

**Speaking Part 1****Q1. Do you like listening to music?**

Oh absolutely! Music is a huge part of my life. I find it really relaxing to unwind with some tunes after a long day. I especially enjoy listening to soul music, as it is stress reliever activity before going to sleep. And of course, I love going to concerts and live performances whenever I can.

**Q2. What kind of weather do you don't like?**

Well, I'm not a huge fan of extremely humid weather. It just feels stifling and uncomfortable. I also find it hard to concentrate when it's unbearably hot. I much prefer cooler temperatures and a bit of a breeze. There's nothing quite like a crisp autumn day, for instance.

**Q3. What do you do after work or school?**

After work or school, I usually try to de-stress and recharge. I might catch up with friends, grab a bite to eat, or just relax at home. Sometimes I'll indulge in a hobby, like [mention your hobby and briefly explain why you enjoy it]. It's important for me to have some time to unwind and do things I enjoy before the next day begins.

**Q4. What do you see in these pictures?**

The images present two different ways of running to keep fit. While the first one features a woman who has a small backpack is running amidst breathtaking mountain scenery. This method helps runner to feel the nature and capture its beauty. In contrast, the second picture shows a woman running on the designated running track in the gym. This method is ideal for city dwellers who may lack access to outdoor running routes to take care of their health.

**Q5 What are the advantages of doing sport?**

There are tons of benefits to engaging in sports! First and foremost, it's fantastic for physical health. It strengthens muscles, improves cardiovascular fitness, and helps maintain a healthy weight. But it's not just about the body, it's also great for mental well-being. Sports can boost mood, reduce stress, and even improve sleep quality. Plus, being involved in a team or group can foster a sense of camaraderie and social interaction. So, it's a win-win all around!

**Q6 Which is better doing sport in indoor or outdoor?**

Honestly, I think it depends on the individual's preferences and circumstances. I personally enjoy the feeling of fresh air and sunshine when exercising outdoors, and I love the chance to explore different trails or parks. However, indoor sports can be great too, especially when the weather is bad or if you need a controlled environment. Gyms offer a lot of variety and professional guidance. Ultimately, it comes down to what motivates you to get moving.

## Speaking Part 2



- Describe a team project that you worked on.
- What it was and what you did
- And how you felt about it

One of the most impactful team projects I participated in was during my environmental studies class. We were tasked with researching and debating a pressing global issue related to the worsening state of nature. Our group chose to focus on the alarming increase in plastic pollution, particularly in our oceans.

My role in the team was to delve into the scientific research surrounding plastic pollution, focusing on its impact on marine life, ecosystems, and even human health. We uncovered staggering statistics about the sheer volume of plastic entering our oceans each year, and the devastating consequences for seabirds, marine mammals, and coral reefs. It was truly eye-opening to see the scale of the problem and how it was affecting our planet in such profound ways.

We then used this research to develop a compelling debate presentation. We presented a series of arguments highlighting the urgency of the issue, the consequences of inaction, and the potential solutions. We explored various approaches, from individual lifestyle changes to policy initiatives aimed at reducing plastic production and promoting sustainable alternatives. During the debate, we engaged in constructive dialogue with other teams, challenging each other's perspectives and building upon shared understandings.

The experience was truly impactful. It not only deepened my understanding of the complex environmental challenges we face, but it also ignited a passion for finding solutions. It was incredibly motivating to work alongside my teammates, collaborating to present a well-researched and engaging argument. The debate itself was a powerful learning experience, fostering critical thinking and highlighting the importance of responsible environmental stewardship. It made me realize that even small actions can have a significant impact, and it instilled in me a sense of urgency to become an advocate for environmental protection.

## Speaking Part 2

## Online education is better than offline education

## FOR

- Online education offers a greater degree of flexibility
- Online platforms offer an abundance of resources
- Online education often presents a more cost-effective alternative to traditional education

## AGAINST

- Offline education fosters direct interaction between students and teachers
- Traditional classrooms provide a structured learning environment with set schedules and routines
- Offline education provides opportunities for students to build meaningful relationships

**Admittedly**, online studying can offer a wide range of possibilities unlike traditional education. Firstly, it offers a greater degree of flexibility. Students can choose when and where to study, which is especially helpful for those who have jobs or family commitments. This means they can learn at their own pace, making it easier to balance their studies with other responsibilities. Secondly, online platforms provide an abundance of resources. Students have access to video lectures, interactive quizzes, and discussion forums, which can cater to different learning styles. This variety helps students understand the material better and keeps them engaged in their studies. Finally, online education is often more cost-effective than traditional education. Students save money on commuting, housing, and other campus-related expenses. Additionally, many online courses have lower tuition fees, making education more accessible to a wider range of people.

**On the other hand**, offline education has its own advantages that make it a better option for some students. One major benefit is that it fosters direct interaction between students and teachers. In a classroom setting, students can ask questions immediately and receive feedback, which can enhance their understanding of the subject matter. Moreover, traditional classrooms provide a structured learning environment. With set schedules and routines, students are more likely to stay focused and organized. This structure can help those who might struggle with self-discipline when studying online. Lastly, offline education allows students to build meaningful relationships with their peers and instructors. These connections can lead to collaborative learning experiences and networking opportunities that are often harder to achieve in an online format.