:**

- Bustling center
- Urban living
- Reliable public transport
- Long opening hours (shops and restaurants)
- Upmarket shops
- Pricey /overpriced restaurants(expensive)
- Lively bars
- Fashionable clubs
- High-rise flats

### **Adjectives+cities**

*For good points of cities you could use the following adjectives:*

- picturesque
- historic
- spacious
- elegant
- magnificent
- lively

**The comfortable suburbs** (the suburb is just outside the city center)

*For the negative points of cities you could use the following adjectives:*

- **deserted**( no one on the street at night) city
- **packed** (very crowded)
- **filthy** (very dirty)/
- **run-down** ( in a very bad condition)
- **sprawling city**
- **a shanty town** (=houses made of discarded materials, e.g.tin cardboard, plastic)

**Bustling** (=with lots of movement) can be positive or negative

### **Cities and their problems:**

**Urban wasteland** (in bad condition)

**No-go areas** (with the high crime)

**Run-down buildings** (falling apart)

**Deprived areas** (without necessary things, e.g. enough money, good living conditions)

1. **Bumper-to-bumper traffic** all day long
2. **The volume of traffic** (amount)
3. **Exhaust fumes**

#### 4. **The incessant roar** of trucks and buses (very loud noise)

### **Cities**

In your opinion, what makes a city a good one to live in?

High standards of living

#### **Collocations related to cities:**

- Bustling center
- Urban living
- Reliable public transport
- Long opening hours (shops and restaurants)
- Upmarket shops
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What are the advantages of living in a city?

#### Advantages of living in a city

- Access to culture
- High level of convenience
- Reliable public transport
- Variety of shopping outlets
- Entertainment facilities
- Better job opportunities
- Higher quality education
- Better standard of living

In your opinion, what are the negative aspects of crowded cities?

#### Disadvantages of living in a city

- Traffic congestion
- Pollution
- Air pollution / noise pollution / traffic pollution / water pollution
- Overcrowding
- Dense population
- Growth of slums

- High rate of unemployment
- High cost of living
- Wealth inequality
- Growing gap/disparity between the rich and poor
- High levels of stress
- You get stuck in **the rat race** (=working 9 to 5 every day and stuck in a boring routine)

## Clothes

Why do some companies ask their staff to wear uniforms?

Answer: Companies generally ask their staffs to wear uniforms mainly **because they want to ensure “uniformity” across all levels of their “staffs”**. This is done either to help employees identify with their companies or to boost morale at all levels of their staffs.

What are the advantages and disadvantages of having uniforms at work?

**Answer:** The main advantage is that it helps reduce the “psychological and ego” gap between the high-level employees and those of the lower levels because they all wear the same kind of “dress”. Secondly, it helps promote the company “brand”, especially, when wearing the uniforms outside of the work. Thirdly, the uniform helps identify and separate the employees from the customers, when working in an environment that involves serving customers by remaining physically present with them.

The disadvantage, of course, of wearing uniforms at work is that it limits “self-expression” of the employees as they can’t seem to “wear” what they like. Besides, some uniforms may also be considered as “objectionable” to some employees on religious and cultural grounds.

Do you think people are treated differently when they are in uniform?

When a group of people are in a unified dress code, that means there is barely any distinctions in their clothes. Therefore, I am of the opinion that there is a low chance that people would be mistreated when they all wear the same garments. That explains why nowadays, a myriad of companies are encouraging or ordering their staff to wear uniform in order to enhance their productivity.

Agar bir guruh odamlar yagona kiyim kodida bo'lsa, bu ularning kiyimlarida deyarli farq yo'qligini anglatadi. Shuning uchun, men odamlarning barchasi bir xil kiyim kiyganda, ularga nisbatan yomon munosabatda bo'lish ehtimoli kam, degan fikrdaman. Bu nima uchun bugungi kunda ko'plab kompaniyalar o'z mahsuldorligini oshirish uchun o'z xodimlarini forma kiyishni rag'batlantirmoqda yoki buyurmoqda.



## **Education**

How has education changed in your country in the last ten years?

I am proud to say that the education system in our country has developed remarkably in the last decade and the literacy rate has doubled during this period. Government subsidiary in education soared by 27% and we have many new colleges and universities today than in the past. The most inspiring trend to mention here is that all parents are sending their children to schools and more girls are in education than ever before. Schools have adopted digital classrooms and the education board has updated its curriculum to make lessons more interesting, interactive and useful. Education is no longer a luxury for the poor and the use of technology in education has already begun.

