

UNIT 2: LEISURE TIME

VOCABULARY

- **abseiling** /'æbsɛɪŋ/ (n): môn leo núi bằng dây thừng = rappelling /ræ'pelɪŋ/

- **aerial shot** /'eəriəl/ /ʃɒt/ /ʃɑ:t/ (n): cảnh phim được quay từ trên cao

- **all-weather** /ˌɔ:l 'weðə(r)/ /ˌɔ:l 'weðər/ (adj): thích hợp mọi điều kiện thời tiết

Example: All-weather clothing is essential for outdoor enthusiasts who want to stay comfortable and protected in any type of weather. (Quần áo thích hợp mọi thời tiết là rất cần thiết cho những người yêu thích các hoạt động ngoài trời và muốn giữ cho mình luôn thoải mái và được bảo vệ trong mọi điều kiện thời tiết).

- **astronomy** /ə'strɒnəmi/ /ə'stra:nəmi/ (n): thiên văn học

- **badge** /bædʒ/ (n): huy hiệu

Example: He proudly displayed his new badge on his shirt, symbolizing his achievement and dedication to the organization. (Anh tự hào khoe huy hiệu mới trên áo, tượng trưng cho thành tích và cống hiến của anh cho tổ chức)

- **bake cakes**: nướng bánh

- **CFC** /ˌsi: ef 'si:/ (n): chất chlorofluorocarbon được sử dụng trong các thiết bị làm lạnh và bình xịt, gây hại tầng ozon.

Example: CFCs, or chlorofluorocarbons, were once commonly used as refrigerants and propellants in aerosol cans, but have since been largely phased out due to their harmful effects on the ozone layer. (CFC, hay chlorofluorocarbons, từng được sử dụng phổ biến làm chất làm lạnh và chất đẩy trong bình xịt, nhưng sau đó phần lớn đã bị loại bỏ do tác hại của chúng đối với tầng ôzôn).

- **choir** /'kwaɪə(r)/ /'kwaɪər/ (n): nhóm hát, ca đoàn

Example: The choir sang beautifully at the Christmas concert, filling the church with joy and harmony. (Ca đoàn đã hát rất hay trong buổi hòa nhạc Giáng sinh, khiến nhà thờ tràn ngập niềm vui và sự hài hòa.)

- **collect figures/ cards/ stamps** /kə'lekt/ 'fɪɡə(r)z/ /kɑ:dz/ /stæmps/: sưu tầm tượng nhỏ hoặc nhân vật hành động/ thẻ/ tem

Example: John's hobby is to collect figures of his favorite comic book characters, and his collection includes rare and unique pieces from different parts of the world. (Sở thích của John là sưu tập hình các nhân vật truyện tranh yêu thích của anh ấy, và bộ sưu tập của anh ấy bao gồm những tác phẩm hiếm và độc đáo từ các nơi khác nhau trên thế giới.)

- **deforestation** /di:ˌfɔ:r.ə'steɪ.ʃən/ /di:ˌfɒr.ɪ'steɪ.ʃən/ (n): nạn phá rừng

- **emission** /ɪ'mɪʃn/ (n): khí thải

- **footage** /'fʊtɪdʒ/ (n): cảnh phim, đoạn phim.

Example: The news channel aired footage of the recent earthquake, revealing the destruction and devastation caused by the natural disaster. (Kênh tin tức đã phát sóng cảnh phim về trận động đất gần đây, cho thấy sự tàn phá và hủy diệt do thiên tai gây ra.)

- **geocaching** /'dʒi:əʊkæʃɪŋ/ (n): trò chơi săn tìm kho báu ngoài trời trong thế giới thực, sử dụng thiết bị GPS, máy định vị và những manh mối được đăng trên ứng dụng geocaching.

Example: **Geocaching** has become a popular outdoor activity for adventure seekers, who use GPS coordinates to search for hidden treasures in various locations around the world. (Geocaching đã trở thành một hoạt động ngoài trời phổ biến đối với những người tìm kiếm phiêu lưu, những người sử dụng tọa độ GPS để tìm kiếm kho báu ẩn ở nhiều địa điểm khác nhau trên thế giới.)

- **gluten-free** /'glu:tn/ /'fri:/ (adj): không có chất gluten (gluten: loại protein thường được tìm thấy trong lúa mì và lúa mạch)

- **guilty** /'gɪlti/ (adj): cảm thấy có lỗi / tội lỗi

Example: Despite his efforts to prove his innocence, the evidence presented at the trial was overwhelming and the jury found him **guilty** of the crime. (Bất chấp những nỗ lực chứng minh sự vô tội của anh ấy, bằng chứng được đưa ra tại phiên tòa là quá sức và bồi thẩm đoàn đã kết luận anh ấy phạm tội.)

- **gymnastics** /dʒɪm'næstɪks/ (n): môn thể dục dụng cụ

- **habitat destruction** /'hæbɪtæt/ /dɪ'strʌkʃn/ (n): sự phá hủy môi trường sống

- **hang-gliding** /'hæŋ glaɪdɪŋ/ (n): môn điều lượn

- **hang out with friends**: đi chơi với bạn bè

- **industrialization = industrialisation** /ɪn,dʌstriələɪ 'zeɪʃn/(n): công nghiệp hoá

Example: The rapid **industrialization** of the 19th century brought about significant changes to society, including increased productivity, urbanization, and technological advancements that continue to shape the modern world. (Quá trình công nghiệp hóa nhanh chóng của thế kỷ 19 đã mang lại những thay đổi đáng kể cho xã hội, bao gồm tăng năng suất, đô thị hóa và những tiến bộ công nghệ tiếp tục định hình thế giới hiện đại.)

- **intolerant of** /ɪn'tɒlərənt/ /ɪn'tɑ:lərənt/(adj): không chịu được (thức ăn / loại thuốc / v.v. nào đó)

- **lactose intolerant** /'læktəʊs ɪn'tɒlərənt/ (adj): không dùng được đường lactose (chất đường có trong sữa)

- **lasagne/ lasagna** /lə'zænjə/ (n): món ăn Ý, gồm các lát bột với rau, thịt, phô mát, nước sốt cà chua

- **karting** /'ka:tɪŋ/ (n): môn đua ô tô nhỏ

- **kayaking** /'kaɪækɪŋ/ (n): môn chơi / thể thao sử dụng thuyền kayak

- **lasagne** /lə'zænjə/ /lə'zɑ:njə/ = **lasagna** (n): món mì Ý

Example: **Lasagne** is a popular comfort food and can be found in many Italian restaurants around the world. (Lasagne là một món ăn phổ biến và có thể tìm thấy ở nhiều nhà hàng Ý trên khắp thế giới.)

