



NO VOCABULARY NO WORRIES

ALL IDEAS FOR IELTS SPEAKING - VERSION 2.0

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This book is dedicated to my beloved students.

Live your life to the fullest potential.

BÍ KÍP LUYỆN RỒI

Chào mừng bạn đến với thế giới của Ryan, và một phương pháp học SPEAKING mà bạn chưa bao giờ trải nghiệm. Mình không khẳng định 100% tất cả các bạn áp dụng phương pháp này hiệu quả nhưng tất cả học viên của mình (và đương nhiên các bạn cũng rất lười nói) đều theo và chỉ luyện tập 2 tuần trước khi đi thi. Kết quả đều trên 6.0. "Ôi zời, 6.0 có gì đáng khoe". Đúng! Nhưng với thời gian 2 tuần luyện với mình + độ lười của các bạn (hầu hết chẳng mở mồm bao giờ) thì đó là KÌ TÍCH. Ngược lại, với các bạn chăm chỉ hơn thì việc Speaking đạt 7.0+ là chuyện bình thường và thậm chí các bạn ấy vượt qua các cuộc phỏng vấn của các trường Âu, Mỹ, Úc để dành học bổng.

Học viên Ryan dành học bổng: <https://ryanielts.com/hoc-vien-dat-hoc-bong-cac-nuoc-1>

Vậy, phương pháp đó là gì?

Mindset

Để mình phân tích nhé. Bạn có thấy rằng việc giao tiếp của con người (tức là Speaking) là khi bạn truyền đạt hay khắc họa lại những suy nghĩ của mình về 1 vấn đề đang được nói tới đúng không? Hay nói cách khác, người nói chuyện dở là người không diễn đạt được ý kiến của mình cho người khác hiểu, và họ sẽ nói 'tao chẳng hiểu mày nói gì'. Trong khi người nói chuyện tốt là người có khả năng nói rõ quan điểm CỦA MÌNH, và để người kia hiểu rằng bạn này là người có tính cách A B C. Thậm chí, có những người nói thu hút người nghe vì suy nghĩ của họ sâu hoặc mới lạ, và người nghe sẽ muốn dành thời gian cả ngày chỉ để ngồi nghe.

Phương pháp

Vậy bạn hãy nghĩ bạn đang đứng ở đâu và tương ứng với số điểm trong IELTS

1. Người nói chẳng ai hiểu (1.0-4.5)
2. Người nói ai cũng (hơi hơi) hiểu (5.5- 6.0)
3. Người nói ai cũng hiểu (6.5-7.5)
4. Người nói thu hút (8.0+)

Nếu bạn chưa trả lời được câu hỏi IELTS bằng Tiếng Việt, thế thì chẳng có lý do nào bạn có thể trả lời bằng Tiếng Anh cả. Còn nếu bạn đã có thể nói trơ tru suy nghĩ và giải thích luận điểm của mình bằng Tiếng Việt rồi, thì hãy tập cách chuyển qua tiếng Anh và làm như vậy.

Phương pháp của Ryan là luyện tập để bạn trở thành **người nói ai cũng hiểu** trong thời gian ngắn nhất, thông qua các bài tập trong [Tài liệu Cấu trúc Speaking 3 parts](#). Và sau khi bạn đã có thể thể hiện ý tưởng của mình thông qua ngôn ngữ nói rồi, thì cuốn sách này là bước 2.

Đừng đổ lỗi cho việc 'không biết từ vựng' khi bạn không nói được – đó là nguy hiểm

VD:

Người có từ vựng: "In contrast with/to **hustle and bustle of the city**, the environment was full of **mature trees** that gives us a **tranquil area** to **unwind** after **an arduous week**."

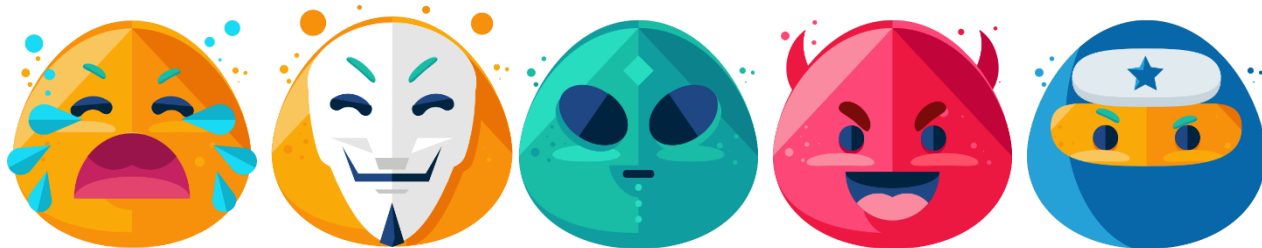
Người không có từ: I like this place because it has so many trees, I mean big ones. And they cover a large area so I and my friend can sit down and enjoy the fresh air after a busy week.

NO VOCAB – NO WORRIES!

Got it? Let me be your guide to my world!

SECTION I. YOURSELF (VOCAB FOR PART 1,2)

CHAPTER 1. PERSONALITIES



Why do you need to understand your **personality traits** (tính cách)?

(1) First and foremost, to help you on the IELTS Speaking exam. For example, if a question asked you, 'Do you mind talking to a stranger'? You may answer: I'm a **spontaneous person** (hồn nhiên), so talking to strangers is a **piece of cake** (idiom - không thành vấn đề). Sometimes, communicating is a good way **to expand my circle of friends/ social circle** (mở rộng mối quan hệ bạn bè).



(2) To know your **strengths and weaknesses** (điểm mạnh và yếu). There is a saying 'He who sees through life and death will be met with the most success' (Biết người biết ta, trăm trận trăm thắng), meaning that if you fully **comprehend yourself** (hiểu rõ bản thân), you will know what jobs you should apply for and where you should stay for work or study, rather than what my parents said I should do.

(3) To **enhance Emotional Intelligence** (tăng Trí thông minh cảm xúc). This means you can **identify and manage the emotions and attitudes of** (nhận biết và đối ứng với thái độ và cảm xúc) your friends, colleagues, boss, and even your lover. Like Vietnamese people often say you should **get a subtle and sharp mind** (có sự tinh tế và sắc sảo). For example, when you know your lover is an **active person** (năng động) and **has an intellectual curiosity** (có tính ham học hỏi điều mới), instead of indulging in a movie or enjoying a café in a quiet place, you may sign up for a cooking or drawing class, or collaborate in a business project.





Some common traits that I appreciate in people are **opened-mindedness** (sự sẵn sàng tiếp thu điều mới), **cheerfulness** (sự vui vẻ) and **calmness** (sự dịu dàng). A woman who is **independent** (tự lập), **persistent** (kiên trì), **determined** (kiên định), **considerate** (chu đáo), **passionate** (có niềm đam mê) and **with integrity** (chính trực – thật thà) is a perfect example here. How about you?

Oh, and one more thing. **Don't judge a book by its cover** (idiom - đừng nhìn mặt mà bắt hình dong). **Appearance and manners** (diện mạo và phong thái) can be **misleading** (đánh lạc hướng). Have you ever met anyone who seems to be **reliable** (rất đáng tin cậy) but then turns out to be **cunning** (*thường chỉ người thông minh*) / **phony**/ **untrustworthy** (rất xảo mai) (watch this video link <https://youtu.be/XWXkycNQsik>). However, some characteristics are presumably negative such as **cynical** (thô lỗ), **cruel** (cực cần) and **strict** (ng nghiêm khắc), but in many cases, they work as **a mechanism** (1 cơ chế sinh học/ vật lý) to protect ourselves. Remember the saying: sometimes you have **to be cruel to be kind** (đôi lúc bạn phải xấu xa để trở nên tốt đẹp).



BONUS: để hiểu tính cách của bản thân, bạn có thể làm 1 bài test với Phương pháp MBTI qua đường link này <https://www.16personalities.com/free-personality-test> , hoặc trong cuốn Career Match (cuốn nổi tiếng để xác định bạn thiên hướng với công việc nào), bài test ở link http://bit.ly/career_match.

PRO TIPS

Có 2 tiêu chí chấm điểm trong Speaking sẽ giúp bạn "nghe có vẻ" giống người bản địa và do vậy sẽ tăng điểm Speaking lên âm âm, đó là FLUENCY và PRONUNCIATION.

Một trong những cách tăng FLUENCY là nói về những điều đơn giản như tính cách, sở thích và ước mơ của bản thân. Hãy dùng từ chính xác thay vì dùng nhiều từ "khủng" nhé!

PERSONALITIES		EXPRESSION PHRASES	
Personalities (plural)	<i>tính cách</i>	First and foremost (phrase)	<i>đầu tiên</i>
A spontaneous person (phrase)	<i>một người hồn nhiên</i>	A piece of cake (idiom)	<i>dễ dàng</i>
To expand my circle of friends/ social circle	<i>mở rộng các mối quan hệ xã hội</i>	Don't judge a book by its cover (idiom)	<i>đừng trông mặt mà bắt hình dong</i>
To Comprehend yourself (phrase)	<i>hiểu rõ bản thân</i>		
To enhance emotional intelligence	<i>tăng trí thông minh cảm xúc</i>		
An active person (phrase)	<i>một người năng động</i>		
Intellectual curiosity (phrase)	<i>luôn tò mò, ham học hỏi</i>		
Independent (adj.)	<i>tự lập</i>		
Persistent (adj.)	<i>kiên trì</i>		
Determined (adj.)	<i>kiên định</i>		
Considerate (adj.)	<i>chu đáo</i>		
Passionate (adj.)	<i>có đam mê</i>		
With integrity (phrase)	<i>chính trực, thật thà</i>		
Appearance and manners (phrase)	<i>diện mạo và phong thái</i>		
Reliable (adj.)	<i>đáng tin cậy</i>		
Cunning / phony (adj.)	<i>thảo mai</i>		
Cynical (adj.)	<i>thô lỗ</i>		
Cruel (adj.)	<i>cực cần</i>		
Strict (adj.)	<i>ng nghiêm khắc</i>		

EXERCISE

CHOOSE A WORD FROM THE BOX AND FILL IN THE BLANK.

appearance	spontaneous	enhance	negative
fully	cover	candy	circle
traits	attitudes	reliable	colleagues
cake	positive	comprehend	identify
subtle	strengths	page	weaknesses

- We need to understand our **personality** _____ to help us on IELTS speaking exam, to know our _____ and _____, and to _____ **emotional intelligence**.
- Communicating is a good way to **expand my** _____ **of friends**.
- I'm a _____ **person** so that talking to strangers is a piece of _____.
- If you _____ **yourself**, you will know what jobs you should apply for and where you should stay for work or study.
- You can _____ and manage the emotions and _____ of your friends, _____, boss, and even your lover.
- You get a _____ **and sharp mind**.
- Don't judge a book by its** _____
- _____ **and manners** can be **misleading**.
- Have you ever met anyone who seems to be _____ but then turns out to be cunning?
- Some characteristics are **presumably** _____ such as **cynical, cruel** and **strict**.

CHAPTER 2. FAMILY



CONNECTION & BOND (PARENTS AND OFFSPRING)

There is no doubt that we only have one family. If you do not **appreciate** (*coi trọng*) your parents, or, at least, do not **show your gratitude for** (*tỏ thái độ biết ơn cho điều gì*) their efforts of raising and guiding you, you may be **ungrateful** (*bất hiếu*). Let's think about your **milestones** (*những bước tiến trong cuộc sống*), such as your first day of school, the day you took the high school/ university entrance exam, your graduation day, the day you got your first job, and even the day you met your true love. Don't tell me your parents weren't there to support you! Also, remember, when you **have your ups and downs** (*idiom - lên voi xuống chó*), **your own flesh and blood** (*idiom - người máu mủ ruột thịt của mình*) are the first to care about you

and the last to rely on when you don't know where to go. Please, **don't take your family for granted** (*idiom - coi gia đình như thứ tất nhiên phải có mà không quan tâm gì*).



If someone does not treat you right, don't waste your time taking that to heart. In this life, no one has the obligation to treat you well except your parents.

Trên đường đời, bạn sẽ gặp những người đối xử tệ với mình, đừng để bụng. Không ai có bổn phận phải đối xử tốt với bạn, trừ bố mẹ bạn.



- Ex-Taiwan Prime Minister – [a letter to son](#)

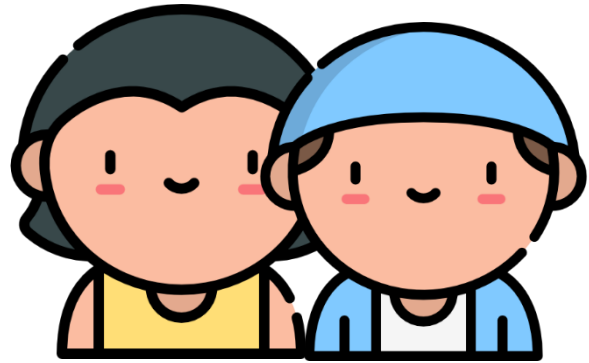
PRO TIPS

Your own flesh and blood (*idiom - người máu mủ ruột thịt của mình*) ~ your family

CONNECTION AND BOND		EXPRESSION PHRASES	
To appreciate (v)	<i>coi trọng</i>	There is no doubt that (phrase)	<i>không nghi ngờ gì</i>
To show your gratitude for (phrase)	<i>tỏ thái độ biết ơn điều gì</i>		
Ungrateful (adj.)	<i>bất hiếu</i>		
Milestones (n)	<i>những bước tiến trong cuộc sống</i>		
Have your ups and downs (idiom)	<i>lên voi xuống chó</i>		
Your own flesh and blood (idiom)	<i>người máu mủ ruột thịt</i>		
Take your family for granted (idiom)	<i>coi gia đình như thứ tất nhiên phải có mà không quan tâm gì</i>		

YOUR SIBLINGS

Do you **get along with** (*thân thiết với ai*) your **siblings** (*anh/chị em ruột*)? Unfortunately, I don't. My sister and I **are nothing like** (*idiom - không giống nhau*) and just **fought like cats and dogs** (*idiom - như chó với mèo*) since we were a little. While others might **confide in** (*chia sẻ chuyện cá nhân*) their siblings, we **distanced ourselves from each other** (*idiom - tách nhau ra*) and grew into even more independent individuals. But don't get me wrong, our relationship has just **bonded** (*gắn kết*) in another way. As soon as outsiders criticize either of us, for example, we immediately **close ranks/ stick up for each other** (*ủng hộ và bảo vệ nhau*) and may **turn on them** (*oánh luôn. Haha. Seriously!*).