Is a good education more important to a boy or a girl?

Good education is important for both boys and girls. Both should be given equal rights to education. In today's society, women have proven that they can do tasks and get jobs that only men used to have. Women have shown their competency in various fields such as politics, science, sports and etc. Men on the other have also entered some industries that used to be considered as women's job such as cooking, housekeeping, fashion and etc. I think both sexes must be given equal opportunities.

How well do you think schools prepare young people for working life?

Schools are considered our second home. This is where we learn almost everything, starting from the basic such as reading and writing. Before we turn into adults, this is the place where we get most of our training. Therefore, schools should also be the avenue to prepare us to enter into another chapter – the working life. Schools must extend its training by educating and guiding the young people to their future career.

## **Family**

In what ways have families in your country changed in recent years?

The roles of husbands and wives have changed in recent years. Both **spouses** have been more open to perform different roles, such as seizing various job opportunities or

being more **involved in the household**. Another change, I think, is the trend to have less children. Parents nowadays think of having smaller families due to high cost of living and career perspectives.

**Should husbands and wives have different roles within the family?**

Traditionally, husbands and wives had had clear-cut roles in society. Husbands used work and **fulfill financial needs** of the family, while women were expected **to take care of the house**. Changes had occurred over time and both husbands and wives started to take part in each of these roles. I think this change is rather positive. It is not necessary to sharply define each role. I reckon, whatever role family members take, they should always move in the same direction and pursue what is best for the family itself.

**What responsibilities do parents have towards their children?**

Parents need to take care of their children by providing for their basic necessities and wants. Moreover, parents need to provide emotional and moral support to their children their hard times.

The responsibilities of our parents towards their children are **they should love us unconditionally but not to the extent that they are going to protect us even though we hurt someone**. They should be our role models and encouraging us and telling the importance of education, communication and strong family ties.

## **History**

**Do you think history is important?**

**Studying history allows us to observe and understand how people and societies behaved**. For example, we are able to evaluate war, even when a nation is at peace, by looking back at previous events. History provides us with the data that is used to create laws, or theories about various aspects of society.

**What do you think we can learn by studying history?**

I think we can learn a lot by studying history. Just as individual people learn from their mistakes, societies can learn from the mistakes made by previous governments or leaders. For example, from what I've read in the newspapers, many economists are looking back to the time of the Great Depression, around 80 years ago, in order to understand the financial crisis that is currently affecting many countries around the world. Even if we don't always learn from

mistakes, I think it's fascinating to study history because it gives us an insight into who we are and where we come from.

### **Do you think people can learn history from films or TV programs?**

Many films are a great way to teach history as they can provide a brief overview of that event while also keeping it very entertaining. It allows the students to engage in the event without getting bored or distracted. Films are also a great way to incorporate comprehension and source questions into the lesson. It allows you to include the whole class in the discussion and hear their opinions. In addition to this, films are a great way for the children to learn themselves while also enjoying themselves.

### **Holiday**

#### **Why do people go on holiday?**

Yes. Holidays are opportunities for people to take a break from work or studies. People also like holidays because they can visit their families and travel to another city or country.

Life is too short to spend in doing the same things over and over again for all of our lives and become "bored" to death. The only way we can get rid of this "boredom" is to do something different from time to time, and there just seems to be no better way of doing this than going on holidays. So, people go on holidays to enjoy their lives a little and have some fun as it helps them to reduce their stress and increase the level of immunity. In fact, some reports suggest that people, who do not take vacations, have a 21% higher risk of death from all causes. When you go on holidays, you become more positive about your life and surroundings around you as you get exposed to new environments, different human behaviours, cultures and diverse ways of doing things. In other words, going on holidays serve for you as an unstructured education for you where you absorb "treasures of lessons" which is not possible to gain otherwise.

#### **How important is it for families to go on holiday together?**

It is absolutely important for families to go on holidays together because when working or doing something, we tend to compromise on our relationships, especially within our families. In fact, as "work deadlines" take priority in our lives, we usually miss out on family gatherings and regular bonding opportunities. Now, if we wait for our retirements to compensate for our lost time and opportunities, we will have to wait for a long, long time.

But, luckily we can make up for those lost time and opportunities by going on holidays with our families together by carefully planning them whenever we get an opportunity. In other words, we should never underestimate the power of holidays as a very good way to create an even stronger bond with our families even if it means to spend an hour enjoying a family meal together.