- **let-down** /'let daʊn/ = disappointment (n): điều gây thất vọng

Example: The last-minute cancellation of the concert was a huge let-down for the fans who had been eagerly anticipating the event for weeks. (Việc hủy buổi hòa nhạc vào phút cuối là một sự thất vọng lớn đối với những người hâm mộ người mà đã háo hức mong đợi sự kiện này trong nhiều tuần.)

- **letterboxing** /'letəbɒksɪŋ/ /'letəbɑ:ksɪŋ/ (n): trò chơi tìm bưu thiếp trong hộp được cất giấu ở vùng nông thôn

- **logbook** /'lɒg.bʊk/ /'lɔ:gbʊk/ (n): nhật ký hành trình hàng hải, máy bay

Example: The captain meticulously recorded the ship's coordinates, speed, and weather conditions in the **logbook** to ensure accurate navigation and safe passage on the long voyage. (Thuyền trưởng đã

ghi lại tọa độ, tốc độ và điều kiện thời tiết của con tàu một cách tỉ mỉ trong nhật ký để đảm bảo điều hướng chính xác và đi lại an toàn trên hành trình dài.)

- **martial arts** /ˌmɑː.ʃəl 'ɑːt/ /ˌmɑːr.ʃəl 'ɑːrt/ (n): võ thuật

- **make clothes** /meɪk/ /kləʊðz/, /kləʊz/: May quần áo

- **memorabilia** /ˌmemərə'biːliə/ (n): kỷ vật sưu tầm từ nhân vật hoặc ban nhạc, đội bóng, công ty nổi tiếng

Example: The museum has an impressive collection of sports memorabilia, including signed jerseys, trophies, and equipment used by some of the world's greatest athletes. (Bảo tàng có một bộ sưu tập kỷ vật thể thao ấn tượng, bao gồm áo có chữ ký, danh hiệu và thiết bị được sử dụng bởi một số vận động viên vĩ đại nhất thế giới.)

- **miso soup** /'miːsəʊ suːp/ (n): một món súp Nhật, gồm đậu hũ và rong biển

- **mousse** /muːs/ (n): món tráng miệng có trứng và bột kem

- **parkour** /pɑː'kɔː(r)//pɑː'r'kɔːr/ (n): môn chạy, nhảy, leo trèo vượt chướng ngại vật

- **premiere** /'premiə(r)//prɪ'mɪr/ (n): buổi ra mắt

- **pretty average** /'ævərɪdʒ/: trung bình khá

Example: The movie we saw last night was pretty average - it wasn't great, but it wasn't terrible either. (Bộ phim chúng tôi xem tối qua ở mức trung bình khá - không hay nhưng cũng không tệ.)

- **proceeds of/from** /'prəʊsiːdz/ [plural] (n): doanh thu

Example: The proceeds from the charity auction will go towards funding research for a cure for the rare disease that has affected so many families in the community. (Số tiền thu được từ cuộc đấu giá từ thiện sẽ được dùng để tài trợ cho việc nghiên cứu phương pháp chữa trị căn bệnh hiếm gặp đã ảnh hưởng đến rất nhiều gia đình trong cộng đồng.)

- **publicise = publicize** /'pʌbhaɪz/ (v): quảng bá, công khai

Example: In order to attract more customers, the company launched a new advertising campaign to publicize their latest product line. (Để thu hút nhiều khách hàng hơn, công ty đã tung ra một chiến dịch quảng cáo mới để quảng bá dòng sản phẩm mới nhất của họ.)

- **rink** /rɪŋk/ (n): sân trượt

- **risotto** /rɪ'zɒtəʊ/ /rɪ'sɔːtəʊ/, /rɪ'zɔːtəʊ/ (n): món cơm Ý (món cơm với rau và thịt)

- **rollerblading** /'rɒləbleɪdɪŋ /'rɒlərbleɪdɪŋ / (n): môn thể thao với giày có gắn một hàng bánh xe bên dưới có thể di chuyển được

- **solar radiation** /'sɒlə(r) /'sɒlə(r),reɪdɪ'eɪʃən/ (n): bức xạ năng lượng mặt trời *Example: Excessive exposure to solar radiation can cause sunburn, skin damage, and an increased risk of skin cancer. (Tiếp xúc quá nhiều với bức xạ Mặt trời có thể gây cháy nắng, tổn thương da và tăng nguy cơ ung thư da.)*

- **soundproof** /'saʊndpruːf/ (adj): cách âm

- **state-of-the-art** /ˌsteɪt əv ðɪ 'ɑːt/ (adj): tiên tiến, hiện đại, mới nhất

Example: The new research facility boasts state-of-the-art equipment and cutting-edge technology to help scientists make groundbreaking discoveries in the field of biotechnology. (Cơ sở nghiên cứu mới tự hào có trang thiết bị hiện đại và công nghệ tiên tiến để giúp các nhà khoa học thực hiện những khám phá đột phá trong lĩnh vực công nghệ sinh học.)

- **taco** /'tækəʊ/ /'tɑ:kəʊ/ (n): món bánh kẹp Mexico cuộn thịt, đậu, v.v. chiên giòn

- **tennis court** /'tenɪskɔ:t/ /'tenɪskɔ:rt/ (n): sân quần vợt

- **text your friends**: Nhắn tin cho bạn bè

- **use social media** /ˌsəʊʃl 'mi:diə/: sử dụng phương tiện truyền thông xã hội

- **variation** /veəri'eɪʃn/ /ˌveri'eɪʃn/ (n): sự biến đổi

Example: The variation in temperature between night and day can be quite significant in some regions, affecting the local flora and fauna. (Sự thay đổi nhiệt độ giữa ngày và đêm có thể khá lớn ở một số vùng, ảnh hưởng đến hệ động thực vật địa phương.)

- **vegan** /'vi:gən/ (n): người ăn chay thuần túy (không ăn bất cứ sản phẩm nào từ động vật)

- **video blog = vlog** /'vɪdiəʊ blɒɡ/ /blɑ:g/: là một loại blog hoặc trang web cá nhân lấy nội dung video làm trọng tâm chính.

Example: The popular video blogger shared a behind-the-scenes look at her daily life and routine in her latest vlog, giving her audience a glimpse into the world of content creation. (Blogger video nổi tiếng đã chia sẻ góc nhìn hậu trường về cuộc sống và thói quen hàng ngày của cô ấy trong vlog mới nhất, mang đến cho khán giả cái nhìn thoáng qua về thế giới sáng tạo nội dung.)