YOUR SIBLINGS		EXPRESSION PHRASES	
Get along with (phrase)	<i>thân thiết với ai</i>	Don't get me wrong (phrase)	<i>đừng hiểu nhầm ý mình</i>
Sibling (n)	<i>anh chị em ruột</i>		
Be nothing like (idiom)	<i>không giống nhau</i>		
To fight like cat and dog (idiom)	<i>như chó với mèo</i>		
To confide in (phrase)	<i>chia sẻ chuyện cá nhân</i>		
To distance oneself from each other (idiom)	<i>tách nhau ra</i>		
To bond (v)	<i>gắn kết</i>		
To close ranks / stick up for each other	<i>ủng hộ và bảo vệ nhau</i>		
To turn on somebody (phrase)	<i>tấn công, đánh nhau</i>		

LIFESTYLE NOWADAYS

A hectic lifestyle **compromises** (*gây ảnh hưởng xấu đến thứ gì đó*) our family relationship.

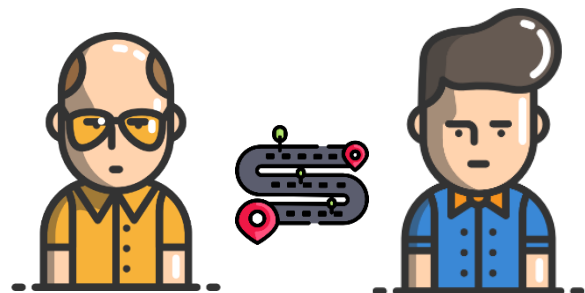


How often do you join a family dinner? In order to **bring home the bacon** (*idiom - kiếm đủ tiền cho gia đình*), your parents may be **on the night shift** (*làm ca đêm*), work overtime, or go on a business trip, and they may not enjoy a meal with you. **If it is not the case** (*nếu không phải thế*), you may be the one who was too busy with your studies or even with your friends, that you **neglected** (*bỏ quên *nói về trách nhiệm**) the efforts of your mother trying to provide best meal for your family. **One way or another** (*theo cách này hay cách khác*), the closeness of the family would suffer.

LIFESTYLE NOWADAYS		EXPRESSION PHRASES	
Compromise (v)	<i>Gây ảnh hưởng xấu đến thứ gì đó</i>	If it is not the case (phrase)	<i>Nếu không phải thế</i>
To bring home the bacon (idiom)	<i>Kiếm đủ tiền cho gia đình</i>	One way or the other	<i>Theo cách này hay cách khác</i>
On the night shift (phrase)	<i>Làm ca đêm</i>		

A GENERATION GAP

"Can you come down and show me how to send an email to my friend?" my mom once asked. After 3 minutes of observing and practicing, she gave me a smile and said I should help her more often. Are you familiar with this story? When it comes to technology, older people **are out of touch** (*idiom - không hiểu gì cả*).



PRO TIPS

A hectic lifestyle **badly affects** the closeness among family members.

→ A hectic lifestyle **compromises** the closeness among family members.



That's a **generation gap** (*khoảng cách thế hệ*) which is the difference between the young generation and the older generation. Sometimes, there could be a **disparity in** (*sự khác biệt lớn*) choosing a career. Having graduated, young adults may **switch jobs frequently** (*thay đổi nghề liên tục*) and experience as many working environments as possible (they are **job hoppers** – *người nhảy việc*). For them, it is not “**to ask for a job**” (*xin việc*), but “**to offer what they can do**”, with the aim of and finding their true passion. For that reason, they may not **start a family** (*idiom – sinh con*) anytime soon, and may even become **broke** (*cháy túi/ không có tiền*) but they still keep a positive frame of mind. In contrast, their parents had told them to **land a decent and steady job** (*tìm một công việc tốt và ổn định*) which **guarantees a sufficient income** (*đảm bảo nguồn thu nhập tương đối*) for themselves and their future family.



A GENERATION GAP		EXPRESSION PHRASES	
To be out of touch (idiom)	<i>không hiểu gì cả</i>	When it comes to (phrase)	<i>khi nói đến</i>
A generation gap (phrase)	<i>khoảng cách thế hệ</i>		
A despair in (phrase)	<i>sự khác biệt</i>		
To switch jobs frequently (phrase)	<i>thay đổi nghề liên tục</i>		
Job hopper (phrase)	<i>người nhảy việc</i>		
To ask for a job (phrase)	<i>xin việc</i>		
To start a family (idiom)	<i>sinh con</i>		

Broke (adj.) *cháy túi / không có tiền*

To land a decent and steady job (phrase) *tìm một công việc tốt và ổn định*

To guarantee a sufficient income (phrase) *thu nhập đủ*

EXERCISE

FILL IN THE BLANK 1

1. If you do not _____ your parents, or, at least, do not **show** _____ their efforts of raising and guiding you, you are _____.
2. Let's think about your _____ such as your first day of school.
3. When you have your **ups and** _____, your **own** _____ are the first to care about you.
4. Don't **take your family for** _____.
5. Do you **get** _____ **with** your siblings?
6. We **are** _____ **like**; my older sister and we just **fought like** _____ **and** _____.
7. While others might _____ **in** their siblings, we just _____ **ourselves from each other** and grew into even more independent individuals.
8. Our relationship has just _____ in another way.

FILL IN THE BLANK 2

1. A hectic lifestyle _____ our family relationship.
2. In order to **bring home the** _____, your parents may be **on the night** _____, work overtime, or go on a business trip.
3. **One** _____, the closeness of the family would suffer.
4. When it comes to technology, older people are **out of** _____.
5. That's a _____ **gap** which is the difference between young generation and the older generation.
6. Sometimes, there could be a _____ **in** choosing a career.
7. Having graduated, young adults may _____ **jobs frequently** and experience as many working environments as possible.
8. Their parents had told them to **land a** _____ **and** _____ **job** which guarantees a _____ **income** for themselves and their future family.

CHAPTER 3. LOVE



Everyone talks about love. While some people feel proud of their romantic relationship, others just **go red in the face** (*idiom - đỏ mặt vì ngại*) and try to avoid **this sensitive conversation/topic** (*chủ đề nhạy cảm này*). In contrast, for some youngsters, love is **a far-fetched concept** (*khái niệm xa vời*) that they have never experienced, and we **label them as 'FA – forever alone'** (*dán mác ai đó*). You see, there are many perspectives **when it comes to** love (**cách diễn đạt* khi nói đến điều gì đó*), but I assume we hope to **tie the knot** (*idiom - cưới ai đó*) with our true love.

LOVE		EXPRESSION PHRASES	
Go red in the face (idiom)	<i>đỏ mặt vì ngại</i>	You see (phrase)	<i>bạn thấy đó</i>
This sensitive conversation/topic (phrase)	<i>chủ đề nhạy cảm này</i>		
A far-fetched concept (phrase)	<i>khái niệm xa vời</i>		
Label them as (phrase)	<i>dán mác ai đó</i>		

THE TRUTH ABOUT LOVE

STAGE 1. ROMANCE

It always starts with the first date. Dressing like a princess/prince, putting on a ton of make-up, wearing CK or D&G perfumes and taking a taxi rather than your old motorbike because you didn't want to mess up your hair and telling yourself not to **screw up** (*làm hỏng mọi thứ*).

Fortunately, **everything went as planned** (*mọi thứ đều như dự kiến*), so you both go on a second, third and fourth date until he or she says, "I love you". Bang! One shot kill! It was as if a wish came true, like you won a million dollars, or the whole world was yours, or **Thanos got all 6 infinity stones** (*this is for Avengers fans*). Pretending to be careless, you **gave him/her a wink** (*nháy mắt*) and said "let me think about it".





The old saying **“love is blind”** (*tình yêu mù quáng*) is this stage in which **you think the world of your partners** (*cực kì thích/ yêu ai đó*). You get **infatuated** (*đắm chìm - trong tình yêu*) and **ecstatic** (*~ very happy*) when your lover is around. You think he/she is your **soulmate** (*người tri kỉ*) and that you can **cuddle** (*âu yếm*) with them all day long and for the rest of your life. Your mind is full of laughter, **affection** (*cảm xúc yêu*) and playfulness while all **bad aspects of their personality** (*tính cách xấu bên trong*) are ignored.

But **behind the curtain** (*lý do đằng sau đó*), at this stage, your brain releases a compound of chemicals called **the chemistry of love** (*chất xúc tác tình yêu*) including dopamine and Norepinephrine (*you don't need to know these terms*). What these chemicals do is to make you **feel crazy about** (*cực kì yêu ai*) your partner, **trigger positive moods** (*tạo ra cảm xúc tích cực*) and **boost your energy levels** (*thúc đẩy năng lượng*) as soon as you meet him or her. Hence, you may **fall deeply in love**, and **overlook your partner's flaws** (*quên đi những tật xấu của ny mình*), before **rushing into** (*quyết định điều gì vội vã*) marriage.

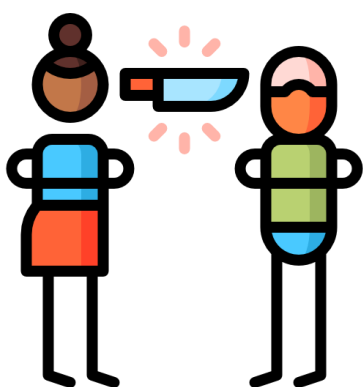
ROMANCE		EXPRESSION PHRASES	
You think the world of your partner (phrase)	<i>cực kì thích ai đó</i>	Behind the curtain (phrase)	<i>lý do đằng sau đó</i>
Infatuated (adj.)	<i>đắm chìm trong tình yêu</i>	Everything went as planned	<i>mọi việc diễn ra đúng như dự định</i>
Ecstatic (adj.)	<i>cực kì hạnh phúc</i>		
Soulmate (n)	<i>người tri kỉ</i>		
To cuddle (v)	<i>âu yếm</i>		
Affection (n)	<i>cảm xúc yêu</i>		
Bad aspects of their personality (phrase)	<i>mặt xấu trong tính cách</i>		
The chemistry of love (phrase)	<i>chất xúc tác tình yêu</i>		
To trigger positive moods (phrase)	<i>tạo ra cảm xúc tích cực</i>		

To boost your energy level (phrase) *thúc đẩy năng lượng*

To overlook your partner's flaws *quên đi những tật xấu của người yêu mình*

To rush into (phrase) *quyết định vội vã*

STAGE 2. THE STRUGGLE



What goes up must come down (*idiom - những gì đến rồi sẽ đi*). As the love chemicals start to **wear off** (~ lose/ disappear), the couple starts fighting, arguing and sometimes separate to **live on their own** (*idiom - sống cho riêng mình*). Even you are upset by your parent's lack of attention to you. **Sooner or later** (*idiom - sớm hay muộn*), you realise and focus on the differences between you and the other's behaviours, which **compromises** (*làm giảm đi*) your **sex drive** (*ham muốn tình dục*) and satisfaction.

One possible outcome is that one of the lovers **walks out** (*xa lánh*) and **withdraws** (*rút lui*) while the other chases and reminds them of all the emotional memories they have had together, which may result in **breaking up** (*chia tay*). Another way is that either one or two of the lovers **tolerates each others' flaws** (*chấp nhận những điểm xấu của người khác*), and makes a **sacrifice** (*hy sinh*) to **show their appreciation** (*bày tỏ sự trân trọng nhau*) to advance this relationship to the next stage of love.

THE STRUGGLE		EXPRESSION PHRASES	
Wear off (phrase)	<i>biến mất</i>	Sooner or later (idiom)	<i>sớm hay muộn</i>
Live on their own (idiom)	<i>sống cho riêng mình</i>	What goes up must come down (idiom)	<i>những gì đến rồi sẽ đi</i>
Sex drive (phrase)	<i>ham muốn tình dục</i>		
Walk out (phrase)	<i>xa lánh</i>		
Withdraw (v)	<i>rút lui</i>		
Break up (phrase)	<i>chia tay</i>		

Tolerate each other's flaws (phrase) *chấp nhận những điểm xấu của người khác*

Sacrifice (n) *sự hy sinh*

Show their appreciation (phrase) *bày tỏ sự trân trọng nhau*

STAGE 3. STABILITY STAGE

Then, it becomes clear that no person can truly **live up to all of your expectations** (~ *meet your expectations*) that you have of your ideal or **dream partner** (*soái ca*) and that you cannot **mold your lover into being the perfect man or woman** (*khuôn mẫu anh ấy/ cô ấy thành người hoàn hảo*). **Having said that** (~ *however*), your love, however, comes back to the Romance stage but in **a more mature form** (*trong 1 nhận thức chín chắn hơn*) in which there is a relationship based on **mutual respect** (*sự tôn trọng lẫn nhau*).



PRO TIPS

To tolerate sb's flaws (*chấp nhận những điểm xấu của người khác*)

→ **To tolerate** cũng có thể dùng cho việc chấp nhận sự khác nhau giữa các dân tộc trên thế giới (*we tolerate each other's differences and treat other races equally*) và cả trong sự nuông chiều của cha mẹ với con cái (*he tolerates his son's bad behaviors – anh ta nuông chiều những thói hư của con anh ấy*).

STABILITY STAGE		EXPRESSION PHRASES
Live up to sb's expectations	<i>đáp ứng tất cả các kỳ vọng của ai đó</i>	Having said that (phrase) <i>tuy nhiên</i>
A dream partner (phrase)	<i>hình mẫu lý tưởng</i>	
Mold your lover into being a perfect man/woman (phrase)	<i>khuôn mẫu người yêu bạn thành người hoàn hảo</i>	
A more mature form (phrase)	<i>nhận thức chín chắn hơn</i>	
Mutual respect (phrase)	<i>sự tôn trọng lẫn nhau</i>	

STAGE 4. COMMITMENT & FULFILMENT

In this stage, you are actually **committed to** (*theo đuổi đến cùng*) the relationship and are ready to **tie the knot** (most of people may get married in Romance stage; accordingly, the possibility of **divorce** (*chia tay*) is rather high here). Your **sex drive** and **infatuation** return, creating **a perfect combination of** (*sự kết hợp hoàn hảo*) love, belonging, fun and freedom.



Finally, by placing trust in each other, you team up and may work on some projects. The Obama Foundation which is an establishment of Obama himself and his wife **exemplifies** this (**từ khóa học thuật* là ví dụ cho điều này*). Those who are in the final stage of love may share some kinds of creative work that is intended to help the world **one way or another** (*idiom - bằng cách này hay cách khác*).

If you fail during any of these stages, you may fall back to the Struggle Stage, meaning that love is not **a linear process** (*đường thẳng*).



In short, if your relationship duration is less than 1.5 years, please enjoy it but be careful about what may come next. In contrast, if you are in a long-term relationship, **conflicts and arguments** (*xung đột và cãi nhau*) may occur **on a daily basis** (*~ daily*). Please remember these stages, choose your decisions wisely and **don't take anyone for granted** (*idiom - coi ai đó là điều hiển nhiên mình được mà không cần quan tâm gì*).