### **Why do some people go on holiday alone?**

Some people go on holiday mainly because travelling alone can be an incredibly liberating experience with the freedom to do exactly what you want to do, when you want to do, and how exactly you want to do. If you go on holiday alone, there will be no arguments, no compromises and no worrying about which place to visit and what foods to eat. Some people also prefer to go solo because they just don't like to put up with some "annoying" habits of their fellow travellers.

### **The internet**

#### **Do people these days rely on books or on the internet to find information?**

#### **Is online information reliable?**

I believe without an authentic source and credible publisher, we should be wary of information we see or find online. The Internet is an astonishing source of information but the fake news and fabricated information are all around there. Thus, I would not believe everything I see online except they are from an authoritative source. For instance, if I find a piece of information on a website like [www.bbc.com](http://www.bbc.com), from the official government website or from a prominent and mainstream online newspaper, I would believe it. However, any news found on a social networking website like Facebook, or from a dubious website should always be verified before believing it to be true.

#### **What kind of information do people trust more?**

People have to rely on credible websites with many years of reputation, mainstream online newspapers that are famous, government websites and fact-finding sources to get authentic information. Anything found on social networking platforms should always be verified before sharing as these are often targeted by spammers and fake news producers.

Google Scholar is an excellent place to find academic papers which are real and to be sure if an image is fake or real someone can take advantages of Google image search feature.

The popular encyclopedia offers real information and they could be trusted. Another excellent way to filter away the bogus news is to look for the author and publisher's credentials. Lastly, people should use their common sense. If an offer is too good to be true or if a story has so many unbelievable facts, people should check further to find out more about it.

## **Lateness**

### **What is the general attitude towards arriving somewhere late in your country?**

It's a pity but most people in my country don't value time. **Arriving late is a norm.** Be it a birthday party or a wedding ceremony or any other special occasion, guests are often late and hosts have to wait a long time for them to arrive.

### **What is an example of a time that it is very important for people to arrive on time in your country?**

There are many different situations when people should arrive early. For example, **if people want to receive someone they should arrive at the airport or bus stop early.** Going to an appointment, job interview or exam hall also requires arriving early.

### **Can you suggest some ways to make sure you are not late for anything?**

#### **Schedule events during off-hours.**

Set your schedule where you come into work after 9 and leave around 6. If you wake up early, then leave your home before rush hour begins or work from home until it's time to go. Plan an early lunch meetings when it will be less crowded on the roads and the restaurant itself.

## **Shopping**

### **What things do young people like to buy in your country?**

Young people like to buy decoration pieces and souvenirs in my country as my country has a very rich cultural heritage. Moreover, young people in my country are obsessed with mobile phones, and they love to buy expensive phones.

### **Is it a good idea to save money?**

It's important to have an [emergency fund set aside](#) to cover unexpected expenses. Studies show that four in 10 adults in the U.S. would need to put an unexpected \$400 expense on a credit card or would need to borrow money from family or friends to pay for it.<sup>1</sup>

That emergency might be an unexpected car repair, expensive medical bills, or a sudden job loss. If you were to lose your job, you'd be thankful you socked away a good amount of money into your emergency fund to tide you over until you found a new job.

### **Do you think that people are happier if they have money?**

Of course, your salary has a big impact on your quality of life. It's going to impact everything from the kinds of food you eat, to where you live and the car you drive. However, these improvements will only make you happier to a point.

Wellbeing expert Gethin Nadin tells us that "Money contributes to happiness when it helps us make basic needs but the research tells us that above a certain level more money doesn't actually yield more happiness." The research that he refers to here is a 2010 study out of Princeton. The data suggests that happiness increased with salary until participants earned \$75,000 per annum. Beyond this point, the correlation between salary and happiness decreased.

"Money contributes to happiness when it helps us make basic needs but the research tells us that above a certain level more money doesn't actually yield more happiness."

### **Sports**

What are the best ways to keep fit?

Well, there are several ways to keep fit. The first way is running in the morning or in the evening hours. Running has some positive impacts on the human body. It helps to strengthen the muscles and gives them a shape. Besides, walking is the other form of exercise and it is preferable for all ages of people irrespective of gender. People can walk an hour in a day which will help to keep them fit for all ages. Besides, cycling is another good way to remain fit. Unfortunately, most of the people in the current age have become lazy and thus they are getting inactive within the first half of their lifecycle. If they used to do hard labour in their daily life, they could have been active for more days. But now some of the people have become health conscious and get out of the bed early for some physical activities in the morning.