- **watch videos online**: xem video trực tuyến

- **weight** /weɪt/ (n): vật nặng; trọng lượng

A. Phrases to remember

do ballet:	múa ba lê:
do drama:	đóng kịch
do gymnastics:	tập thể dục
do martial arts:	tập võ
do photography:	chụp ảnh
do weights:	tập tạ
go ballroom dancing:	đi khiêu vũ
go bowling:	đi chơi bowling
go camping:	đi cắm trại
go cycling:	đi đạp xe
go rollerblading:	đi trượt patin
go running:	đi chạy
go shopping:	đi mua sắm
go skateboarding:	đi trượt ván
play cards:	chơi bài
play chess:	chơi cờ

play a musical instrument:	chơi nhạc cụ
play basketball:	chơi bóng rổ
play board games:	chơi trò chơi trên bảng hoặc mặt bàn bằng cách sử dụng quân cờ hoặc bút đánh dấu và tuân theo một bộ quy tắc
play ice hockey:	chơi khúc côn cầu trên băng
out of this world (idiom):	tuyệt vời, không còn lời để diễn tả
decorate something with something <i>ex: They decorated the room with flowers and balloons.</i>	trang trí một cái gì đó với một cái gì đó <i>ex: Họ trang trí căn phòng bằng hoa và bóng bay.</i>
not up to standard: <i>ex: The quality of the product was not up to standard, so I had to return it to the store.</i>	không đạt tiêu chuẩn <i>ex: Chất lượng sản phẩm không đạt tiêu chuẩn nên tôi phải trả lại cho cửa hàng.</i>
walk out on sb: <i>ex: He walked out on his wife and the children.</i>	đột ngột bỏ rơi ai <i>ex: Ông ấy đột ngột bỏ rơi vợ và các con.</i>

B. Word Skills

Compound nouns (Danh từ ghép)

Danh từ ghép là danh từ gồm có hai từ và có thể được hình thành theo các cách sau đây:

1. Danh từ + danh từ

bathroom	phòng tắm
safety barrier	hàng rào an toàn
Hood lights	đèn pha
football pitch	sân bóng đá
main road	đường chính
mountain range	dãy núi
safety net	mạng lưới an toàn
sea shore	bờ biển
swimming pool	hồ bơi
tennis player	người chơi tennis
tower block	tòa tháp
athletics track	đường chạy điền kinh
dance studio	phòng tập khiêu vũ

weights room	phòng tập tạ, phòng cử tạ
basketball court	sân bóng rổ
golf course	sân golf
ice rink	sân băng
tennis court	sân quần vợt
football stadium	sân vận động bóng đá
skateboard park	công viên trượt ván

2. -ing form + danh từ

dining room	phòng ăn
recording studio	phòng thu âm
bowling alley	sân chơi bowling
boxing ring	sàn đấu bốc
climbing wall	tường leo núi là một cấu trúc chuyên dụng trong nhà hoặc ngoài trời được thiết kế để leo núi hoặc các hình thức hoạt động leo núi khác
swimming pool	hồ bơi
cycling velodrome	trường đua xe đạp

3. Tính từ + danh từ

greenhouse	nhà kính
red carpet	thảm đỏ
blue sky	phần bầu trời không bị mây che phủ và có màu xanh lam
silverware	đồ dùng bằng bạc
blackboard	bảng đen
wet room	phòng tắm
whiteboard	bảng trắng

CHÚ Ý:

- Chúng ta thường viết các danh từ ghép dưới dạng hai từ tách biệt (safety barrier), hoặc viết dính liền thành một từ (whiteboard), hoặc có dấu gạch nối (make-up).
- Trọng âm thường đặt ở từ đứng trước.

Compound adjectives (tính từ ghép): Một vài đặc điểm của tính từ ghép như sau:

1. Tính từ ghép là tính từ được hình thành từ hai từ.

2. Chúng ta thường viết các tính từ ghép với dấu gạch ngang.

3. Đôi khi các tính từ ghép có nhiều hơn hai từ.

well-known	nổi tiếng
half-eaten	đã bị cắn hoặc ăn nửa chừng; đã được bắt đầu nhưng chưa hoàn thành.
record-breaking	phá kỷ lục
wind-powered	chạy bằng năng lượng gió
air-conditioned	có máy lạnh
brightly lit	được chiếu sáng rực rỡ
full-sized	có kích thước đầy đủ
open-air	ngoài trời
solar-heated	làm nóng bằng năng lượng mặt trời
well-equipped	đầy đủ tiện nghi
tried-and-true	đã được thử nghiệm và chứng minh là đáng tin cậy
up-to-date	hiện đại; mới nhất
run-of-the-mill	bình thường hoặc trung bình, thiếu tính độc đáo hoặc khác biệt.
larger-than-life	lớn hơn, ấn tượng hơn hoặc kịch tính hơn những gì thông thường
well-intentioned	có ý định hoặc động cơ tốt

Example:

- The state-of-the-art recording studio was equipped with the latest equipment and technology to produce the highest quality sound. (Phòng thu âm hiện đại được trang bị các thiết bị và công nghệ mới nhất để tạo ra âm thanh chất lượng cao nhất.)
- The well-equipped art and design studio had everything an artist needed to create their masterpiece, from paints and brushes to digital design tools. (Xưởng thiết kế và nghệ thuật được trang bị tốt có mọi thứ mà một nghệ sĩ cần để tạo ra kiệt tác của họ, từ sơn và bút vẽ cho đến các công cụ thiết kế kỹ thuật số.)
- The high-speed Wi-Fi network allowed guests to easily connect to the internet and work or stream without any lag. (Mạng Wi-Fi tốc độ cao cho phép khách dễ dàng kết nối internet và làm việc hoặc phát trực tuyến mà không gặp bất kỳ sự chậm trễ nào.)
- The all-weather football pitch was perfect for games and practices in any conditions, rain or shine. (Sân bóng đá trong mọi thời tiết là hoàn hảo cho các trận đấu và luyện tập trong mọi điều kiện, mưa hay nắng.)

WORD FORM:

STT	Noun	Verb	Adjective	Adverb
1	enthusiasm: sự	enthuse: làm	enthusiastic: nhiệt	enthusiastically: với sự

	nhiệt tình enthusiast: Người đam mê:	say mê	tình # unenthusiastic: không nhiệt tình	nhiệt tình hoặc hứng thú # unenthusiastically: với sự không nhiệt tình hoặc không hứng thú
2	athlete: vận động viên athletics: môn điền kinh		athletic: có thể chất cân đối, mạnh mẽ;	athletically: một cách lực lượng; 1 cách mạnh mẽ
3	relief: cảm giác thoải mái, dễ chịu; sự cứu trợ	relieve: làm dịu đi	relieved: thoải mái, dễ chịu hoặc yên tâm	relievedly: 1 cách nhẹ nhõm
4	sleep: giấc ngủ sleepiness: trạng thái buồn ngủ sleeplessness: chứng mất ngủ	sleep: ngủ	asleep: ngủ quên sleepless: mất ngủ sleepy: buồn ngủ	sleepily: ngái ngủ sleeplessly: mất ngủ
5	knowledge: kiến thức	know: biết	known # unknown (đã được biết # chưa được biết) well-known: nổi tiếng	knowledgeably: có kiến thức, chuyên môn hoặc hiểu biết
6	variety: sự đa dạng variation: biến thể	vary: thay đổi	various: đa dạng	variously: khác biệt hoặc theo những cách khác nhau
7	public: công chúng publication: sự xuất bản publicist: chuyên gia chuyên về quan hệ công chúng publicity: sự công khai	publicize: công bố	public: công cộng	publicly: 1 cách công khai
8	industrialization: sự công nghiệp hóa industry :ngành công nghiệp	industrialize: công nghiệp hóa	industrial: thuộc về công nghiệp industrialized: được công nghiệp hóa industrious: siêng năng	industrially: về mặt công nghiệp industriously: 1 cách siêng năng
9	gymnastics: môn thể		gymnastic: thuộc về	

	dục dụng cụ gymnast: người tập thể dục dụng cụ gymnasium: phòng tập thể dục		thể dục dụng cụ	
10	destroyer: kẻ huỷ diệt; vật phá huỷ destruction: sự phá huỷ	destroy: phá huỷ	destructive: gây ra thiệt hại, tổn hại hoặc phá huỷ	destructively: tàn phá