COMMITMENT AND FULFILMENT		EXPRESSION PHRASES	
Committed to (phrase)	<i>theo đuổi đến cùng</i>	One way or another (phrase)	<i>bằng cách này hay cách khác</i>
Divorce (n)	<i>ly hôn</i>		
A perfect combination (phrase)	<i>một sự kết hợp hoàn hảo</i>		
Exemplify (v)	<i>lấy ví dụ cho</i>		
A linear process (phrase)	<i>đường thẳng</i>		

Conflicts and arguments (phrase) *xung đột và cãi nhau*

On a daily basis (phrase) *hàng ngày*

EXERCISE

FILL IN THE BLANK

1. The old saying “**love is blind**” is this stage in which **you think the _____ of your partners.**
2. You get _____ and _____ when your lover is around.
3. You thought he/she was your _____ and that you can _____ with them all day long and for the rest of your life.
4. But **behind the _____**, at this stage, your brain releases a compound of chemicals called **the _____ of love** including dopamine and Norepinephrine.
5. What these chemicals do is to make you **feel _____ about** your partner, **trigger _____** and **boost your _____** as soon as you meet him or her.
6. You may **fall _____ in love**, and _____ **your partner’s flaws**, before _____ **into** marriage.

CHOOSE THE CORRECT WORDS

sooner	break	appreciation	live on	withdraw
drive	walk	wear	tolerate	

1. As the love chemicals start to _____ **off**, the couple starts fighting, arguing and sometimes separate to _____ **their own.**
2. _____ **or later**, you realise and focus on the differences between you and the other’s behaviours, which **compromises** your **sex _____** and satisfaction.
3. One possible outcome is that one of the lovers _____ **out** and _____ while the chases and reminds them of all the emotional memories they have had together, which may result in _____ **up.**
4. Another way is that either one or two of the lovers _____ **each others’ flaws**, and makes **a sacrifice** and **show their _____** to advances this relationship to the next stage of love.

FILL IN THE BLANK

1. Then, it becomes clear that no person can truly _____ **your expectations** (~ *meet your expectations*) that you have of your ideal or _____ (*soái ca*) and that you cannot _____ **being the perfect man or woman** (*khuôn mẫu anh ấy/ cô ấy thành người hoàn hảo*).
2. Having said that, your love, however, comes back to the Romance stage but in a **more** _____ **form** (*trong 1 nhận thức chín chắn hơn*) in which there is a relationship based on _____ (*sự tôn trọng lẫn nhau*).
3. In short, if your relationship duration is less than 1.5 years, please enjoy it but be careful about what may come next. In contrast, if you are in a long-term relationship, _____ **and arguments** (*xung đột và cãi nhau*) may occur _____ (~ *daily*).
4. Please remember these stages, choose your decisions wisely and **don't take anyone** _____ (*idiom - coi ai đó là điều nhiệm nhiên mình được mà không cần quan tâm gì*).

CHAPTER 4. HOBBIES

Examiner A: Do you have a hobby?

Me: Are you kidding me? Why 'a hobby', The word should be 'hobbiessss...' with a lot of "s". Let me show you what I'm talking about.

BLIND DATE

What? Haha, think I'm joking? But no.

For those who don't know what a blind date is, it is a **date** (*buổi hẹn hò*) when you do not know who your **dating partner** (*người bạn sẽ hẹn hò*) is beforehand. It can take place in a restaurant, a coffee shop or even in a house of someone. So, if you haven't had that experience, let's **go on a blind date** 😊 *wink*. **Don't miss the boat** (*idiom - đừng đánh mất cơ hội*).



First, you need to dress to impress so that you gain more confidence **to make a good impression** (*gây ấn tượng*). Remember to be prepared for your date and have your personal items ready, otherwise, you may be **in a rush** (*chạy cuống cả lên*) and **get (all)**

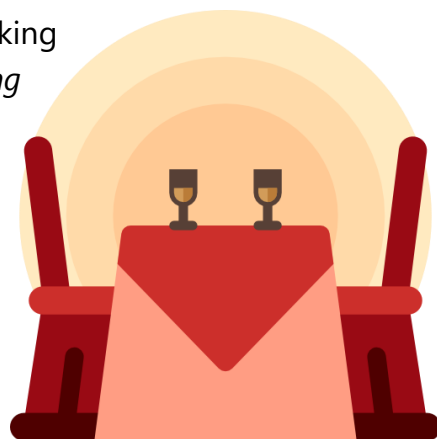
hot and bothered (*idiom - cảm thấy lo lắng/ tức giận vì muộn*) in the process. Ok? Done? Cool. Let's take the taxi.



When you arrive at a **5-star/world-class restaurant** (*nhà hàng đẳng cấp 5 sao*), a waiter **greet**s (*chào đón*) you, "Welcome to Ryan's restaurant, and he is waiting for you at the table number 2. May I guide you?". (*Haha, yes! I own this restaurant*). This is an **open-space restaurant** (*nhà hàng không gian mở*), yet **cosy** (*~ comfortable & friendly*) and decorated with **festive lights** (*đèn bóng rực rỡ*) **strung along** (*quá khứ - string along - treo dọc*) the top of the ceiling, creating **an atmosphere of warmth and ambiance** (*miêu tả - tạo nên 1 độ ấm áp và không gian cảm xúc đúng mực*). The tables and chairs are **neat and clean** (*gọn gàng và sạch sẽ*). Sitting on the table, you smell **a delicate fragrance** (*~ a light and pleasant smell*) coming from candles and beautiful flowers I put there. At first, you may be **a bundle of nerves** (*~ be very nervous*) but soon you **snap out of it** (*~ stop being unhappy*) and enjoy yourself.

"You are really **gorgeous** (*~ very beautiful*)", I said. "You **made my day** (*bạn khiến cho mình vui cả ngày đấy!*)", you smiled back.

We are **chatting away** (*tám chuyện*) quite happily, talking about our friends, travelling, passions and **the like** (*những thứ tương tự*). It took a long time before we **get around to looking** (*có thời gian làm việc gì*) at the menu. Because I don't want you to **die of hunger** (*đói chết mất*), I order the **signature dish** (*món đặc biệt của nhà hàng*) of Ryan's which is salmon, **a gourmet dish** (*~ a high-quality meal*) that **satisfies your appetite** (*thỏa mãn sự thèm ăn của bạn*). Just **live your life** (*tận hưởng đi*) and enjoy this **one-of-a-kind-experience** (*trải nghiệm chỉ có 1 lần*) with me.



At last, we exchanged numbers. Did you think romance **is on the cards** (*idiom - be likely to happen - ý là chúng ta có thể là 1 cặp không*)?

PRO TIPS

Hãy trang bị cho mình những cụm từ hay để miêu tả 1 nhà hàng, đồ ăn và cảm xúc khi thưởng thức nó, vì nó sẽ được hỏi rất nhiều trong Speaking và nó cũng có thể cho vào bất kì bài nói nào nếu bạn cần.

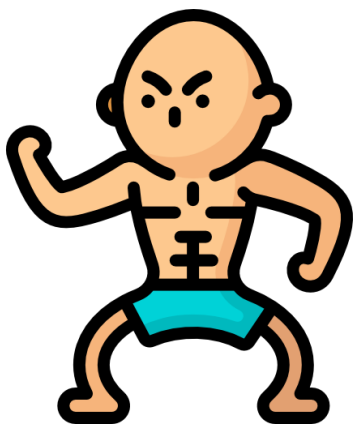
DESCRIBE A RESTAURANT		EXPRESSION PHRASES	
A date (n)	<i>buổi hẹn hò</i>	Sooner or later (idiom)	<i>sớm hay muộn</i>
A dating partner (n)	<i>người bạn hẹn hò</i>	Don't miss the boat (idiom)	<i>đừng đánh mất cơ hội</i>
A 5-Star/ worldclass restaurant (n)	<i>nhà hàng cao cấp</i>	Get (all) hot and bothered (idiom)	<i>cảm thấy tức giận / lo lắng vì muộn</i>
An open-spaced restaurant (n)	<i>một nhà hàng không gian mở</i>	A bundle/bag of nerves (phrase)	<i>cực kỳ lo lắng</i>
Cosy (adj.)	<i>ấm cúng</i>	Snap out of it (phrase)	<i>thoát khỏi nó</i>
Festive lights (n)	<i>đèn bóng rực rỡ</i>	To live your life (phrase)	<i>tận hưởng đi</i>
The atmosphere of warmth and ambience (n)	<i>không gian ấm áp</i>	To make a good impression (phrase)	<i>tạo ấn tượng tốt</i>
Neat and clean (adj)	<i>gọn gàng và sạch sẽ</i>		
A delicate fragrance (n)	<i>mùi nhẹ nhàng, thoải mái</i>		
To die of hunger (phrase)	<i>đói chết mất</i>		
A signature dish (n)	<i>món đặc biệt của nhà hàng</i>		
A gourmet dish (n)	<i>a high-quality meal</i>		
To satisfy your appetite (phrase)	<i>thỏa mãn sự thèm ăn của bạn</i>		
One-of-a-kind-experience (n)	<i>trải nghiệm chỉ có 1 lần</i>		

EXERCISE

DESCRIBE A RESTAURANT

1. When you arrive at a _____ **restaurant**, a waiter **greet**s you, "Welcome to Ryan's restaurant, and he is waiting for you at the table number 2. May I guide you?"
2. This is an _____ **restaurant** (*nhà hàng không gian mở*), yet _____ (*~ comfortable & friendly*) and decorated with _____ **lights** (*đèn bóng rục rỡ*) strung along the top of the ceiling, creating **an atmosphere of** _____ (*1 độ ấm áp và không gian cảm xúc đúng mực*).
3. The tables and chairs are _____ (*gọn gàng và sạch sẽ*). Sitting on the table, you smell a _____ (*~ a light and pleasant smell*) coming from candles and beautiful flowers I put there
4. I order the _____ **dish** (*món đặc biệt của nhà hàng*) of Ryan's which is salmon, a _____ **dish** (*~ a high-quality meal*) that **satisfies your** _____ (*thỏa mãn sự thèm ăn của bạn*).
5. Just _____ **your life** (*tận hưởng đi*) and enjoy this _____ **experience** (*trải nghiệm chỉ có 1 lần*) with me.

SPORTS



To be honest, I **couldn't bear** (*~ can't stand + Noun/ to do sth - không chịu được*) **heading to** (*~ go to*) the gym every morning as a teenager, but it **grew on me** (*dần thích thứ gì đó*). But now, I **head to** the gym **on a regular basis** and now exercising becomes my habit.

Why? Since your body gets used to **the pump** (*người to lên do máu bơm vào cơ*) and energy from doing **vigorous exercises** (*những bài tập cần nhiều năng lượng*), you become stronger, resulting in changes to your body. Are

you **obsessed with** (*ám ảnh bởi thứ gì*) your weight, **paunch** (**for men* bụng bia*), **belly fat** (*mỡ ở bụng*) and your **flat chest** (*flated-chest – adj - ngực nhỏ - cả nam và nữ*), or do you just simply want to **lose some weight** and fit into your new pants? If yes is the answer, please start to exercise to improve your **physique** (*~ body*).

PRO TIPS

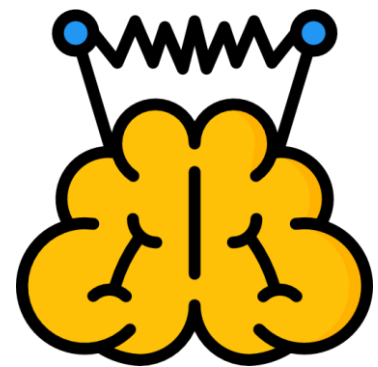
on a regular/daily basis ~ everyday

SPORTS		EXPRESSION PHRASES	
To head to the gym (phrase)	<i>đi đến phòng tập</i>	To be honest (phrase)	<i>thành thật mà nói</i>
To grow on me (phrase)	<i>tôi dần dần thích điều gì đó</i>	Can't bare sth (phrase)	<i>không chịu được</i>
The pump (n)	<i>người to lên do máu bơm vào cơ</i>	To obsess with (phrase)	<i>ám ảnh vì cái gì đó</i>
Vigorous exercises (phrase)	<i>những bài tập cần nhiều năng lượng</i>		
Paunch (n)	<i>bụng bia</i>		
Belly fat (n)	<i>mỡ bụng</i>		
A flat chest (n)	<i>ngực nhỏ</i>		
To lose some weight (phrase)	<i>giảm cân</i>		
Physique (n)	<i>cơ thể, hình dáng</i>		



BENEFIT 1: A BETTER MIND

You are **a combination of** your body and mind. As long as **your physique** is healthy, your mind will follow, which is called being **physically and mentally healthy** (*khỏe cả thể xác lẫn tinh thần*). Studies show that exercising creates **adrenaline** (*a chemical*) which boosts your energy levels, develops positive thinking, improves concentration and enhances your productivity during the day. So, the best way to start a day is to do some **aerobic/ cardio** (*những môn đòi hỏi thể lực*), **strength** (*sức khỏe*) or **flexibility** (*sự dẻo dai*) exercises.



A BETTER MIND		EXPRESSION PHRASES	
Physically and mentally healthy (phrase)	<i>khỏe cả thể xác lẫn tinh thần</i>	A combination of	<i>sự kết hợp của điều gì</i>
Strength (n)	<i>sức mạnh</i>		

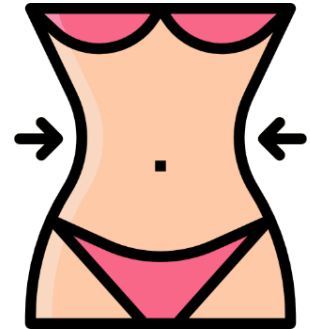
Flexibility (n) độ dẻo dai

Aerobic/ cardio (n) những môn đòi hỏi thể
 lực trong thời gian dài



BENEFIT 2: A BETTER BODY

Of course, your **physique** will be change too. For women, your efforts in the gym will **pay off** (đền đáp) as it **tones your buttocks** (làm gọn và nâng mông lên), **tightens your stomach** (nhỏ bụng lại) and **lifts your breasts** (nâng ngực lên), transforming you into a dream model that any men would chase. For men, **pumping iron** (tập tạ) gets you **a firm chest** (bộ ngực chắc nịch), **a V-shaped back** (lưng chữ V), **well-rounded biceps and triceps** (bắp tay trước và sau to), wide shoulders and, of course, **six-pack abs** (bụng 6 múi). Imagining your future version of yourself, you now decide you will get to the gym immediately.