1. Balanced Diet.

2. Active lifestyle.
3. Yoga and exercises or workout.
4. Avoid fatty foods.
5. Do not skip meals.
6. Avoid alcohol, smoking and drugs.
7. Staying fit is as crucial as the heart pumping blood throughout the body and the Brain functioning to maintain balance in our body. Being fit is the least we can do owing to healthcare situation and needs prevailing currently!! Different types of pollution at ever rising levels and diseases at its mighty best, weakening immune system. The diseases that earlier used to strike humans after their 40s, now it will not seem much astonishing to know that a child born being diagnosed with such diseases or during their much innocent childhood time. Be it Obesity or any other lifestyle disease, humans of every age group is prone to them. Staying fit is the best Preventive care one can undertake to stay away at a safe distance from them.

## **8. Balanced Diet**

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9. Intake of food and eating habits play a major and prime role in the way we live our life and with what kind of lifestyle-healthy or unhealthy. A balanced diet consists of various constituents of food in accurate and appropriate quantity and quality according to the requirement of individual. It is easily digestible and contains appropriate ratio between proteins, fats and carbohydrates that is 1:1:4 for overall development of body in the fit proportion. The diet may vary from person to person according to the body requirements as per consultation from a dietician or family doctor.

## **10. Active lifestyle**

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11. This plays a pertinent role in maintaining fitness. School children should prefer walking instead of being driven by any kind of vehicle if it is at a walking distance. Stairs can be used instead of elevators. Rather than sticking to T.V or mobile screens one should opt for outdoor games. In this manner one could lead a more active lifestyle by adding to it more efforts physically.

## **12. Yoga and exercises or workout**

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13. Research studies have proved that stress and tension leads to weight gain and ruin fitness levels. These activities are greatly beneficial in relieving those and therefore should be used for keeping a good control on weight and body fitness. Also this controls your weight by burning excess calories stored in body and therefore plays a significant role in maintaining healthy weight when partnered with balanced meals.

## **14. Avoid fatty foods**

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15. Fats are, a maximum contributors to number of calories. These extra number more than the required number, tends to accumulate in the body, so better to avoid it, the more you can, the more are the Chances of you remaining fit.
16. Avoid overeating: This means that consuming right amount of food strictly as per needs of the body. The more food consumed, the more calories consumed beyond requirements hence accumulation, thus increasing the chances of obesity and lifestyle diseases. Better consume within right amount!!

## **17. Do not skip meals**

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18. Skipping meals is a strict No as against myths by individuals on dieting for the fit body, such as breakfast, lunch and dinner. Once you skip any meal, you will definitely go for overeating during the next meal time leading to weight gain, as this increases hunger and results in greater food consumption next time.

## **19. Avoid alcohol, smoking and drugs**

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20. Always keep this in your mind that these addiction agents tends to weight gain. Alcohol is directly absorbed from the stomach in the blood stream and easily stored as fats. So avoid it altogether to facilitate body fitness.

21. Follow these simple ways to follow fitness and raise toast to the more healthier you by adding life to your days through leading a fit lifestyle!!

22.

I always walk in the morning and participate in sports for two days. Whatever the situation is, I do not miss the morning walk. I also maintain a balanced diet and avoid foods and drinks that contain high cholesterol and artificial ingredients.

**Do you think most people consider exercise a chore or do they find it fun?**

I think **most of the people do it for fun** because all of them participate in the exercises happily. If it was considered as a chore, they would not have been so happy.

**Do you think people in your country are less healthy than they used to be?**

No, I disagree with the point. People in my country are healthy enough and they do not need to be anymore. They are having proper and nutritious diets, having the required exercises and the required rests. The lifestyle they are leading is also healthy and keeps them happy always. So, when it is judging about their health, the entire health conditions should be kept in consideration. So, I cannot agree with the statement about their health. Most of the Vietnamese people are healthy and stout in terms of their physical and mental health. The number of patients is reduced to a great extent and the average lifespan has also been increased.

**What is the most popular form of exercise in your country?**

Walking is the most popular form of exercise in Vietnam. People usually get up early in the morning and go out for a morning walk. The walk lasts for around an hour and mostly the people walk in the parks while some of the people walk on the empty streets. But I think parks are the best places for walking in the morning because there are trees in the parks which provide the fresh oxygen to the morning walkers. If they are on the streets, there are some chances of accidents as some of the vehicles are seen running speedily on the street in morning hours as there are less traffics. People walk for different benefits and doctors are on the view that walking helps to prevent



different diseases. Walking is also considered as an effective exercise for the heart. So, I think, walking has become the most important and popular exercise in my country.