VOCABULARY PRACTICE

Exercise 1: Fill in the blank in the following sentences with one phrase from the box.

Part A:

bake cakes	collect figures	make clothes	collection of stamps	watching videos online
collect cards	reading books	text my friends	use social media	hang out with friends

- _____ is one of my favorite hobbies, and I always have a new book to read.
- I often _____ to stay in touch and catch up on each other's lives.
- I _____ to connect with friends and family who live far away.
- I enjoy _____ on various topics, from cooking to travel and music.
- As a child, I used to _____ of different sports, but now I prefer stamps.
- My grandfather has an impressive _____ from all over the world.
- I like to _____ at the park, and we usually play games and have a picnic.
- I love to _____ on weekends, and I always experiment with new flavors.
- My brother likes to _____ of his favorite superheroes and anime characters.
- My sister has a passion for fashion, and she likes to _____ for herself and others.

Part B:

basketball	go bowling	drama	ice hockey	ballroom dancing
cards	lift weights	Shopping	Chess	go rollerblading
go cycling	Skateboarding	doing ballet	go for a run	a musical instrument
Photography	Martial arts	Gymnastics	go camping	play board games

- I have been _____ since I was a little girl, and I still love it to this day.
- My parents love _____ and they do it every Saturday night at the community center.
- I love to play _____ with my friends after school to unwind and get some exercise.
- On rainy days, my family likes to stay in and _____ together.

5. Every Friday night, my coworkers and I _____ to celebrate the end of the workweek.
6. I love to _____ in the mountains during the summer and enjoy the fresh air and beautiful scenery.
7. My grandparents always _____ after dinner, and they have been doing it for years.
8. _____ is a game that I love to play when I want to challenge my mind and relax at the same time.
9. My brother and I like to _____ on weekends, and we explore different trails in the area.
10. I have been doing _____ since high school, and I have performed in several plays and musicals.
11. _____ is a sport that requires a lot of discipline and practice, but it is also a lot of fun to do.
12. I grew up in a town where _____ was the most popular sport, and I used to play on a team.
13. _____ is not only a way to learn self-defense, but it is also a great workout that I enjoy doing.
14. Playing _____, like the piano or guitar, is a skill that takes time and dedication to master.
15. _____ is a hobby that I enjoy doing in my free time, and I love capturing beautiful moments and landscapes.
16. On sunny days, I like to _____ in the park and enjoy the fresh air and exercise.
17. Running is a great way to stay in shape and clear your mind, and I try to _____ every day.
18. _____ is a fun activity to do with friends, and we always find great deals and new things to try on.
19. _____ is a popular activity among teenagers, and I like to go to the skate park and watch them do tricks.
20. I like to _____ at the gym to stay in shape and improve my strength and endurance.

Exercise 2. Choose the word which is CLOSEST in meaning to the underlined word in each of the following questions.

1. The Eiffel Tower is a well-known landmark in Paris.
A. unkind B. famous C. unknown D. athletic
2. The new gym equipment is state-of-the-art and has all the latest features for a complete workout.
A. cutting-edge B. competitive C. skilled D. wind-powered
3. I was really looking forward to that sandwich, but now it's just half-eaten and not as satisfying.
A. untouched B. uneaten C. enjoyable D. partially eaten
4. The dress looked full-sized on the hanger, but when I tried it on, it was much too small.
A. life-sized B. miniature C. small-scale D. solar-heated
5. I was excited to try the new restaurant, but the poor quality of the food was a real let-down.
A. excitement B. pride C. disappointment D. happiness

Exercise 3. Choose the word which is OPPOSITE in meaning to the underlined word in each of the following questions.

1. The main road was closed due to a severe accident, causing a major traffic jam during rush hour.
A. side street B. arterial road C. thoroughfare D. major highway

2. The company hired a marketing team to help **publicize** its new product through social media platforms and targeted advertising campaigns.

- A. make public B. make known C. issue D. conceal

3. Her **intolerant** behavior towards people of different races and religions was unacceptable.

- A. narrow-minde B. small-minded
C. tolerant D. unsympathetic

4. It was his **guilty** conscience that made him offer to help.

- A. culpable B. innocent C. blameworthy D. reprehensible

5. The view of the stars from the top of the mountain was **out of this world**.

- A. great B. wonderful C. ordinary D. extraordinary

Exercise 4. Complete each sentence with the correct form of the word given in parentheses.

1. The _____ athlete was determined to win the race and gave it his all. (enthuse)
2. The team was _____ ecstatic after winning the championship game. (relieve)
3. After a long day at work, she _____ soundly and woke up feeling refreshed. (sleep)
4. The _____ trained every day for months to prepare for the Olympic games. (athletics)
5. The professor had a vast _____ of various subjects and was able to teach them all with great proficiency. (know)
6. The new product gained _____ through an advertising campaign that reached millions of people. (public)
7. The process of _____ led to the development of many new technologies that changed the way we live and work. (industry)
8. The _____ team's performance at the competition was stunning and received a standing ovation from the audience. (gymnast)
9. The _____ hurricane caused widespread damage to homes and businesses in the coastal town. (destroy)
10. The number of cases this year of salmonella poisoning has been _____ put at 46, 49, or 51. (vary)

Exercise 5. Complete each of the following sentences with one word from the box.

salad	stir-fry	eggs	pork	stew	milk	fruit
pudding	wheat	curry	pie	risotto	banh mi	soup

1. I love the fragrant aroma of spicy _____ on a cold evening.
2. My mom makes the best chicken pot _____, with a flaky crust and hearty filling.
3. For dessert, we had a warm and comforting bread _____ with a dollop of whipped cream on top.
4. I like to experiment with different types of _____, like mushroom or butternut squash.
5. My go-to lunch is a healthy and refreshing _____, packed with veggies and topped with grilled chicken.