A BETTER BODY		EXPRESSION PHRASES	
To tone your buttocks (phrase)	làm gọn và nâng mông lên	Pay off (phrase)	đền đáp
To tighten your stomach (phrase)	làm săn chắc bụng lại		
To lift your breast (phrase)	nâng ngực lên		
To pump iron (phrase)	tập tạ		
A firm chest (phrase)	bộ ngực chắc nịch		
well-rounded biceps and triceps	bắp tay trước và sau to		
6-pack abs (phrase)	bụng 6 múi		



BENEFIT 3: A BETTER EATING HABIT

Life is short, don't waste your time eating junk food or **processed food** (đồ ăn làm sẵn) which is tasteless and unhealthy. **A balanced diet** (chế độ ăn cân bằng) helps you to not only **build muscle** (xây dựng cơ bắp) but also **enhance your digestive system** (giúp hệ tiêu hóa khỏe mạnh) and **build up your immunity** (cải thiện hệ miễn dịch). There is a misconception that a healthy meal **compromises** taste but this is not necessarily true. Many mobile apps, such as [Tasty](#), [BigOven](#) and [Food.com](#), guide you through **a myriad of** (= a lot of) 5-min meals to **increase your appetite** (tăng khẩu vị).



Please keep track of your **sugar and salt consumption** (sự tiêu thụ đường và muối) since an overconsumption this has been linked to **a myriad of** diseases such as **obesity** (béo phì), heart diseases and **diabetes** (tiểu đường). In contrast, you should 'make friends with' **whole food** (đồ ăn làm từ thiên nhiên), such as vegetables, beans, seeds, milk and **good carbs** (tinh bột tốt cho sức khỏe). These **nutrient-dense food** (thức ăn giàu dinh dưỡng) are believed to **guard against** (phòng tránh) many diseases and to be **the backbone of** (là cái gốc) a good life.

PRO TIPS

Whole food (đồ ăn làm từ thiên nhiên) > < **Processed food** (đồ ăn làm sẵn)

A BETTER EATING HABIT		EXPRESSION PHRASES	
Processed food (n)	đồ ăn làm sẵn	To guard against (phrase)	phòng chống lại
A balanced diet (n)	chế độ ăn cân bằng	The backbone of (phrase)	là cái gốc của
To build muscle (phrase)	xây dựng cơ bắp		
To enhance your digestive system (phrase)	tốt cho hệ tiêu hóa		
To build up your immunity (phrase)	cải thiện hệ miễn dịch		

Sugar and salt consumption (n)	<i>lượng tiêu thụ đường và muối</i>
Obesity (n)	<i>béo phì</i>
Diabetes (n)	<i>bệnh tiểu đường</i>
Whole food (n)	<i>đồ ăn làm từ thiên nhiên</i>
Good carbs (n)	<i>tinh bột tốt cho sức khỏe</i>
Nutrient-densed food (n)	<i>thức ăn giàu dinh dưỡng</i>

EXERCISE

SPORTS AND THEIR BENEFITS

1. Since your body gets used to _____ (*người to lên do máu bơm vào cơ*) and energy from doing _____ **exercises** (*những bài tập cần nhiều năng lượng*), you become stronger, resulting in changes to your body.
2. Are you _____ **with** (*ám ảnh bởi thứ gì*) your weight, _____ (**for men* bụng bia*), _____ **fat** (*mỡ ở bụng*) and your **flat** _____ (*flated-chest – adj - ngực nhỏ - cả nam và nữ*), or do you just simply want to **lose some weight** and fit into your new pants? If yes is the answer, please start to exercise to improve your _____.
3. As long as **your physique** is healthy, your mind will follow, which is called being _____ **healthy** (*khỏe cả thể xác lẫn tinh thần*).
4. For women, your efforts in the gym will _____ (*đền đáp*) as it _____ **your** _____ (*làm gọn và nâng mông lên*), _____ **your** _____ (*nhỏ bụng lại*) and _____ **your** _____ (*nâng ngực lên*), transforming you into a dream model that any men would chase.
5. **A** _____ **diet** (*chế độ ăn cân bằng*) helps you to not only _____ **muscle** (*xây dựng cơ bắp*) but also **enhance your** _____ (*giúp hệ tiêu hóa khỏe mạnh*) and **build up your** _____ (*cải thiện hệ miễn dịch*).
6. _____ **food** (*thức ăn giàu dinh dưỡng*) are believed to _____ **against** (*phòng tránh*) many diseases and to be **the** _____ **of** (*là cái gốc*) a good life.



GARDENING

While this is not my hobby, IELTS test has mentioned this topic, causing **a myriad of** problems for students. But don't worry. Let me help you.

The model answer below follows **my formula** for Speaking Part 2. [If you want to know more about this technique, click here.](#)

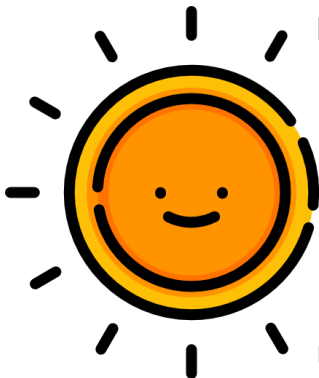
Describe a park or garden you visited when you were little.

You should say:

- Where it is
- What it looks like
- What people do there

And explain why you remember it.

Model Answer:



I remember that it was the beginning of summer, but the temperature can reach 35 degree in the shade. Some people **can't stand/bear** (*không chịu được*) a scorching day, but for me, it was the time I had a city break. We gathered a bunch of friends and **headed for** (*đi đến*) a **leafy garden** (*khu vườn nhiều cây*) named *Eco-park*. I've always been excited by the idea of a garden that **imitates** (*bắt chước*) nature, therefore, I was **estatic/ on cloud nine** (*idiom ~ very happy*) that day.

There are so many features of the garden that I would like to mention. Firstly, that was a **gigantic** (*~ very big*) wildlife garden. There were 2 major parks, Summer and Spring, with each area having its own **charm** (*cảnh đẹp riêng*). Flowers in those parks were **remarkably diverse** (*rất nhiều loại*). Besides daisy, roses and sunflowers, there are some of the plants I couldn't name. While some had **lovely scents** (*hương thơm rất nhẹ*), others were **odourless** (*không có hương*) yet **attractive to wildlife** (*rất thu hút các loại côn trùng*) such as bees and butterflies. Even birds came here to build their **nests** (*tổ*) on all the branches. That gave me a thought that Ecopark encouraged us to pay attention to **natural habitats** (*môi trường sống tự nhiên*) of local animals.

PRO TIPS

There were 2 major parks, summer and spring, with each area having its own **charm** (*cảnh đẹp riêng*)



Another point I never forget to mention is that the site is ideal for everyone on the weekends. The park has a **green and airy campus** (*khuôn viên xanh và thoáng mát*), which is suitable for outdoor activities like camping, BBQ and active games with friends and family. In contrast to **hustle and bustle of the city** (*sự nhộn nhịp của thành phố*), the environment was full of **mature trees** (*cây đại thụ*) that gives us a **tranquil area** (*nơi cực kì yên tĩnh*) to **unwind** (*xả hơi*) after **an arduous week** (*1 tuần mệt mỏi*). We had a big lunch near Waterfall Villa where a palm-forest grew. It was a unique experience where we could enjoy both singing birds and **laid-back vibes** (*không khí rất thoải mái/ thư giãn*) there.

DESCRIBE A GARDEN		EXPRESSION PHRASES	
A leafy garden (n)	<i>khu vườn nhiều lá</i>	On cloud nine (idiom)	<i>cực kỳ hạnh phúc</i>
To imitate (v)	<i>bắt chước</i>	An arduous week (n)	<i>một tuần mệt mỏi</i>
Gigantic (adj.)	<i>khổng lồ</i>	Hustle and bustle of the city (phrase)	<i>ồn ào tấp nập của cuộc sống ở thành phố</i>
Charm (n)	<i>vẻ đẹp</i>	Another point I never forget to mention is that	<i>1 điểm nữa tôi không quên nói là</i>
Remarkably diverse (phrase)	<i>cực kỳ đa dạng</i>		
Lovely scents (n)	<i>hương thơm nhẹ nhàng</i>		
Odourless (adj.)	<i>không có mùi hương</i>		
Nest (n)	<i>tổ</i>		
Natural habitats (n)	<i>môi trường sống tự nhiên</i>		
Green and airy campus (n)	<i>khuôn viên xanh và thoáng mát</i>		
Mature trees (n)	<i>cây đại thụ</i>		
A tranquil area (n)	<i>nơi cực kỳ yên tĩnh</i>		

To unwind (v)*xả hơi, thư giãn***Laid-back vibes (n)***cảm giác thoải mái*

SHOPPING

Do you know shopping is the most favourite leisure **pursuit** (~ *hobby*) in many countries? People feel relaxed as they **head for** (*đi đến*) the shops every weekend. And it's not just women who **indulge in** (*đắm chìm vào*) this **pastime** (~ *hobby/pursuit*). Men can **become addicted to** (*trở nên nghiện*) shopping as well due to their love of **gadgets** and technology (*những chiếc máy nhỏ mang đi được, vd đt di động*).

According to a research, experts classify humans into 4 kinds of shoppers. Let's see who you are

1. **Impulse customers:** this is the marketers' dream since impulse shoppers **buy on impulse** (*mua một cách nhanh chóng mà k nghĩ*). This means they don't care about the **price tag** (*giá mác*) and make **snap decisions** (*quyết định chóng vánh*) on purchases. There are always "good" reasons for shopping and buying something even they already have something similar (but in different colors). This is the situation where you can say **shop till you drop** (*idiom- mua nhiều vải =>*).



2. **Bargain buyers:** they **have an eye for bargains** (*săn lùng những món hời*) such as deals, discounts and coupons. So, when you go shopping, this type of shopper will definitely tell you where and when to find the lowest price in town as well as on the internet.

3. **The researchers/ educated shoppers:** educated shoppers focus on what they want but instead of **browsing around** (*đi xem linh tinh*) the shops, they **do extensive research** (*nghiên cứu rất nhiều*) ranging from reviews, guides, comments, blogs, vlogs and other sources of information. Sometimes, they even **outsmart** (*thông minh hơn*) the salespeople on functionality of the product.

4. **Serious shoppers:** they are the men on a mission, meaning that they are **after** (*nhắm tới*) a particular thing, and **after a minute** (*ngay sau khi*) they get it, and are off. These **sensible shoppers** (*người mua sắm thực dụng/ thực tế*) are not **enticed by** (*bị thuyết phục bởi*) **slick advertising** (*sự quảng cáo màu mè*) or **offers** (*sự giảm giá*) in the shop.



PRO TIPS

Khi nói đến shopping, bạn nên hiểu mình là dạng shoppers nào và tạo ấn tượng cho giám khảo bằng những từ ngữ chỉ đúng bản thân mình.

SHOPPING		EXPRESSION PHRASES
Pursuit (n)		<i>a hobby</i>
Pastime (n)		
To indulge in (v)		<i>đắm chìm vào</i>
To buy on impulse (phrase)		<i>mua một cách nhanh chóng mà k nghĩ</i>
Price tag (n)		<i>giá mác</i>
A snap decision (n)		<i>quyết định chóng vánh</i>
To shop till you drop (idiom)		<i>mua rất nhiều hàng</i>
To have an eye for bargains (phrase)		<i>săn lùng những món hời</i>
To browse around (v)		<i>đi xem linh tinh</i>
Slick advertising (n)		<i>sự quảng cáo màu mè</i>
Offers (n)		<i>sự giảm giá</i>
Be after sth		<i>nhắm tới</i>
Outsmart (v)		<i>thông minh hơn</i>
Be enticed by (v)		<i>bị thuyết phục bởi</i>



CHAPTER 5. TRAVELING

Do you have a dream to travel around the world? If yes, what have you done to **make your dream come true** (*khiến giấc mơ thành hiện thực*)? I suppose not many people would answer this question.

But for me, I am **working on it** (*~ spend time doing sth*). As far as I'm concerned, when you are young and more **open-minded** (*sẵn sàng học hỏi*), you should **taste the fullness of life** (*nếm vị ngọt của cuộc sống*). Imagining **diving in** (*lặn*) the **Great Barrier Reef**, the largest coral reefs in the world, seeing the ancient **Pyramids of Giza**

built around 2,000 B.C, holding your breath in the massive **Grand Canyon**, and of course, climbing the largest cave in the world, **Son Doong cave** in Vietnam. You would get experiences that **define the rest of your life** (*định hình lại cuộc đời còn lại của bạn*).

And, yes, I heard **a myriad of** (*~ a lot of*) excuses only why people do not travel.

1. Money

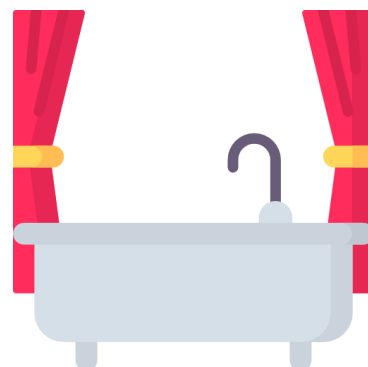
You are **broke** (*hết tiền*), but young. When travelling, you can **rough it out** (*sống tạm trong điều kiện xấu*) in **budget accommodation** (*nơi rẻ tiền*) such as **run-down hostels** (*những nhà nghỉ tồi tàn*) or **motels** (*nơi thuê giường tầng*), that would still give you a **good night's sleep** (*giấc ngủ tối ngon lành*). Have you heard about **Couchsurfing.com**? It is a **backpacking community** (*cộng đồng đi phượt*) in which a host will provide a free room to **budget travelers** (*người đi du lịch ít tiền*). You may be sleeping on a train station bench or eating cheap food and a **lousy breakfast** (*~ awful breakfast*), your body is still **safe and sound** (*~ khỏe như thường*).



2. Go later

In your 40s, believe me, you would rather stay in a luxury hotel on the main street than a **family-run hotel** (*khách sạn người dân*) or **time-share apartment** (*phòng ở cùng nhà chủ*). Also, you may prefer eating a **gourmet dish** (*~ an expensive meal*) to **indulging in** (*đắm chìm*) local foreign food. And of course, you may enjoy a **tranquil countryside** (*~ quiet countryside*) more than crossing **the Vietnamese - Laotian border** (*biên giới Việt- Lào*) by a van.

When you are young, you can appreciate what life brings to you. If you pass by the **slums** (*ổ chuột*) of India, Mumbai and Metro Manila, you will feel how thankful and lucky you are just because you have food **on a daily basis** (*~ everyday*).





