

May 2025

Part 1 Frame 1

1. My best friend is called Lily, who is an outgoing and kind person. I first met her in high school, and we' ve become friends since then.

2. I usually spend time with her during the weekdays, we will study and finish our homework together.

3. Other than studying, we often hang out and play badminton together, it' s a good way to exercise ourselves and reduce stress.

4. On weekends, we' d like to go to a natural park to have a picnic and enjoy the fresh air.

1. I' d like to visit a local bookstore near where I live because it provides a quite and cozy atmosphere for me to read books.

2. There is a badminton court near my house and I usually play badminton with my family members before dinner.

3. We usually visit the book store to read some books and sometimes grab a cup of coffee and have a small chat.

4. Yes, there' s a market near my home that I don' t really want to go to. It' s always crowded and noisy, and sometimes the smell of raw meat is quite strong, which makes me uncomfortable.

Part 1 Frame 2

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4. On weekends, we' d like to go to a natural park to have a picnic and enjoy the fresh air.

1. I like watching movies on television especially Chinese and American ones.

2. I usually watch television with my family, we enjoy watching movies together in our living room.

3. I normally watch TV on weekends because during weekdays I need to stay in school and focus on my study.

4. I definitely dislike watching advertisements on television, you know, there are many boring advertisement popped up in between TV shows, which makes me annoyed.

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Part 2 Card 1

Keeping fit is of great importance for several reasons. First, it significantly improves our physical health. Regular exercise and a balanced diet can strengthen our immune system, reduce the risk of diseases like heart problems, and keep our body in good shape. For example, I used to get sick easily, but after I started jogging three times a week and eating more vegetables and fruits, I've been much healthier.

Second, it has a positive impact on mental health. When we exercise, our body releases endorphins, which are chemicals that make us feel happy and reduce stress. I remember when I was stressed about exams, going for a swim always helped me calm down and focus better.

Moreover, staying fit also enhances our daily life. It gives us more energy to study, work, and enjoy hobbies. Whether it's playing a sport, doing yoga, or just taking a walk, keeping fit makes us more productive and enthusiastic about life.

In conclusion, keeping fit is crucial for both our physical and mental well-being, and it enriches our overall quality of life.

PART THREE-FRAME 1

•What exercise do you do to keep fit? (Tell me about that.)

I usually go jogging in the park near my home. I try to jog for 30 minutes every morning, which makes me feel energetic for the whole day.

•Who do you like to exercise with? (Why is that?)

I prefer exercising with my best friend. We can motivate each other to stick to the exercise plan, and exercising together also strengthens our friendship.

•Where do you like to exercise? (Why is that?)

I like to exercise in the outdoor gym at the community center. It's free and has a variety of equipment, so I can do different types of workouts.

•From what age do you think students should be taught about keeping fit at school? (Why is that?)

I think students should be taught about keeping fit from primary school, around 6 or 7 years old. At that age, they can learn basic exercise skills and develop healthy habits early, which will benefit them for life.

•Why do you think some people do not keep fit? (Tell me about that.)

Some people don't keep fit because they have busy work or study schedules and think they don't have time. Others find exercise boring or don't know how to start.

•How do you think more people could be encouraged to keep fit? (Tell me about that.)

Schools and communities can organize fun fitness events, like group dance classes or sports competitions. Also, social media can share success stories and easy workout tips to inspire people.

•Some people say that going to a gym is the best way to keep fit. Do you agree? (Why is that?)

I don't fully agree. Gyms are good for people who want professional equipment and structured classes, but there are many other effective ways, like home workouts, outdoor running, or playing sports. Exercising outside allows people to breathe in fresh air and feel refreshed.

•What advice would you give to someone who wants to improve their fitness? (Tell me about that.)

I would suggest them to set small, achievable goals and start with the activities they are interested in. In addition, it's important to have a balanced diet and eat healthy.

•How do you think technology could be used to help people keep fit? (Tell me about that.)

Fitness apps can track workouts and set personalized plans. Also, online platforms can offer live fitness classes, so people can exercise at home with professional guidance.

Part 2 Card 2

I believe taking regular breaks from studying is extremely important for several reasons. First of all, it helps to protect our mental health. When students study for too long without a break, they start to feel tired, stressed, and even frustrated. Our brains can only focus for a certain period of time, and after that, it becomes hard to absorb new information. Taking short breaks allows our mind to rest and recharge.

Secondly, breaks are also essential for our physical health. Nowadays, many students spend hours sitting at their desks, using computers or reading books. This can cause problems like back pain, neck pain, and eye strain. During a break, it's good to move around, stretch, or even go for a short walk to relax the body. Another reason is that breaks give us time to connect with other people, such as our friends and family. Sometimes, a short chat or a laugh can make a big difference in our mood. Finally, I think regular breaks actually help us study more effectively. When our brain is fresh and relaxed, we remember things more easily and perform better in exams.