6. _____ is a Vietnamese sandwich that's packed with flavor and is always a satisfying lunch option.
7. A warm bowl of chicken noodle _____ is my ultimate comfort food when I'm feeling under the weather.
8. Nothing beats a hearty beef _____ on a chilly day, served with crusty bread for dipping.
9. A quick and easy dinner option is _____, packed with veggies, protein, and flavorful sauces.
10. I like to start my day with a healthy breakfast of scrambled eggs and a side of fresh _____.
11. A bowl of oatmeal with a splash of _____ and sliced bananas is my favorite way to kickstart my morning.
12. I love the rich and savory taste of slow-cooked pulled _____, served with a side of roasted vegetables.
13. A delicious way to add protein to my diet is by snacking on hard-boiled _____ throughout the day.
14. A classic favorite for breakfast is pancakes, made with whole _____ flour and topped with fresh berries and whipped cream.

GRAMMAR

Revision:

1. Present simple and adverbs of frequency
2. Present perfect and past simple contrast
3. Present perfect simple vs. present perfect continuous

1. Revision: Present simple and adverbs of frequency

(Ôn tập: Thì hiện tại đơn và trạng từ thường xuyên)

1.1. Trạng từ thường xuyên. Chúng ta thường dùng trạng từ thường xuyên với Thì hiện tại đơn. Sau đây là một số trạng từ thường xuyên thông dụng:

always: luôn luôn

normally: thông thường

usually: thông thường

frequently: thường thường

often: thường

sometimes: thỉnh thoảng

occasionally: đôi lúc

rarely: hiếm khi

seldom: hiếm khi

hardly ever: rất hiếm khi

never: không bao giờ

ever: có bao giờ (thường dùng trong câu hỏi)

1.2. Vị trí của trạng từ thường xuyên trong câu:

Vị trí của trạng từ thường xuyên	Ví dụ
1. Đứng trước động từ chính.	- The principal and his staff rarely agree on what to do. - It normally takes two hours and a half to drive there from this city.
2. Đứng sau động từ "Be".	- The office is always very busy at this time of the year. - People are often afraid of things they don't understand.
3. Đứng sau trợ động từ (Auxiliary verb) và trước động từ chính	- We don't often meet for dinner like this. - I have never seen such a terrifying thing in my life.
4. Một số Trạng từ thường xuyên có thể đặt đầu câu, giữa câu hoặc cuối câu.	- Sometimes it's best to remain silent. - It's sometimes best to remain silent. - It's best to remain silent sometimes . - Usually the children stay with their grandparents for a week in the summer. - The children usually stay with their grandparents for a week in the summer. - Often we don't eat much meat. - We don't eat meat very often .

2. Present perfect simple and past simple contrast

(So sánh thì hiện tại hoàn thành đơn và thì quá khứ đơn)

Về căn bản, thì hiện tại hoàn thành đơn và thì quá khứ đơn đều nói về một hành động hoặc sự việc đã xảy ra trong quá khứ. Nhưng thì hiện tại hoàn thành diễn tả một hành động đã xảy ra và còn tiếp tục hoặc có tác động đến hiện tại. trong khi đó, thì quá khứ đơn nói về một hành động đã xảy ra và đã kết thúc trong quá khứ. Chúng ta hãy so sánh cách dùng của hai thì trên trong bảng tóm tắt sau đây.

Present perfect simple	Past simple
Nói về hành động bắt đầu trong quá khứ, nhưng chưa kết thúc và còn tiếp tục trong hiện tại. Chúng ta thường dùng "for/ since + time". - Emma has worked here for five years. (She still works here.)	Nói về hành động đã xảy ra và đã kết thúc trong quá khứ. - Mr. Alex worked here for twenty years. He retired in 2015. - I knew Mr. Alex while I was working there. Now

- I've known her since then. (I still know her now.)	he retired so we
Nói về hành động đã làm (có thể nhiều lần) và còn có thể tiếp tục xảy ra. - She has been to England three times. (She may go there again some day.) - I've seen her several times. (I will probably see her again.)	Nói về hành động đã làm trong quá khứ, nhưng không thể lặp lại. - My grandfather went to England several times when he was alive. - I only saw my grandfather a few times before his death.
Nói về một hành động đã xảy ra, nhưng có hậu quả trong hiện tại. - I've lost my keys! (The result is that I can't get into my house now).	Nói về một hành động đã xảy ra, nhưng không còn hậu quả trong hiện tại. - I lost my keys yesterday. It was terrible! (Now there is no result. I got new keys yesterday).
Nói về hành động đã xảy ra khi dùng với thời gian chưa kết thúc (= unfinished time). Những cách nói thời gian chưa kết thúc gồm có: "today, this morning, this week, this month, etc." - I've received five emails today . (Probably I may receive some more because "today" has not finished.) She has met him twice this week . (They can probably meet again because "this week" has not finished.)	Nói về hành động đã xảy ra với thời gian đã kết thúc (= finished time). Những cách nói thời gian đã kết thúc gồm có: "yesterday, last week, last month, two days ago, in 2021, in February, etc." - I received nine emails yesterday . - She met him three times last week . - They stayed at that hotel in February 2022 .

3. Present perfect simple vs. present perfect continuous

(Thì hiện tại hoàn thành đơn và thì hiện tại hoàn thành tiếp diễn)

3. 1. So sánh hình thức:

Present perfect simple "Have + past participle"	Present perfect continuous "Have + been + verb-ing"
We have just arrived at the hotel.	We have been driving for six hours.
He hasn't answered my phone call.	He hasn't been waiting for us long.
Have you ever visited the local museum?	Have you been working hard?

3.2. So sánh cách dùng:

Present perfect simple	Present perfect continuous
Khi dùng thì hiện tại hoàn thành đơn, chúng ta chú trọng vào kết quả của hành động. Ví dụ:	Khi dùng thì hiện tại hoàn thành tiếp diễn, chúng ta chú trọng vào hành động. Ví dụ:

<p>- Someone has cleaned the room. It looks so nice!</p>	<p>- She's been cleaning the kitchen all morning.</p>
<p>Chúng ta dùng thì hiện tại hoàn thành đơn để nói ai đã làm được bao nhiêu việc (How many/ How much?). Ví dụ:</p> <p>- He has made ten films so far.</p>	<p>Chúng ta dùng thì hiện tại hoàn thành tiếp diễn để nói ai đã làm việc gì được bao lâu (How long?). Ví dụ:</p> <p>- He has been making that film for five months.</p>
<p>Chúng ta dùng thì hiện tại hoàn thành đơn để diễn tả hành động đã hoàn thành (completed actions). Ví dụ:</p> <p>- She has written a new book. (She has finished writing it.)</p>	<p>Chúng ta dùng thì hiện tại hoàn thành tiếp diễn để diễn tả hành động đã bắt đầu nhưng còn tiếp tục (actions which may continue). Ví dụ:</p> <p>- She has been writing a new book. (She hasn't finished it yet.)</p>
<p>CHÚ Ý: Chúng ta KHÔNG dùng thì hiện tại hoàn thành tiếp diễn với những động từ trạng thái (stative verbs). Thay vào đó, chúng ta dùng thì hiện tại hoàn thành đơn. Hãy so sánh:</p> <p>- I have known Jim for a long time.</p> <p>NOT: I have been knowing Jim for a long time.</p> <p>- I have always liked spending my holidays by the sea.</p> <p>NOT: I have always been liking spending my holidays by the sea.</p> <p>- She has believed in his story.</p> <p>NOT: She has been believing in his story.</p>	<p>Chúng ta dùng thì hiện tại hoàn thành tiếp diễn để diễn tả sự việc vừa xảy ra, qua những bằng chứng chúng ta còn thấy được. Ví dụ:</p> <p>- The ground is wet. It has been raining all night!</p> <p>- You're out of breath! Have you been running?</p>
	<p>CHÚ Ý: Trong một vài trường hợp, chúng ta có thể dùng cả hai thì mà không có khác biệt, nhất là khi trong câu có cách nói thời gian với "for" hoặc "since". Tuy nhiên, thì hiện tại hoàn thành tiếp diễn thường có ý nhấn mạnh sự liên tục của hành động. Ví dụ:</p> <p>- They have lived in this town for 20 years.</p> <p>OR: They have been living in this town for 20 years.</p> <p>- Mark has worked for the same company since he graduated from the university.</p> <p>OR: Mark has been working for the same company since he graduated from the university.</p>

Exercise 1: Put the adverb of frequency given at the end of the sentence in the correct place.

Example: She has rice and vegetables for lunch. (usually)

...She usually has rice and vegetables for lunch.....

1. The children get hungry towards the middle of the morning. (normally)

2. I thought he was well-known, but none of my friends have heard of him. (ever)

3. I get the chance to meet my brother and my sister. (seldom)

4. They go to town for dinner but it's quite rare. (occasionally)

5. He has done the washing-up or anything else to help his wife. (hardly ever)

6. They will hold conferences at that hotel. (frequently)

7. You should clean your teeth after meals. (always)

8. British weather can be relied on - it's always changing. (never)

9. Now that she has her own baby, she has time to read books. (rarely)

10. Christmas is very cold in this country. (often)

Exercise 2: Put the verb in parentheses in the correct tense: present perfect or past simple. The first one has been done for you.

Jane Austin is an American artist. She has painted (0. paint) a lot of pictures and _____ (1. win) a lot of prizes. Famous people around the world _____ (2. buy) her pictures, including one which _____ (3. sell) for \$250,000 in 2021. But Jane is different from most people. When she _____ (4. become) rich, she _____ (5. not buy) an expensive car or a big house. In fact, Jane _____ (6. never learn) to drive and she still lives in the house that she _____ (7. grow up) in.

So how _____ (8. Jane/ spend) her money? She _____ (9. create) organizations that help people in poor countries. These organizations _____ (10. pay) for thousands of children to go to school. Jane _____ (11. never meet) these children, and she _____ (12. never be) to their countries. In fact, Jane _____ (13. never leave) the United States, although her pictures _____ (14. appear) in exhibitions around the world. She is scared of flying, so she _____ (15. never travel) by airplane.

Exercise 3: Complete each of the following sentences with the correct tense of the verbs in parentheses. Use the present perfect or the past simple.

Example: We are on holiday. We have had (have) a good time so far.

1. My uncle works as a film producer. He _____ (make) more than twenty films.
2. I wasn't hungry at yesterday lunchtime, so I _____ (not eat) anything.
3. Charlotte Bronte was a writer in the 18th century. She _____ (write) four novels.
4. The train _____ (arrive). Let's get on!
5. I _____ (read) this book five times. I was sixteen the first time I _____ (read) it.
6. I _____ (not see) Rita for over 10 years and then I _____ (bump) into her last week.
7. That customer _____ (be) here many times, but he _____ (never buy) anything.
8. Tom _____ (be) so active and sportive at university, but after the accident he _____ (never be) the same.
9. Edward is my best friend. I _____ (meet) him at school, and we (be) friends for over twenty years.
10. Since records _____ (begin) in 1880, the global temperature (rise) 0.85 degrees Celsius.

Exercise 4: Complete each of the following sentences using one expression of time from the box. Use each expression of time once only.

for	ago	always	just	today
never	the other day	ever	the last time	since

1. "Have you _____ been to Niagara Falls?" "Yes. We went there last summer."
2. I saw Helen last week but _____ I saw her before last week was over 20 years ago.
3. Patricia hasn't phoned _____ last Monday. I hope she's alright.
4. Carol ran into someone she used to know at school _____
5. Anna has _____ got on well with her mother-in-law. It seems that they have many things in common.
6. I'm very hungry. I haven't had any lunch _____
7. He took up some new hobbies like fishing and cycling when he retired two years _____
8. I have _____ paid back the money I owed Joe. I thanked him for that.
9. We're going to visit our grandparents in Toronto. We haven't seen them _____ ages.
10. She has _____ got used to take-off and landing no matter how many times she's travelled by air.

Exercise 5: Choose the correct tense of the verbs in bold type in each of the following sentences.

Example: The grass is very wet. It **has rained/ has been raining** during the night!

1. We **have done/ have been doing** five tests this semester.
2. I've **worked/ 've been working** on this project for a month now. I must finish it by Thursday.
3. The boss won't be pleased because Ted still **hasn't finished/ hasn't been finishing** the report.
4. He's really exhausted. He **has driven/ has been driving** since midnight.

5. You **have had/ have been having** that laptop for over ten years. You should get a new one!
6. **Have you heard/ Have you been hearing?** Margaret is engaged to Albert.
7. **I've tried/ 've been trying** to contact Janet all morning. I don't know what has happened to her!
8. Kate **has trained/ has been training** hard for the next marathon. She's determined to win it.
9. In the last few years, more people **have preferred/ have been preferring** to work from home.
10. The bus hasn't come. We **have waited/ have been waiting** here for ages.

Exercise 6: Put the verbs in parentheses in the following paragraph in the correct tense: the present perfect simple or the present perfect continuous.

Scientists _____ (1. study) changes in Arctic sea ice for around 100 years. As measuring devices _____ (2. become) more accurate, it _____ (3. become) clear that the amount of Arctic sea ice _____ (4. decrease) for several decades. In fact, the Arctic _____ (5. lose) 75% of its summer sea ice over the past three decades. Although this is mainly due to global warming, the amount of ice lost each year _____ (6. depend) not only on global warming, but on a number of other things such as local weather patterns. In some years, these things _____ (7. cause) different amounts of sea ice to disappear. However, even though ice levels may be different from year to year, the trend is that Arctic summer sea ice _____ (8. disappear) at a rate of around 2.5% per year.

Exercise 7: Put the verbs in parentheses in the following paragraph in the correct tense: the present perfect simple or the present perfect continuous.