3. Limit career development

Transnational corporations (*tập đoàn quốc tế*) always stress the importance of **international experience** (*kinh nghiệm toàn cầu*). To **advance your career** (*phát triển sự nghiệp*) in a **global company**, you must understand the diversity of foreign cultures which you comprehend when travelling.

PRO TIPS

Hãy liên tưởng các chủ đề và móc nối chúng với nhau khi bạn đọc về 1 topic nào đó. Ví dụ, khi học về Traveling hãy liên hệ với các từ vựng của nhà hàng, đồ ăn và thậm chí tình yêu (vì bạn có thể đưa người yêu đi du lịch).

TRAVELING		EXPRESSION PHRASES	
Open-minded (adj)	<i>sẵn sàng học hỏi</i>	To make your dream come true (phrase)	<i>biến ước mơ thành hiện thực</i>
Broke (adj)	<i>hết tiền</i>	To work on it	<i>spend time doing sth</i>
To rough it out (phrase)	<i>sống tạm trong điều kiện xấu</i>	To taste the fullness of life (phrase)	<i>nếm vị ngọt của cuộc sống</i>
Budget accommodation (n)	<i>nơi rẻ tiền</i>	To define the rest of your life (phrase)	<i>định hình lại cuộc đời còn lại của bạn</i>
Run-down hostels (n)	<i>những nhà nghỉ tồi tàn</i>		
Motels (n)	<i>nơi thuê giường tầng</i>		
A backpacking community (n)	<i>cộng đồng đi phượt</i>		
Budget travelers (n)	<i>người đi du lịch ít tiền</i>		
A lousy breakfast (n)	<i>awful breakfast</i>		

Safe and sound (phrase) *khỏe như thường*

A tranquil countryside (n) *quiet countryside*

Indulging in (v) *(đắm chìm*

Transnational corporations (n) *tập đoàn quốc tế*

International experience (n) *kinh nghiệm toàn cầu*

BENEFITS OF TRAVELLING

1. **Be exposed to new cultures:** those who have been abroad are **exposed to different cultures** (*trải nghiệm các văn hóa khác nhau*), meaning that they gain a higher level of **cultural intelligence** (*kiến thức về văn hóa*). **Let me simplify it** (*cụm từ tốt để giải thích*). Humans create the world, right? So, if you are good at communicating and showing your respect to people's **cultural backgrounds**, you can make new friends and influence people.



2. **Foster your creativity** (*nuôi dưỡng trí tưởng tượng*): When travelling, you not only **explore the beauty of the country** (*khám phá vẻ đẹp của 1 đất nước*) but also **observe their creativity** (*chứng kiến sự sáng tạo của họ*) during the trip. Have you ever been to Gardens by the Bay in Singapore which was made to **conserve nature** (*bảo tồn tự nhiên*) while reducing the amount of electricity consumed in the country? Skyscrapers including **residential houses** (*nhà ở*) in Kuala Lumpur (Malaysia) were also made to combat the city's overpopulation, or Ancient Town Hoi An, the most visited destination in Vietnam has had its **culture heritage well-preserved** (*di sản văn hóa được bảo tồn nguyên trạng*). All of these destinations reflect the creativity of local people from which you can learn a lot from.

3. **Become more independent/ confident:** [Huyen Chip](#), who I really admire, started her trip around the world at the age of 18. Despite strong criticism, she published two books written about her experience in 2 continents including Asia and Africa, thereby inspiring many young generations to be brave and follow their dreams. Some may disagree with me, but no one can deny for her bravery as this young and broke girl travelled alone around the world. **In other words, the point I would like to make is** (*phrase tốt để diễn đạt ý*) if you are able to **stand on your own feet** (*tự đứng trên đôi chân của mình*), there is nothing that can stop you to achieve any remarkable things.



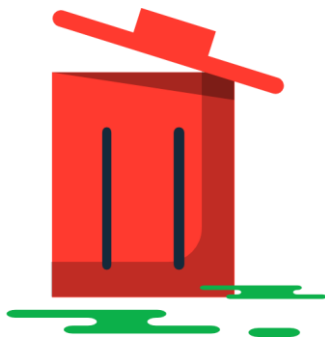
PRO TIPS

Hãy sử dụng các cụm từ EXPRESSION PHRASES để đưa diễn đạt lý do và ý kiến của mình cho giống người bản địa hơn. VD: *Believe me, I would never regret traveling alone when you are still young. **The point I would like to make is** if you are able to stand on your own feet, there is nothing that can stop you to achieve any remarkable things*

BENEFITS OF TRAVELLING		EXPRESSION PHRASES	
To be exposed to new cultures (phrase)	<i>trải nghiệm với những nền văn hóa mới</i>	Let me simplify it (phrase)	<i>nói đơn giản thì</i>
Cultural intelligence (phrase)	<i>kiến thức về văn hóa</i>	The point I would like to make is (phrase)	<i>ý tôi muốn nói là</i>
To foster your creativity (phrase)	<i>tăng khả năng sáng tạo</i>		
To explore the beauty of the country (phrase)	<i>khám phá vẻ đẹp của đất nước</i>	In other words (phrase)	<i>nói theo cách khác</i>
To conserve nature (phrase)	<i>bảo tồn thiên nhiên</i>		
Residential houses (n)	<i>nhà ở</i>		
Well-preserved (adj.)	<i>bảo tồn tốt</i>		
Culture heritage (n)	<i>di sản văn hóa</i>		
To stand on your own feet (phrase)	<i>tự đứng trên đôi chân của mình</i>		

NEGATIVE ASPECTS OF TRAVELLING.

1. **Culture shock:** if you don't do extensive research on others' lifestyles and culture, you may experience **culture shock** (sốc văn hóa). For example, touching a girl, even giving a handshake, and looking at a female, is forbidden in some forms of **Islam** (đạo Hồi) unless she is your wife. **Breaching the rule** (phá luật) may show your disrespect to **Muslim women** (phụ nữ theo đạo hồi) and could lead to a severe punishment.



2. **Waste disposal:** tourism can cause many forms of pollution (air, water and noise), and of course, **solid waste** or **littering** (xả rác), damaging the local environment. Solid waste can **degrade the physical appearance** (xuống cấp bề mặt) of rivers and seas and cause the death of **marine animals** (sinh vật dưới nước) as they eat it. On land, tourists **leave behind their garbage** and even human-made equipment which are **non-biodegradable** (không phân hủy được), destroying **the local ecosystem** (hệ sinh thái địa phương). That's the reason why **environmentalists** (những người bảo vệ MT) are **greatly concerned about** the trend humans travel to **remote natural areas**.

3. **Scams:** The prices could be **grossly inflated** (~ very high) just because you are a tourist. A perfect example can be seen with Vietnamese **vendors** (người bán hàng ngoài đường) selling souvenirs at unreasonably high price. It is obvious this is **a rip-off** (thứ gì rất đắt) and that tourists are **overcharged** (bị chém).



DRAWBACKS OF TRAVELING		EXPRESSION PHRASES	
Culture shock (n)	sốc văn hóa	Be greatly concerned about (phrase)	rất quan tâm đến
To breach the rule (phrase)	phá luật		

Solid waste (phrase)	<i>rác thải</i>
To litter (v)	<i>xả rác</i>
To degrade the physical appearance (phrase)	<i>xuống cấp bề mặt</i>
Marine animal (n)	<i>động vật sống dưới nước</i>
To leave behind the garbage (phrase)	<i>để lại rác thải</i>
Non-biodegradable (adj.)	<i>không phân hủy được</i>
The local ecosystem (n)	<i>hệ sinh thái địa phương</i>
Environmentalist (n)	<i>người bảo vệ môi trường</i>
Grossly inflated (phrase)	<i>bị tăng lên rất cao</i>
Vendor (n)	<i>người bán hàng dạo</i>
A rip-off (n)	<i>thứ gì đó đắt</i>
To overcharge (v)	<i>bán đắt hơn bình thường</i>

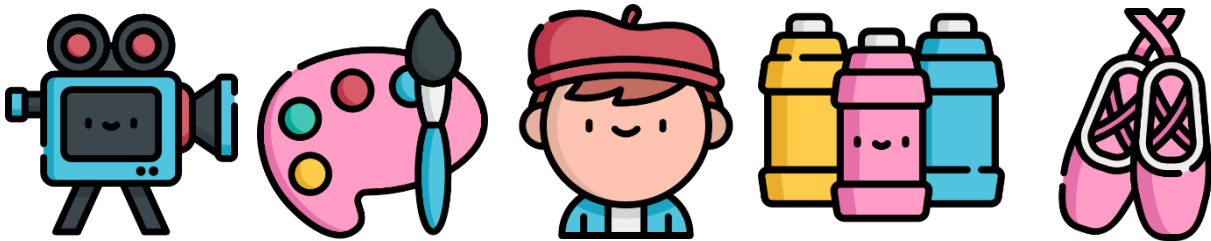
EXERCISE

FILL IN THE BLANK

1. You are _____ (*hết tiền*), but young. When travelling, you can _____ (*sống tạm trong điều kiện xấu*) in _____ (*nơi rẻ tiền*) such as _____ **hostels** (*những nhà nghỉ tồi tàn*) or motels that would still give you _____ (*giấc ngủ tối ngon lành*).
2. In your 40s, you may prefer eating a _____ **dish** (~ *an expensive meal*) to _____ **in** (*đắm chìm*) local foreign food. And of course, you may enjoy a _____ **countryside** (~ *quiet countryside*) more than crossing **the Vietnamese - Laotian** _____ (*biên giới Việt- Lào*) by a van.
3. _____ **corporations** (*tập đoàn quốc tế*) always stress the importance of _____ **experience** (*kinh nghiệm toàn cầu*).

4. Those who have been abroad are _____ **different cultures** (*trải nghiệm các văn hóa khác nhau*), meaning that they gain a higher level of _____ (*kiến thức về văn hóa*).
5. if you are able to _____ **your own feet** (*tự đứng trên đôi chân của mình*), there is nothing that can stop you to achieve any remarkable things.
6. However, tourism can cause many forms of pollution (air, water and noise), and of course, _____ (*xả rác*), damaging the local environment.
7. On land, tourists **leave behind** _____ (*để lại rác thải của họ*) and even human-made equipment which are _____ (*không phân hủy được*), destroying **the local** _____ (*hệ sinh thái địa phương*).
8. And, the prices could be _____ (~ *very high*) just because you are a tourist.

CHAPTER 6. THE ARTS



MUSIC

Off top of my head (*hiện ngay trong đầu là*), Son Tung MTP is a talented Vietnamese singer **when it comes to** (*khi nói đến*) music even though I don't **idolize/ worship** (*thần tượng*) him.

One of the most convincing reasons is that his **haunting melodies** (*nhạc điệu khó quên*) are **highly catchy** (*rất bắt tai*) and **addictive** (*dễ nghiện*). **What I am trying to say is** you are likely to remember the rhythms or lyrics of his song whether you like it or not. Despite all **accusations** (*buộc tội*) of **music plagiarism** (*đạo nhạc*), his songs have **gained in popularity** (~*become popular*) among young generations, and even parts of his lyrics **have gone viral** (*trở nên lan rộng trên mạng*) on the Internet, such as 'mông lung như một trò đùa', 'chạy ngay đi' and 'lạc trôi'.



PRO TIPS

To gain in popularity ~ *to become popular*

To make a paradigm shift in (*tạo ra 1 sự thay đổi lớn trong...*)

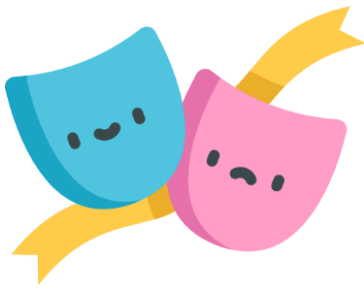
Các cụm từ này có thể dùng thường xuyên trong các chủ đề như technology.

Mobile phones **have gained in popularity** and **made a paradigm shift in** the way people communicate.



Another reason could be how he shocked the fans with his **high budget** (*khinh phí cao*) for music videos. From the expensive **costumes** (*trang phục*), **slick choreography** (*vũ đạo chất lượng*) to **great visual effects** (*hiệu ứng hình ảnh tuyệt vời*), every aspect of his MVs always **drum up the interests** (*kích thích sự hứng khởi*) of viewers. **Accordingly** (*~ therefore*), Son Tung often **set records for** (*đạt kỉ lục*) the most viewed MV among other young artists. Recently, MV 'Chay ngay đi' has **racked up** (*đạt được*) 13 million views in just 2 days, **smashing/ dethroning his own record** (*soán ngôi kỉ lục của chính anh ta*) of MV 'Lac trôi'. I always appreciate his efforts to **elevate** (*~ promote*) Vietnamese music and our culture onto the world stage.

MUSIC		EXPRESSION PHRASES	
To idolize/ worship (v)	<i>thần tượng</i>	Off top of my head (phrase)	<i>hiện ngay trong đầu là</i>
Haunting melodies (n)	<i>nhạc điệu khó quên</i>	One of the most convincing reasons is that (phrase)	<i>1 trong những nguyên nhân thuyết phục nhất là</i>
Highly catchy (phrase)	<i>rất bắt tai</i>	What i am trying to say is (phrase)	<i>những gì tôi muốn nói là</i>
Music plagiarism (n)	<i>đạo nhạc</i>	Another reason could be (phrase)	<i>1 lý do nữa có thể là</i>
Gone viral (v)	<i>trở nên phổ biến</i>	Accordingly (adv)	<i>therefore</i>
High budget (n)	<i>khinh phí cao</i>		
Costumes (n)	<i>trang phục</i>		
Drum up the interests (phrase)	<i>kích thích sự hứng khởi</i>		
Slick choreography (n)	<i>vũ đạo chất lượng</i>		
Visual effects (n)	<i>hiệu ứng hình ảnh</i>		
Set records for (phrase)	<i>đạt kỉ lục</i>		
To rack up (v)	<i>đạt được</i>		
To smash/ dethrone sb's record (phrase)	<i>soán ngôi ai đó</i>		



FILM

Do you know why movies are always interesting? Because it creates **a compelling story** (~ *an interesting story*) and situation that you cannot see in the real world. You live with the characters, fight with monsters and fall in love with angels. All kinds of experiences make cinema become **the seventh art** (*nghệ thuật thứ 7*) alongside architecture, sculpture, music, paintings, poetry, and dance.

To make **a blockbuster movie** (*phim bom tấn*), **the first thing should be mentioned is** its big budget. They put money to create FX effects, fancy costumes and even their own music soundtracks, attracting audience to come to the theater. One of the **highest-grossing films** (*phim doanh thu cao nhất*) is *Avengers: Infinity Wars*. It has made \$1.6 billion worldwide with **an estimated budget** (*ngân sách làm phim dự tính*) of \$400 million.