In conclusion, taking regular breaks is not a waste of time — it's a smart way to look after ourselves and improve our learning.

PART THREE-FRAME 1

•What do you like to do when you are not studying? (Tell me about that)

When I' m not studying, I like to relax by watching movies or listening to music. Sometimes I go out for a walk or meet my friends for a coffee.

•Who do you like to spend time with when you are not studying? (Why is that?)

I usually spend time with my family and close friends. They make me feel comfortable and supported, especially when I' m stressed about schoolwork.

•Where do you like to go when you are not studying? (Why is that?)

I often go to the park near my home because it' s peaceful and full of greenery. I enjoy sitting there, listening to birds, and just breathing in the fresh air.

•How often do you think students should be given breaks at school? (Why is that?)

I think students should have a short break every hour or so, and a longer break at lunchtime. If students study for too long, they become tired and lose focus.

•Do you think students should be able to relax when they get home instead of having to complete homework? (Why is that?)

I think it depends on how much homework they have. If students already study for many hours at school, they deserve some time to relax at home. However, a reasonable amount of homework can help students review the knowledge they learnt.

•Do you think technology encourages people to have more breaks while studying? (Why is that?)

Yes, social media and games can be very distracting, and sometimes students spend too much time on their phones instead of studying.

•Some people say that taking regular breaks can lead to better test results.

Do you agree? (Why is that?)

Yes, I completely agree. When students take breaks, they can rest their minds and come back to studying with more focus. This helps them remember things better and understand what they learn.

•Why do you think some people find it difficult to take regular breaks from studying?

Some students feel guilty when they stop studying because they think they' re wasting time. They believe that working non-stop will help them succeed, even though it usually makes them more tired.

•What advice would you give to someone who finds it difficult to take regular breaks from studying?

I would tell them that taking breaks doesn't mean being lazy. In fact, it helps your brain work better. I'd suggest setting a timer — for example, study for 50 minutes, then take a 10-minute break. It's a healthy habit that improves productivity.

Part 2 Card 3

Volunteering to help people in need is incredibly important for multiple reasons.

First, it plays a vital role in helping the community. For example, last year I volunteered at a local soup kitchen, and seeing how a simple meal could bring warmth and hope to elder people. This kind of help support our community and makes it a more caring place.

Second, volunteering allows us to meet people from different backgrounds.

We get to work with other volunteers who share the same passion for helping others, and we also interact with the people we' re assisting. These interactions help us develop empathy and understanding. I' ve made lifelong friends through volunteering, and we still work together on various charity projects.

Third, it provides us with valuable experiences. We learn new skills, such as organizing events, communicating effectively, and problem-solving. These skills are not only useful in our personal lives but also in our future careers.

Moreover, volunteering gives us a sense of purpose and happiness, and this happiness is something that money can' t buy. Additionally, volunteering can spread positive energies and kindness in our community.

In conclusion, volunteering is important because it benefits the community, enriches our personal lives, and spreads positivity, making the world a better place for everyone.

PART THREE-FRAME 1

•What volunteering roles are there in your area? (Tell me about them.)

In my area, there are several volunteering roles. You can prepare meals for homeless and older people, tutor children in subjects like math and English and take care of patients.

•What volunteering role would you like to do? (Tell me about that.)

I'd like to volunteer as a tutor for children. I love working with kids and helping them understand difficult concepts, it gives me a sense of achievement.

•What volunteering role would you not like to do? (Tell me about that.)

I don't think I'd like to volunteer in roles that involve taking care of the patients because I'm careless sometimes and I'm worried I will do something wrong.

•Do you think every student should be made to volunteer in their spare time? (Why is that?)

I don't think every student should be made to volunteer. While volunteering is beneficial, we shouldn't force students to do it. Instead, schools should encourage and inform students about the opportunities, letting them choose based on their interests.

•What are the benefits to volunteers of helping others in need? (Tell me about them.)

Volunteers gain many benefits. They develop new skills, such as communication, teamwork, and problem-solving. They also expand their social circle by meeting people from different backgrounds.

•How can more people be encouraged to volunteer to help others in need? (Tell me about that.)

Employers can offer paid time off for volunteering, and schools can give students credits or recognition. Also, sharing stories of volunteers who've had life-changing experiences can inspire others.

•Why do you think some people do not volunteer to help others?

Some people don't volunteer because they think they don't have time, especially with work or study commitments. Others might not know where to start or feel they lack the necessary skills.

•Some people say that volunteers do work that other people should be paid to do. Do you agree? (Why is that?)

I don't agree. While some roles could be paid, volunteering is about giving back to the community out of kindness.

•What would happen if people did not volunteer to help others? (Tell me about that.)

If people didn't volunteer, many community services would suffer because they can't find people to shoulder responsibilities to take care of the elderly and people in need. The whole society would become less caring