German sailors _____ (1. find) a bottle containing a message on a postcard which was thrown into the Baltic Sea 101 years ago. It is believed that this is the oldest message in a bottle that the world _____ (2. ever see). The bottle _____ (3. not suffer) any damage, despite floating in the sea for 101 years, although some of the writing on the postcard inside _____ (4. become) impossible to read. Experts who _____ (5. try) to work out what the complete message says say they _____ (6. not succeed) yet, but hope to in the near future. By looking at the address on the postcard, they _____ (7. identify) its author as Richard Platz, the 20-year-old son of a baker. A handwriting comparison with letters written by Platz _____ (8. confirm) that he is the author. The researchers _____ (9. find) his granddaughter, Angela Erdmann, who _____ (10. live) in Berlin for 40 years. They _____ (11. present) her with the bottle, which will be displayed in a museum. She says that since the discovery, she _____ (12. look) through family papers to find out more about her grandfather, who she never met.

SPEAKING

Exercise 1. Fill in each blank with the correct phrases from the box.

a bit special;	a real let-down;	fine;	nothing special;	not up to standard;
	out of this world;	pretty average		

A: How was the restaurant you went to last night?

B: Honestly, it was a bit special. The food was amazing and the atmosphere was so cozy and romantic.

A: That's great to hear! I was worried it might be a let-down, since some of the reviews weren't so positive.

B: No way, it was (1) _____. I would definitely go back again.

A: Wow, that sounds like quite an experience. What about the service?

B: The service was (2) _____, (3) _____, but it didn't detract from the overall experience.

A: That's good to hear. I recently went to a restaurant that was (4) _____ at all. The food was cold and the service was slow.

B: Oh no, that sounds like (5) _____. I hate when that happens.

A: Yeah, it was (6) _____ overall. I wouldn't go back there again.

B: That's too bad. I'm glad you had a better experience at the restaurant I went to. It was definitely (7) _____.

Exercise 2. Choose the response A, B, C or D that best completes each of the following conversations.

1. **Suzie** and **Ann** are shopping.

Ann: Let's use plastic bags instead of reusable ones.

Suzie: _____ It's not eco-friendly and contributes to plastic pollution.

A. You're absolutely right.

B. Sorry, but I don't think that's a very good idea.

C. I quite agree.

D. I think it would be great.

2. A boy and a girl are talking to each other in the schoolyard.

Boy: I'm thinking of buying a new car even though my current one is still in good condition.

Girl: _____ It's not necessary and will only increase your carbon footprint.

A. Sorry, but I don't really fancy it.

B. I think so.

C. I couldn't agree with you more.

D. I'm quite keen on it.

3. Sam and Margaret are talking about an adventure sport.

Sam: Have you ever tried bungee jumping?

Margaret: _____ It seems too risky for me.

A. That's exactly how I feel.

B. No, I haven't.

C. Yes, I do.

D. Yes, I am.

4. Mary and Sally are talking about a camping trip.

Mary: I like the idea of going on a camping trip this weekend.

Sally: Me too, but the weather forecast doesn't look good. _____

A. Don't you think it would be expensive?

B. I'd rather go climbing than karting.

C. I take a different view.

D. Let's postpone it for another time.

PRONUNCIATION

Exercise: Put the following words in the correct column depending on the stressed syllable.

abseiling	emission	guilty	intolerant	letterboxing
aerial	footage	gymnastics	karting	parkour

astronomy	geocaching	destruction	kayaking	average

Stress on the first syllable	Stress on the second syllable

PRACTICE TEST 5

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct word or phrase that best fits each of the numbered blanks.

Bodyboarding is a water sport (1) _____ has been gaining popularity in recent years. It involves (2) _____ waves on a specially designed board, known as a bodyboard, which is typically made of foam and has a slick bottom surface. Bodyboarding can be done on almost any type of wave and is accessible to people of all ages and skill levels.

One of the (3) _____ of bodyboarding is that it is relatively easy to learn. Unlike surfing, which requires much time and practice to master, bodyboarding can be picked up in hours. This makes it an ideal sport for beginners or anyone looking for a fun and exciting way to spend time at the beach.

Bodyboarding is also a very (4) _____ sport. Whether you prefer small waves close to shore or more giant waves further out, there is always a spot for bodyboarding. Some of the world's best waves for bodyboarding are found in places like Hawaii, Australia, and South Africa.

For those looking to take bodyboarding to the next level, there are competitions and events held worldwide. These events bring together some of the best bodyboarders in the world to compete for cash prizes and recognition.

Overall, bodyboarding is a thrilling and accessible water sport that millions of people worldwide enjoy. (5) _____ you are a beginner or an experienced surfer looking for a new challenge, bodyboarding is worth trying out.

- | | | | |
|------------------|------------------|---------------|--------------|
| 1. A. that | B. who | C. as | D. so |
| 2. A. rode | B. riding | C. ridden | D. ride |
| 3. A. drawbacks | B. disadvantages | C. advantages | D. troubles |
| 4. A. inflexible | B. rigid | C. versatile | D. unbending |
| 5. A. Therefore | B. Whether | C. Although | D. Because |

Mark the letter A, B, C, or D on your answer sheet to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

6. A. court B. parkour C. serious D. course
 7. A. gymnastics B. habitat C. devastation D. geocaching

Mark the letter A, B, C, or D on your answer sheet to indicate the word that differs from the other three in the position of primary stress in each of the following questions.

8. A. figures B. astronomy C. abseiling D. footage
 9. A. emission B. guilty C. destruction D. intolerant

Mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the following questions.

10. _____ is a fun outdoor activity where participants use clues to locate hidden containers in public spaces.

- A. Kayaking B. Letterboxing C. Karting D. Gymnastics

11. The _____ jacket is designed to protect you from the rain and wind, making it perfect for outdoor adventures in any season.

- A. pretty average B. intolerant C. gluten-free D. all-weather

12. As a _____, he believes in the ethical treatment of animals and avoids consuming any animal products in his diet and lifestyle.

- A. taco B. risotto C. vegan D. choir

13. The opening scene of the movie featured a breathtaking _____ of the city skyline, showcasing its towering skyscrapers and glittering lights from above.

- A. lasagne B. hang-gliding C. aerial shot D. deforestation

14. They enjoy going _____ together every weekend, as it not only provides a great form of exercise but also strengthens their bond as a couple.

- A. ballroom dancing B. camping
 C. cycling D. basketball

15. Playing a _____ is a wonderful way to express oneself creatively and provides a sense of accomplishment as one improves their skills over time.

- A. photography B. skateboarding
 C. musical instrument D. drama

16. She decided to decorate her room _____ fairy lights and colorful tapestries to create a cozy and inviting atmosphere.

- A. with B. by C. in D. over

17. Every weekend, he and his friends would go _____ at the local skate park, performing daring tricks and stunts that left the spectators in awe.