However, it is hard to predict **profitability** (*khả năng có lãi*) of a movie **regardless of production costs** (*không kể đến kinh phí sản xuất*). R.I.P.D. and Transformers: Age of Extinction, for example, just **grossed** (*thu về*) only less than half of its investment in **the box office** (~ *theaters*). **The reason behind this could be** marketing division failed to attract customers or there were **cliché plots** (*những cốt truyện theo lối mòn*). In contrast, some horror movies such as Quarantine, Blair Witch and Paranormal Activity **have the reputation for** (*be famous for sth*) of its with low investments.



The top star as the main character **is another factor attributed to** the success of a movie. Sometimes, people go to the theater just to see their idols talking and smiling at them. For that reasons, many film producers invite Hollywood stars as male/female leads. In fact, **critics** (*nhà phê bình*) claim that many well-known actors were **miscast** (*diễn tồi*), **shallow** (*nông trong diễn xuất*), and **their acting** (*kỹ năng diễn*) was **mediocre** (*chất lượng trung bình*) during the films, while other *less famous actors* had **sensational performances** (~ *impressive acting*), thereby becoming **rising stars** (*những ngôi sao đang lên*), such as Miley Cyrus in 'The Last Song' or Tom Holland in 'Spiderman: Homecoming'.

Have you ever wanted to buy a ticket just because of **good plot twists** (*những cốt truyện không dự đoán được*)? It is true that a good plot will **satiated/ satisfy the curiosity** (*thỏa mãn trí tò mò*) of **an audience** (*khán giả*). A good twist towards the end would have you **on the edge of your seat** (*idiom - very excited*), thereby attracting more viewers to its **sequels** (*phim nhiều phần*). However, the plot of movies nowadays is **tedious** (~ *boring*) and **full of clichés**, like monsters, zombies, superheroes or **unconvincing** (*không thuyết phục*) love stories. However, a few **niche films** (*những bộ phim hướng tới 1 bộ phận khán giả nhất định*), like *Paddington*, *Lalaland* and *Kingsman*, **conveyed** (~ *show*) new perspectives of life and **have left audiences in tears** (*khiến khán giả rơi nước mắt*).



PRO TIPS

Học từ vựng PHẢI nhớ theo cụm từ, tức là cả verb+noun phrase. Vì sao à? Vì bạn cần biết cách dùng của nó chứ không phải mỗi nghĩa của từ.

VD: *Lalaland is hands down the best film I have seen. A good plot twist absolutely satiated my curiosity and good enough to leave me in tears.*

FLIMS		EXPRESSION PHRASES	
A compelling story (n)	<i>an interesting story</i>	The first thing should be mentioned is (phrase)	<i>ý đầu tiên nên được nói là</i>
A blockbuster movie (n)	<i>phim bom tấn</i>	The reason behind this could be (phrase)	<i>lý do đằng sau điều này là</i>
The highest-grossing film (n)	<i>phim doanh thu cao nhất</i>	A is another factor attributed to B (phrase)	<i>A là 1 nguyên nhân nữa gây ra B</i>
An estimated budget (n)	<i>ngân sách làm phim dự tính</i>	Have the reputation for (phrase)	<i>be famous for sth</i>
Profitability (n)	<i>khả năng có lãi</i>		
Production costs (n)	<i>không kể đến kinh phí sản xuất</i>		

A critic (n)	<i>nhà phê bình</i>
Box office (n)	<i>theaters</i>
Cliché plots (n)	<i>những cốt truyện theo lối mòn</i>
To miscast (v)	<i>diễn tồi</i>
Their acting (n)	<i>kỹ năng diễn xuất</i>
Mediocre (adj)	<i>chất lượng trung bình</i>
Sensational performances (n)	<i>impressive acting</i>
Rising stars (n)	<i>những ngôi sao đang lên</i>
Good plot twists (n)	<i>những cốt truyện không dự đoán được</i>
To satiate/ satisfy the curiosity (phrase)	<i>thỏa mãn trí tò mò</i>
On the edge of your seat (idiom)	<i>very excited</i>
Sequels (n)	<i>phim nhiều phần</i>
Tedious (adj)	<i>boring</i>
Unconvincing (adj)	<i>không thuyết phục</i>
To leave audiences in tears (phrase)	<i>khiến khán giả rơi nước mắt</i>
Niche films (n)	<i>những bộ phim hướng tới 1 bộ phận khán giả nhất định</i>

CHAPTER 7. HAPPINESS

WHAT IS HAPPINESS?

People often **lose sight of** (*idiom – quên mất thứ gì là quan trọng*) what's important in their life. While **nobody can deny** (*không ai có thể phủ nhận*) that a successful career, a happy marriage and **a lucrative life** (*1 cuộc sống vương giả*) could bring happiness, I am, personally, convinced that life is a series of experiences in which you learn, grow and share with your **beloved ones** (*người mình yêu quý*).



Think about it. Money doesn't make you happy but the experience of buying or possessing new sport cars, houses or luxurious watches that you would **hanker after** (*cực kì thèm muốn*) could be **blissful** (*~ very happy*). Also, the experience of **infatuation with** (*cảm xúc cực kì yêu ai*) your is what creates your happiness, not necessarily the lover herself/himself (*câu này hơi trừ tượng nên Ryan sẽ dịch – trải nghiệm mà bạn yêu say đắm 1 ai đó mới là thứ tạo nên hạnh phúc, chứ không phải người con gái/con trai đấy*).

For that reason, I made myself **a bucket list** (*danh sách muốn làm trong tương lai*) in which I selected 100 things to do before I die, and of course, I may **accomplish** (*hoành thành/làm điều gì*) all of them with my **beloved ones**.

Let's **reach your full potential** (*phát triển hết khả năng của bạn*).

PRO TIPS

Hãy làm cho mình 1 **bucket list**, những nơi mình sẽ đến, những điều mình sẽ làm trước khi quá muộn. Điều này sẽ giúp bạn có động lực hơn để học Tiếng Anh nhưng cũng là mục tiêu để phát triển bản thân mình. Tham khảo **'Ryan's bucket list'** trong bài viết bên dưới. Chắc chắn các bạn sẽ hào hứng không kém Ryan đâu.

TOPIC VOCABULARY		EXPRESSION PHRASES	
A lucrative life (n)	<i>1 cuộc sống vương giả</i>	To lose sight of (idiom)	<i>quên mất thứ gì là quan trọng</i>
Beloved ones (n)	<i>người mình yêu quý</i>	Nobody can deny (that)/ noun (phrase)	<i>không ai có thể phủ nhận</i>
Infatuation with (n)	<i>cảm xúc cực kì yêu ai</i>		
A bucket list (n)	<i>danh sách muốn làm trong tương lai</i>		
To hanker after (v)	<i>cực kì thèm muốn</i>		
To accomplish (v)	<i>hoàn thành 1 điều gì đó khó</i>		
To reach your full potential (idiom)	<i>phát triển hết khả năng của bạn</i>		
Blissful (adj)	<i>cực kì vui sướng</i>		

EXERCISE

FILL IN THE BLANK

1. People often **lose** _____ what's important in their life.
2. While **nobody** _____ that a successful career, a happy marriage and _____ **life** could bring happiness, I am, personally, convinced that life is a series of experiences in which you learn, grow and share with your _____ **ones**.
3. Money doesn't make you happy but the experience of buying or possessing new sport cars, houses or luxurious watches that you would _____ **after** could be _____.
4. Let's **reach your** _____.

RYAN'S BUCKET LIST - THINGS TO DO BEFORE I DIE

BUCKET LIST 1: SEE THE NORTHERN LIGHTS



The Northern Lights, or **Aurora Borealis** (you don't need to remember this) are the most **mysterious** (kỳ bí), **multicolored** (nhiều màu sắc) yet **natural lights** (ánh sáng tự nhiên) on the planet. **This nature's spectacular display** (sự phô diễn tuyệt đẹp của tự nhiên này) happens when the night sky is **lit up** (thắp sáng) by an amazing glow with **a color palette** (dải màu sắc) of green, pink or violet, just like "**a heavenly lava lamp**" (đèn lava từ thiên đàng – search Google) ([Telegraph, 2017](#)). As far as I can explain, **the magnetic power** (điện từ trường) of the Sun enters the earth's atmosphere, resulting in these phenomenal lights. [Click here to get more details.](#)

DESCRIBE A NATURAL PHENOMENON		PARAPHRASING	
The Northern lights (n)	ánh sáng phương bắc	Nature's spectacular display (phrase)	sự phô diễn tuyệt đẹp của tự nhiên
Mysterious (adj)	kỳ bí	A heavenly lava lamp (phrase)	đèn lava từ thiên đàng
Multicolored (adj)	nhiều màu sắc		
Natural lights (n)	ánh sáng tự nhiên		
To lit up (v)	thắp sáng		

A color palette (n) *dải màu sắc*

The magnetic power (n) *điện từ trường*

BUCKET LIST 2: GO WHALE WATCHING



People often suggest **going whale watching** (*đi xem cá voi*) at least once in your lifetime, as it is **a life-changing experience** (*1 trải nghiệm để đời*). **I am totally down with that notion** (~ *I completely agree*). If you want to **get this experience out of your system** (*làm điều gì đó ngay*), you may come with me to [The Maldives](#), **a honeymoon paradise** (*thiên đường cho kì trăng mật*) or Alaska in the US while enjoying **a gourmet dish of salmon** (*món cá hồi tuyệt hảo*). I believe we could have a great time watching **humpback whales** (*cá voi lưng gù*) **leaping into the air** (*nhảy lên mặt nước*) and land back with **a resounding splash** (*cái vỗ đuôi xuống nước đécc tại*).

DESCRIBE A TRIP TO AN ISLAND		EXPRESSION PHRASES	
To go whale watching (phrase)	<i>đi xem cá voi</i>	I am totally down with that notion (phrase)	<i>tôi hoàn toàn ủng hộ cả 2 tay</i>
A life-changing experience (n)	<i>1 trải nghiệm để đời</i>	To get this experience out of your system (idiom)	<i>làm điều (gì) đó ngay</i>
A honeymoon paradise (n)	<i>thiên đường cho kì trăng mật</i>		
A gourmet dish of salmon (n)	<i>món cá hồi tuyệt hảo</i>		
Humpback whales (n)	<i>cá voi lưng gù</i>		
To leap into the air (v)	<i>nhảy lên mặt nước</i>		
A resounding splash (n)	<i>cái vỗ đuôi xuống nước điếc tai</i>		

PRO TIPS

Chuẩn bị thật kĩ và nói thật trôi chảy những điều bạn mơ ước vì nó sẽ có thể gắn liền với tất cả các topic trong Speaking. Và topic *Food, Restaurant, Traveling, Hobbies* đều có thể nói về 'your dream'. Chuẩn bị 1 bài nhưng gắn được nhiều topic.

Nhớ rằng **Pronunciation & Fluency** luôn đặt lên hàng đầu

Lưu ý nhớ theo cụm từ:

- *Go whale watching - Humpback whales - A life-changing experience - a honeymoon paradise - A gourmet dish of salmon.*
- *The Northern lights - Antarctica- Multicolored - A color palette - a lava lamps.*

BUCKET LIST 3: GO TO ANTARCTICA



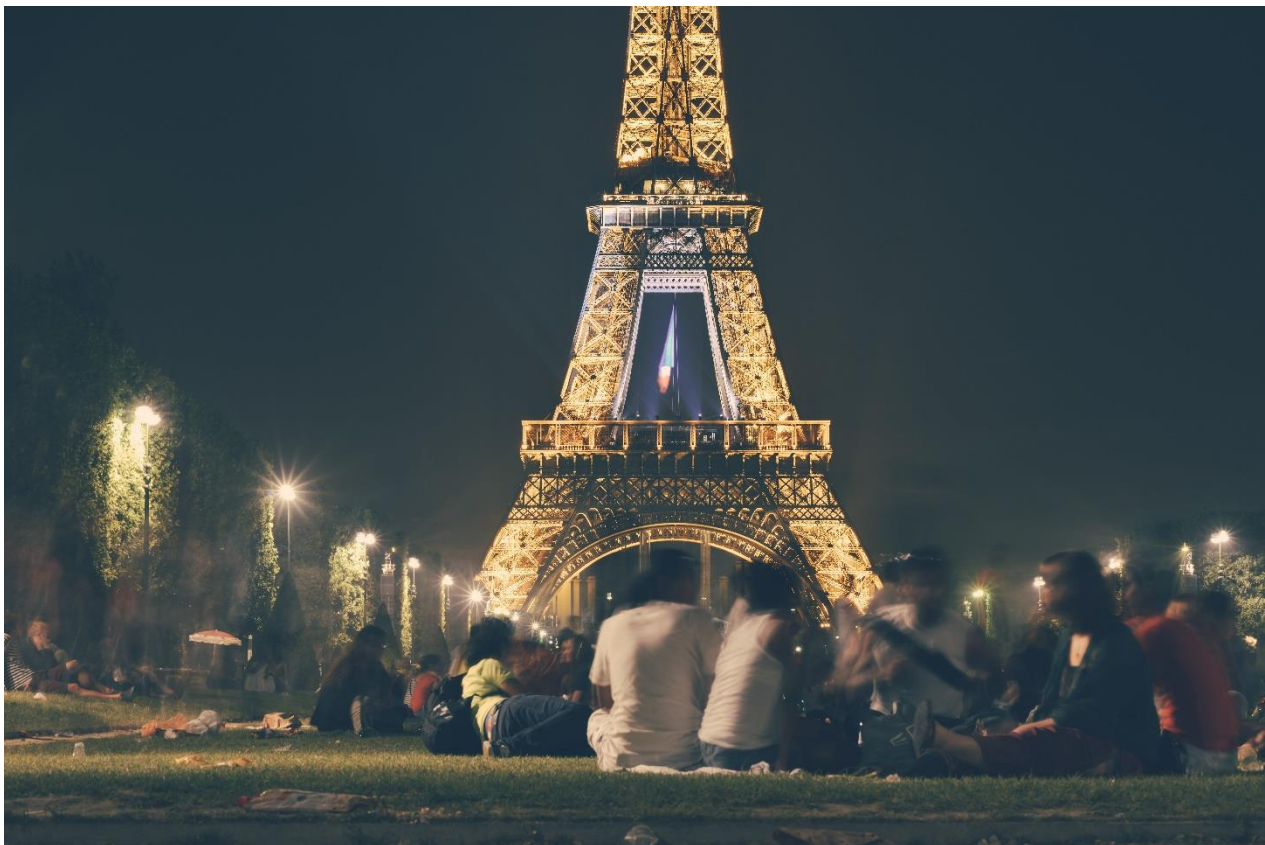
Is that a weird thing to do? Absolutely not! While **the Arctic** (*Bắc Cực*) is a **frozen ocean** (*1 vùng biển đóng băng*), **Antarctica** (*Nam Cực*) is a **frozen continent** (*lục địa đóng băng*), meaning that this is the coldest place in the world. I **yearn to** (*~ want sth badly*) see **penguin chicks** (*cánh cút con*). They are like **fluffy balls** (*những cục bông gòn*) that roll all over the place, lying down and waiting to be fed. It is even more wonderful that they **show no fear of humans** (*không sợ con người*) so that **wandering** (*đi loanh quanh*) among them is a **one-of-a-kind experience**. And of course, you would be lucky enough to see **humpback whales** with **their magnificent tails** (*đuôi to vật vĩ =*) one more time.

I really **look up to** (*~ admire*) [Shark Khoa](#), who inspires me a lot, and he had a trip to **Antarctica** recently; here is [what he thought about the region](#).

DESCRIBE SOMEWHERE COLD		EXPRESSION PHRASES	
The Arctic (n)	<i>Bắc cực</i>	To yearn to sth (v)	<i>rất muốn làm điều gì</i>
A frozen ocean (n)	<i>1 vùng biển đóng băng</i>	Look up to (v)	<i>hâm mộ</i>

Antarctica (n)	<i>nam cực</i>
A frozen continent (n)	<i>lục địa đóng băng</i>
Penguin chicks (n)	<i>cánh cụt con</i>
Fluffy balls (n)	<i>những cục bông gòn</i>
To wander (v)	<i>đi loanh quanh</i>
A one-of-a-kind experience (n)	<i>1 trải nghiệm có một không hai</i>
Their magnificent tails (n)	<i>đuôi to vật vã</i>

BUCKET LIST 4: VISIT EIFFEL TOWER



The Eiffel Tower is a **symbol of love** (*1 biểu tượng cho tình yêu*) and many couples come to Paris just to **tie the knot** (~ *get married*). **Cuddling** (*ôm nhau*) on a nearby rooftop while watching 20,000 lights twinkling from the Tower, you and your lover **can't resist** (*không thể ngồi yên*) **the romantic atmosphere** which is only read or heard about in love stories.

Paris is claimed to be the city of love. Apart from **remarkably diverse architecture** (*các kiến trúc cực kì đa dạng*) and **cobbled streets** (*đường được rải đá*), this **stunning** and **thriving** city (~ *the very beautiful and successful city*) offers unique experience ranging from **French cuisine** (*ẩm thực Pháp*) to **breath-taking views** (*cảnh đẹp đến nỗi nhín thở*) for lovers who want to **get away from it all** (*đưa nhau đi 'trốn' ở 1 nơi hoàn toàn khác biệt*).

A ROMANTIC PLACE		EXPRESSION PHRASES	
A symbol of love (phrase)	<i>1 biểu tượng cho tình yêu</i>	Can't resist (idiom)	<i>không thể ngồi yên</i>
Cobbled streets (n)	<i>đường được rải đá</i>	To get away from it all (idiom)	<i>đưa nhau đi 'trốn' ở 1 nơi hoàn toàn khác biệt</i>
A stunning and thriving city (n)	<i>thành phố tuyệt đẹp và giàu có</i>	To tie the knot (idiom)	<i>cưới nhau</i>
French cuisine (n)	<i>ẩm thực pháp</i>		
Breath-taking views (n)	<i>cảnh đẹp đến nỗi nhín thở</i>		
Remarkably diverse architecture	<i>các kiến trúc cực kì đa dạng</i>		

BUCKET LIST 5: A MEMBER OF THE CAST IN A HOLLYWOOD MOVIE



Really? Why not? **Live your dreams!** (*làm những thứ bạn ước mơ*)

Don't get me wrong (*đừng nghĩ sai nhé!*), **what I'm dying for** (~ *what I'm really want sth*) is just a **small supporting role** (*vai phụ*) in the movie, not a **leading role** (*vai chính*). As I said, the most important thing is **the once-in-a-life experience** (*cơ hội chỉ có 1 trong đời*) of working with a professional film crew while performing with Robert Downey (as Tony

Stark) or Chris Pratt (as Star Lord) on the screen. My gosh! That may be, just may be, **a pipe dream** (*giấc mơ viễn vông*).

To sum up, **what I'm trying to say** is to **live your dreams, reach your full potential, get out of your comfort zone** (*thoát khỏi vùng thoải mái của bạn*) and **taste the fullness of life** (*nếm sự ngọt ngào của cuộc sống*).

If you do not know how to make **a bucket list**, ask chị Google, or go to [this link](#).

PRO TIPS

Nếu bạn đang không biết nên support ý như thế nào cho câu trả lời, hãy đã ra 1 điều mà ai cũng có thể nhận ra (I understand / you may know / everyone knows...) và dùng 1 ví dụ để chứng minh vấn đề của bạn (ở đây dùng *a job*).

VD: *I don't think living in Paris is a pipe dream. I understand the living cost in such city is prohibitively expensive, but a job like cleaning, for example, may help me to pay the bills.*

DESCRIBE YOUR DREAM		EXPRESSION PHRASES	
To live your dreams (phrase)	<i>làm những thứ bạn ước mơ</i>	Don't get me wrong (phrase)	<i>đừng nghĩ sai nhé</i>
A supporting role (n)	<i>vai phụ</i>	What I'm dying for (phrase)	<i>những thứ tôi cực kì muốn</i>
A leading role (n)	<i>vai chính</i>	What I'm trying to say	<i>những gì tôi muốn nói là</i>
The once-in-a-life experience (n)	<i>cơ hội chỉ có 1 trong đời</i>		
A pipe dream (n)	<i>giấc mơ viễn vông</i>		
Get out of your comfort zone (phrase)	<i>thoát khỏi vùng thoải mái của bạn</i>		
Taste the fullness of life (phrase)	<i>nếm sự ngọt ngào của cuộc sống</i>		

EXERCISE

A. FILL IN THE BLANK

The Northern Lights, or Aurora Borealis are the most _____ (*kỳ bí*), _____ (*nhều màu sắc*) yet _____ (*ánh sáng tự nhiên*) on the planet. **This nature's** _____ (*sự phô diễn tuyệt đẹp của tự nhiên này*) happens when the night

sky is _____ (*thấp sáng*) by an amazing glow with _____ (*dải màu sắc*) of green, pink or violet, just like "a heavenly _____" (*đèn lava từ thiên đàng*).

B. CIRCLE THE CORRECT WORDS

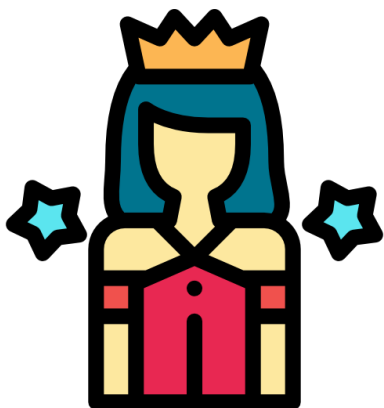
1. People often suggest **going/ doing** whale watching at least once in your lifetime, as it is a **life-turning/ life-changing** experience.
2. If you want to get this experience out of **your system/ your brain**, you may come with me to *The Maldives*, a honeymoon **paradise/ house** or Alaska in the US while enjoying a gourmet **dish/ meal** of salmon.
3. I believe we could have a great time watching humpback whales **leaping/ jumping** into the air and land back with a resounding splash.

C. UPGRADE THE SENTENCES

1. The Eiffel Tower is **a place for love** -> _____ and many couples come to Paris just to **get married**-> _____.
2. **Hugging** -> _____ on a nearby rooftop while watching 20,000 lights twinkling from the Tower, you and your lover **would like this loving scene** -> _____ which is only read or heard about in love stories.
3. Paris is claimed to be the city of love. Apart from **having many kinds of architecture**-> _____ and **streets with stones** -> _____, this **beautiful and rich city** -> _____ offers unique experience ranging from **French food** to **amazing views** -> _____ for lovers who want to **escape from their normal life** -> _____.

CHAPTER 8. ROLE MODELS

CELEBRITIES



Why do you **idolize** (*thần tượng*) celebrities? Either talent or beauty?

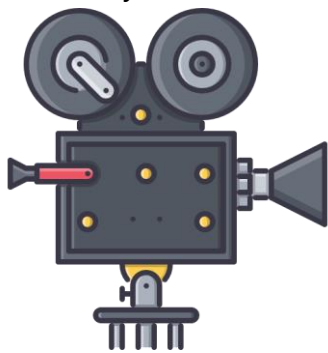
Do you think it is easy to be famous nowadays? Some say there is **a fame formula** (*công thức để nổi tiếng*). Some post cute and sexy selfies on social media and some hope that **alternative media** (*báo lá cải, vd: Kenh14 *đối nghĩa**) **mainstream media** - *báo chính thống, vd: VTV*) reposts them on their front pages. Another way to become



famous is to hire a professional film crew, **rehearse slick choreography** (*ôn luyện vũ đạo bắt mắt*) and **have a listenable singing voice** (*có giọng hát có thể nghe được*), so you can become a singer.

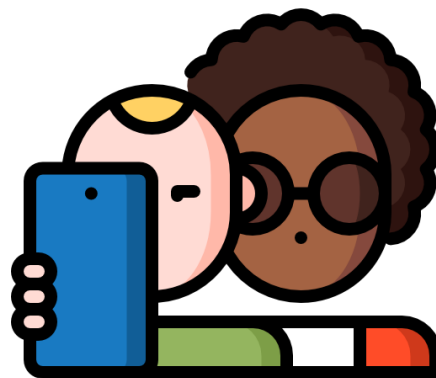
So, what qualities do you think a true artist/celebrity should have?

1. **Talent:** While a singer must have a unique, golden or gifted voice, an actor must **portray** (diễn tả) **the attributes of characters** (tính cách tạo nên nhân vật) in the movie. Then, if they **do not possess these abilities** (không sở hữu những khả năng này), their fame will fade away and their careers will eventually end.



However, don't get me wrong, if you don't have talent, you may have skills that improve through **accumulated hours of practicing** (tất cả thời gian luyện tập gộp lại), suggesting there is **a significant causal relationship between** (có 1 mối liên hệ chặt chẽ giữa điều gì/ai đó) skills and talents to some extent. So, when you say "I just don't have this talent", it is just **an excuse** (lời ngụy biện). Practice makes perfect. In contrast, **don't lose your touch** (đừng mất khả năng vốn có) from your laziness!

2. **Unique personalities:** It may sound like nonsense because everyone has their own personality. However, fans do not only love a celebrity's singing voice or **acting skills** (kỹ năng diễn xuất), they may also care about his or her personal life, especially their personality traits. In fact, many gorgeous singers with a great singing voice, whose personality is boring and unsociable, **do not leave any lasting impressions on audiences** (không để lại bất kì dấu ấn trong lòng người xem). Meanwhile, other artists **leaving a lasting impression on the audience** such as Hoài Linh, Trấn Thành, Xuân Bắc and Xuân Hinh (comedy); Sơn Tùng MTP and Đàm Vĩnh Hưng (music), actor Hoàng Dũng (as Phan Quân) and NSND Lan Hương (film) have unique personalities.



3. **Masterpieces of art:** Nobody can deny that **masterpieces** (tác phẩm tuyệt vời) make people recognize artists' names. For that reason, a true artist must produce his own **masterpieces** to **leave an impression on the audience** and prove his real talent because these are what people remember when he **ends his career** (kết thúc sự nghiệp của anh ta).

PRO TIPS

Intro trong bài viết là vô cùng quan trọng nhưng nó lại rất dễ nếu bạn biết cách làm. Hãy theo công thức (in đậm):

- Sentence 1- *nói chung về điều gì*: **In contemporary life**, mobile phones **has gained in popularity** and **made a paradigm shift in** the way people communicate.
- Sentence 2 – *position của bạn*: Although **no one can deny** their benefits, **(I firmly contend)** over-dependence on such devices would discourage human interactions and badly affect the society as a whole.



For example, Vietnamese older generations will remember 'Suối mơ' and 'Cung đàn xưa' (music) by Văn Cao; 'Số đỏ' by Vu Vu Trong; 'Lều Chõng' Ngô Tất Tố and 'Chí Phèo' by Nam Cao (literature). However, younger generations may be singing 'Em của ngày hôm qua' by Sơn Tùng; 'Bao giờ lấy chồng' by Bích Phương (music); reading 'Cho tôi 1 vé đi tuổi thơ' by Nguyễn Nhật Ánh; 'Xách ba lô lên và đi' by Huyền Chip; 'Ngón tay tôi còn thơm mùi oải hương' by Ngô Thị Giáng Uyên (literature); and especially '**NO VOCABULARY - NO WORRIES**' by Ryan 😊.

CELEBRITY		EXPRESSION PHRASES	
A fame formula (n)	<i>công thức để nổi tiếng</i>	There is a significant causal relationship between (phrase)	<i>có 1 mối liên hệ chặt chẽ giữa điều gì/ ai đó</i>
Accumulated hours of practicing (phrase)	<i>tất cả thời gian luyện tập gộp lại</i>		
To leave any lasting impressions on audiences (phrase)	<i>không để lại bất kì dấu ấn trong lòng người xem</i>		
Masterpieces (n)	<i>tác phẩm tuyệt vời</i>		
To end his career (phrase)	<i>kết thúc sự nghiệp của anh</i>		
To lose your touch (idiom)	<i>mất khả năng vốn có</i>		
Alternative media (n)	<i>báo lá cải</i>		

BUSINESSMEN

I never forget to mention Bill Gates, **a futurist** (*tiên tri*) in the technology industry, a real entrepreneur and **a philanthropist** (*nhà từ thiện*).

A SELF-DESCRIBED FUTURIST



When it comes to technology trends, Bill Gates always makes some incredibly **accurate predictions** (*những dự đoán chính xác*). Forecasting **Internet boom** (*sự bùng nổ Internet*) in the 21st century, Bill Gates **sensed** (*nhận thấy*) that everyone would use their personal computers to connect, therefore gaining billions of dollars with his **resounding company** (*~ very successful*), Microsoft. Next, in his book, 'Business @ the speed of thought' published in 1999, he mentioned that smart devices like mobile phones

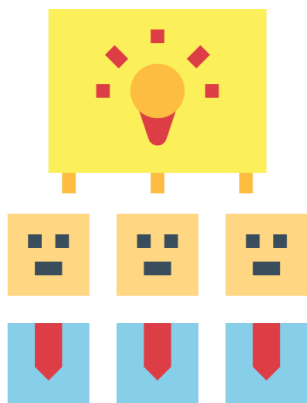
would **play an integral part of** (*đóng vai trò không thể thiếu*) people's lives from updating news, booking flights, setting a daily schedule, checking information about finance and sports to even making payment and ordering pizzas. And eventually, these predictions became **accurate** (*chính xác*). **Perfect examples can be seen with** Amazon.com and Alibaba.com websites allowing people to shop online, or SAMSUNG inventing Samsung Pay which **facilitates online payment** (*việc trả tiền online dễ dàng hơn*).