- A. gymnastics B. martial arts C. weights D. skateboarding

18. She enjoys doing _____ because it allows her to express herself through graceful movements and challenges her physically and mentally.

- A. board games B. bowling C. cards D. ballet

30. Sheep have been domesticated for over 5,000 years ago.

A. Sheep

B. been

C. domesticated

D. years ago

Complete each sentence with the correct form of the word in parentheses.

31. I always try to _____ my students about the subject matter, so that they are motivated to learn and explore it further. (enthusiasm)

32. _____ is a great way to stay fit and healthy, as it involves a variety of physical activities such as running jumping, and throwing. (athlete)

33. I was _____ to hear that my flight had only been delayed by an hour, and not cancelled altogether. (relieve)

34. After a _____ night, I found it hard to concentrate and be productive the next day. (sleep)

35. She spoke _____ about the history of art and its influence on contemporary design. (know)

Finish the second sentence so that it has a similar meaning to the first one

36. The last time Nancy came here was in 2016.

→ Nancy hasn't _____.

37. We moved to Hanoi 5 years ago.

→ We have _____.

38. Brian bought a new television, but first, he checked all the prices.

→ Before _____.

39. I don't mind what you do but don't tell Jane I was here.

→ Whatever _____.

40. The local cinema has a good film on at the moment.

→ There _____.

PRACTICE TEST 6

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct word or phrase that best fits each of the numbered blanks.

Sports and hobbies are essential activities that can bring enjoyment and many benefits to our lives. Engaging in sports can improve physical health, build confidence and teamwork skills, and provide an outlet for stress relief. Hobbies, however, can help us relax, express creativity, and learn new skills.

Playing sports can improve our physical health by providing a form of exercise that can help build strength, endurance, and **flexibility**. It can also help to prevent chronic diseases such as heart disease, diabetes, and obesity. Additionally, playing sports can boost self-esteem and confidence as we develop new skills and achieve goals.

Team sports can be great for building teamwork skills and fostering a sense of community. We learn to communicate effectively, collaborate, and work towards a common goal through teamwork. These skills can translate to other areas, such as work and relationships.

Hobbies, however, can provide a much-needed break from the stresses of daily life. Engaging in a hobby can help us relax and reduce anxiety or depression. It can also offer a creative outlet to express ourselves and explore new interests. Learning a new skill through a hobby can also improve cognitive function and memory.

Both sports and hobbies can be great for socializing and making new friends. For example, joining a sports team or club can provide a sense of belonging and an opportunity to meet new people with similar interests. Similarly, entering a hobby group can give a sense of community and a chance to connect with others who enjoy the same activities.

In conclusion, sports and hobbies can benefit physical, mental, and social wellbeing. Whether playing a team sport or pursuing a creative pursuit, these activities can bring joy and fulfillment to our lives.

1. Which of the following could be the main idea of the passage?
 - A. Team sports can be great for building teamwork skills.
 - B. Hobbies, however, can help us relax, express creativity, and learn new skills.
 - C. Both sports and hobbies can provide numerous benefits to our physical, mental, and social well-being.
 - D. Hobbies can provide a much-needed break from the stresses of daily life.
2. The word “**flexibility**” is closest in meaning to _____.
 - A. rigidity
 - B. adaptability
 - C. cruelty
 - D. harshness
3. The word “**it**” in line 5 refers to _____.
 - A. Building teamwork
 - B. Engaging in sports
 - C. Playing sports
 - D. Providing a form of exercise
4. It can be inferred from the third paragraph that _____.
 - A. only team sports bring joy and fulfillment to our lives.
 - B. entering a hobby group can give a sense of community.
 - C. engaging in sports can improve physical health.
 - D. participating in team sports can have a positive impact on one's social well-being.
5. According to the passage, which of the following is NOT true?
 - A. Playing sports can help to improve flexibility.
 - B. Team sports can help build teamwork skills and foster a sense of community.
 - C. Playing sports has few physical and psychological benefits.
 - D. Playing sports can boost self-esteem and confidence.

Mark the letter A, B, C, or D on your answer sheet to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

6. A. rugby B. cycling C. country D. hobby
7. A. challenge B. school C. research D. chess

Mark the letter A, B, C, or D on your answer sheet to indicate the word that differs from the other three in the position of primary stress in each of the following questions.

22. I've been feeling better since the doctor _____.
A. came B. is coming C. comes D. has come
23. She _____ as a waitress for several months before getting this job in 2005.
A. works B. worked C. has worked D. has been working
24. I'm feeling sleepy after _____ late last night to finish a project.
A. getting the job
B. making a decision
C. coming to an agreement
D. staying up
25. Woman: I think we should focus on improving our customer service before launching any new products.
Man: _____. I think we should prioritize developing new products to stay ahead of our competitors.
A. Actually, I disagree. B. OK, I agree.
C. Great. D. I'm quite keen on it.
26. Andy: We have received proposals from two different vendors. One offers a lower price, but the other has a stronger track record of quality work.
Bon: That's a tough choice. _____, as we have a tight deadline for this project.
A. Not very good.
B. We need to make a decision soon though.
C. Hold the line, please.
D. The lower one or the stronger one.

Mark the letter A, B, C, or D on your answer sheet to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.

27. The laboratory is well-equipped with the latest technology and state-of-the-art equipment.
A. unavailable B. poorly-equipped.
C. limited D. well-furnished

Mark the letter A, B, C, or D on your answer sheet to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions.

28. Unemployment rates among white-collar workers show much less regional variation than corresponding rates among blue-collar workers.
A. difference B. alteration C. change D. stabilization

Mark the letter A, B, C, or D on your answer sheet to indicate the underlined part that needs correction in each of the following questions.

29. The flood lights illuminated the football pitch, allowed the players to continue their match even after dark.
A. illuminated B. allowed C. to continue D. match
30. Walking along the seashores at sunset are one of my favorite things to do - the colors of the sky and water are breathtaking.

A. along

B. are

C. things

D. sky

Complete each sentence with the correct form of the word in parentheses.

31. _____ is a challenging and physically demanding sport that requires a high degree of strength, flexibility, and agility. (gymnast)

32. The factory's pollution was affecting the environment _____. (destroy)

33. The government's plan is to _____ the country and create new job opportunities for its citizens. (industry)

34. The city council held a _____ meeting to discuss the new development plans for the downtown area. (publicity)

35. The store offers _____ products to meet the needs and preferences of different customers. (vary)

Finish the second sentence so that it has a similar meaning to the first one.

36. The last time he broke his ankle was 4 years ago.

→ He hasn't _____.

37. He hasn't drunk any beer since the accident happened.

→ He last _____.

38. This is the first time I have eaten this kind of food.

→ I haven't _____.

39. He has been working for this factory for three years.

→ He started _____.

40. I've never met such a famous singer before.

→ It's the first _____.