"Private websites for your friends and family will be common, allowing you to chat and plan for events", Bill Gates said. By 'private websites', he meant social networking. Nearly a decade later, Facebook, Twitter, WhatsApp, Snapchat and Instagram **have gained in popularity** (*~ become popular*) and **made a paradigm shift** (*~ change sth dramatically*) in the way people communicate.

BUSINESS		EXPRESSION PHRASES	
A futurist (n)	<i>tiên tri</i>	I never forget to mention	<i>tôi không quên để nói về</i>
A philanthropist (n)	<i>nhà từ thiện</i>	Perfect examples can be seen with	<i>ví dụ rõ nhất có thể thấy ở</i>

Accurate predictions (n)	<i>những dự đoán chính xác</i>	When it comes to	<i>khi nói đến</i>
Internet boom (n)	<i>sự bùng nổ internet</i>		
Resounding company (n)	<i>very successful</i>		
To facilitate online payment (phrase)	<i>việc trả tiền online dễ dàng hơn</i>		

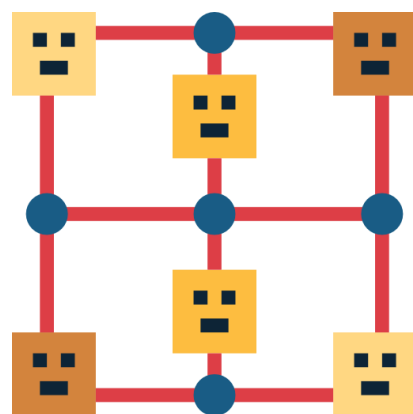


AN ENTREPRENEUR

Bill Gates always believed a good company must be built from the best, so he tried to hire the top 5% of experts from their respective field. This is the strategy helping the company to **corner the market** (~ *be successful*) on software industry and to maintain **its leading position** (*vị trí dẫn đầu*) over two decades. He stated that Microsoft offered their employees opportunities to **climb up the career ladder** (*phát triển sự nghiệp*), to **satisfy their curiosity** (*thỏa mãn*

trí tò mò) and to work with the most inspiring people. Therefore, the priority of Microsoft's working environment is to **retain** (*giữ chân*) and recruit **global talents**, while ensuring they **develop their rewarding careers** (*phát triển sự nghiệp xứng đáng*) in a **dynamic and fast-moving industry** (*một ngành công nghiệp năng động và phát triển nhanh*) like IT. Did you know that Microsoft is always on the [list of the world's best workplaces?](#)

Although Microsoft is a big company, employees will work in **close-knit teams** (*những đội ngũ sẵn sàng giúp đỡ nhau*) or **small and flexible units** (*đội ngũ nhỏ và linh hoạt*) as Bill Gates is convinced **pooling diverse skills** (~ *collect/gather – tập hợp đa dạng các kỹ năng*) in a team generally leads to more productivity. Each team **shares a common goal** (*hướng tới cùng 1 mục tiêu*), dedicates to different tasks and makes their own decisions while **having access to the financial resources** (*có thể nhận được sự hỗ trợ tài chính*) of the company.



And this management philosophy has **spillover effects** (*những tính chất lan tỏa*), meaning that start-up companies, like Google and Facebook, are now organizing the same structural model.

ENTREPRENEURS

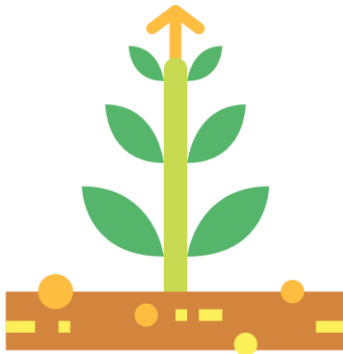
To corner the market (idiom)	<i>be successful</i>
Leading position (n)	<i>vị trí dẫn đầu</i>
To climb up the career ladder (phrase)	<i>phát triển sự nghiệp</i>
To develop their rewarding careers (phrase)	<i>phát triển sự nghiệp xứng đáng</i>
To share a common goal (phrase)	<i>hướng tới cùng 1 mục tiêu</i>
A dynamic and fast-moving industry (phrase)	<i>một ngành công nghiệp năng động và phát triển nhanh</i>
Close-knit teams (n)	<i>những đội ngũ sẵn sàng giúp đỡ nhau</i>
Small and flexible units (n)	<i>đội ngũ nhỏ và linh hoạt</i>
To pool diverse skills (phrase)	<i>collect/gather – tập hợp đa dạng các kĩ năng</i>
To have access to the financial resources (phrase)	<i>nhận được sự hỗ trợ tài chính</i>
Spillover effects (n)	<i>những tính chất lan tỏa</i>

A PHILANTHROPIST



Having given away [\\$41.3 billion to charity](#), [the Bill & Melinda Gates Foundation](#) has taken efforts to **alleviate** (*giảm nhẹ*) poverty, to cure AIDS and cancer, and offer thousands of dollars of scholarships for students in developing countries including Vietnam. In Vietnam, there are a [few students being granted this scholarship](#) (*dành học bổng*), **covering** (*chi trả*) all **graduate school tuition** (*học phí đến khi tốt nghiệp*) and personal and professional development programs. We should be proud of them!

After stepping down as Microsoft CEO, Bill has focused on **philanthropic activities** (*hoạt động tình nguyện*) for 18 years. In 2010, he established '[The Giving Pledge](#)' in which those who join the campaign would give away at least half of their wealth to philanthropy or **charitable causes** (*các mục đích từ thiện*), and of course, the majority of **donors** (*những người đóng góp*) are the wealthiest individuals and families in the world.



Another billionaire I always **look up to** (~ *admire*) is Warrant Buffet who **commits to donate his entire fortune** (*quyết định đóng góp tất cả tài sản của ông ta*) to **charity** after his death, mostly to the Bill & Melinda Gates Foundation.

To understand why billionaires / millionaires are so generous when it comes to charity, you can read **SECTION 2. CHAPTER 2. Charitable works.**

PRO TIPS

Charity – là hoạt động tình nguyện/ cứu trợ ngắn hạn như cứu giúp đồng bào bị bão hoặc trợ giúp xây trường học cho trẻ em vùng cao.

Philanthropy – là hoạt động tình nguyện mang tính dài hạn thường của các tổ chức đưa ra để giải quyết những vấn đề tận gốc như đói nghèo và chữa bệnh HIV.

PHILANTHROPISTS

Philanthropic activities (n)

hoạt động tình nguyện

Philanthropic activities (n)

hoạt động tình nguyện

To commit to donate his entire fortune (phrase)

quyết định đóng góp tất cả tài sản của ông ta

Donors (n)

những người đóng góp

EXERCISE

A. MATCHING THE PHRASES

Nearly a decade later, Facebook, Twitter, WhatsApp, Snapchat and Instagram _____ and _____ the way people communicate.	Perfect examples can be seen with
Forecasting _____ in the 21st century, Bill Gates sensed that everyone would use their personal computers to connect, therefore gaining billions of dollars with his _____	have gained in popularity
Bill Gates always makes some incredibly _____	facilitates online payment
_____ <u>Amazon.com</u> and <u>Alibaba.com</u> websites allowing people to shop online, or SAMSUNG inventing made a paradigm shift in Samsung Pay which _____	Internet boom
	resounding company, Microsoft
	accurate predictions

B. MATCHING THE PHRASES

- This is the strategy helping the company to _____ **the market** (~ *be successful*) on software industry and to maintain **its** _____ **position** (*vị trí dẫn đầu*) over two decades.
- He stated that Microsoft offered their employees opportunities to _____ **the career ladder** (*phát triển sự nghiệp*), to **satisfy their curiosity** (*thỏa mãn trí tò mò*) and to work with the most inspiring people.
- Therefore, the priorities of Microsoft's working environment is to **retain** (*giữ chân*) and recruit global talents, while ensuring they **develop their** _____ **careers** (*phát triển sự nghiệp xứng đáng*) in a _____ **industry** (*một ngành công nghiệp năng động và phát triển nhanh*) like IT.
- Although Microsoft is a big company, employees will work in **close-knit teams** (*những đội ngũ sẵn sàng giúp đỡ nhau*) or **small and flexible units** (*đội ngũ nhỏ và linh hoạt*) as Bill Gates is convinced _____ (~ *collect/gather – tập hợp đa dạng các kỹ năng*) in a team generally leads to more productivity.

CHAPTER 9. BUILDINGS

HISTORICAL/ CULTURAL HERITAGE

I do not try to complicate this topic since all history-related topics are quite **a hard nut to crack** (*vấn đề/ai đó khó nắm*). Thus, I may transform this article into an IELTS speaking answer. However, this is not a 2 min-speech but 4 or 5 minutes, because I try to give you **a broad-based knowledge** (*kiến thức rộng*) to prepare for the exam.



Source image: Google

“Today, I’m going to talk about the first university of Vietnam – **Van Mieu or Temple of Literature**.

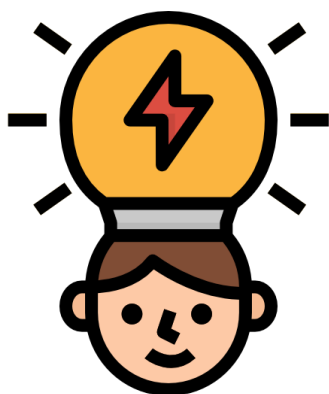
(a good starting phrase) I **literally don’t remember when** I first visited it, but I still hold the impression of **one of the most picturesque attractions** (*đẹp như tranh vẽ* 😊) in the capital.

Temple of Literature was an excellent example of the original style of Vietnamese architecture. The temple **was dedicated to Confucius** (*được làm để tưởng nhớ đến Khổng Tử*) and **scholars** (*những nhà tri thức*) at that time. Although I do not have **complex understandings about** the architecture and traditions, I could describe some unique features worth to mention.



Source image: vanhien.vn

First, *Khue Van Cac* or **Khue Van pavilion** is the entrance gate (*cổ vào*) sitting in **the second courtyard** (*khuôn viên thứ 2*) of the Temple. It was built on four **white stone stilts** (*cột đá trắng*). At the top, there was big round red windows framed in a square of wood **symbolizing the Earth and the Sun** (*tượng trưng cho trái đất và mặt trời*) and **the concept Yin and Yang harmony** (*vào ý niệm về sự hài hòa của Âm và Dương*). Inside, the **bronze bell** (*chuông đồng*) hung from the ceiling only rung on special occasions, which you may be lucky enough to hear. Thanks to **the uniqueness of the work**, *Khue Van pavilion* was chosen as **Hanoi's symbol** (*biểu tượng cho Hà Nội*), **expressing the culture and the pride of Hanoians** (*thể hiện văn hóa và niềm tự hào của người Hà Nội*).



Second, this historic place **represents the fondness of learning of Vietnamese people** (*đại diện cho sự hiếu học của người dân Việt Nam*). Many **academy-related ceremonies** (*những sự kiện liên quan đến việc học*), such as graduation, would take place in the Temple to express people's **hopes for their successful education and career paths** (*hy vọng cho những con đường thành công về giáo dục và nghề nghiệp của họ*). In addition, by **worshiping and touching the stone turtles' heads** (*bằng cách cúng và chạm vào đầu rùa đá*), many students believe they can **absorb the intelligence from the ancient scholars** (*hấp*

thụ được sự tinh thông của những nhà học giả xưa), therefore passing the exam easily. This phenomenon become the 'habit' of Vietnamese people until it is prohibited due to the damages caused to **the statues** (những tấm bia này).



Source image: Google

Third, as one of the **traditional values**, people come to *Van Mieu* to ask for **calligraphy** (*thư pháp*) during Vietnamese Tet holidays. **People are convinced that** (~ believe that) nice words in **calligraphy** written on **Red papers** (*giấy đỏ*) often bring health, **prosperity** (*sự giàu có*), **good academic performance** (*học tập tốt*) and **promotions** (*sự thăng tiến trong công việc*) to their homes. Also, those words are used as decorations and a sign to welcome the new year. **I am a big fan of calligraphy**, myself, even though **I am not really fond of** (= don't like) **queuing in a long line** (*xếp hàng dài chờ đợi*). **Having said that** (~ however), the image of **calligraphists** (*người viết thư pháp/ ông đồ*) wearing traditional costumes has become **an integral part of** (*1 phần k thể thiếu*) Vietnamese people's in Tet holiday."

DESCRIBE A HISTORICAL BUILDING		EXPRESSION PHRASES	
One of the most picturesque attractions (n)	<i>đẹp như tranh vẽ</i>	A hard nut to crack (idiom)	<i>vấn đề/ai đó khó nhằn</i>

To be dedicated to sb/sth (v)	<i>được làm để tưởng nhớ đến ai đó</i>	I literally don't remember when I first visited it (phrase)	<i>Tôi thực sự không nhớ lần đầu đến đó là khi nào</i>
Scholars (n)	<i>những nhà tri thức</i>	I am a big fan of (phrase)	<i>Tôi rất thích (1 thứ gì đó)</i>
White stone stilts (n)	<i>cột đá trắng</i>	I am not really fond of (phrase)	<i>Tôi không thích (1 thứ gì đó)</i>
Calligraphy (n)	<i>thư pháp</i>	Having said that (phrase)	<i>Tuy nhiên</i>
Red papers (n)	<i>giấy đỏ</i>	An integral part of (phrase)	<i>1 phần k thể thiếu</i>
Prosperity (n)	<i>sự giàu có</i>		
Calligraphists (n)	<i>Ông đồ</i>		
To symbolize the Earth and the Sun (phrase)	<i>tượng trưng cho trái đất và mặt trời</i>		
The concept Yin and Yang harmony (phrase)	<i>ý niệm về sự hài hòa của Âm và Dương</i>		
To express the culture and the pride of Hanoians (phrase)	<i>thể hiện văn hóa và niềm tự hào của người Hà Nội</i>		
To represents the fondness of learning of Vietnamese people (phrase)	<i>đại diện cho sự hiếu học của người dân Việt Nam</i>		
To worship and touching the stone turtles' heads (phrase)	<i>cúng và chạm vào đầu rùa đá</i>		

EXERCISE

FILL IN THE BLANK

symbol	symbolize	picturesque	stilts	dedicated
1. Temple of Literature is one of the most _____ attractions in the capital.	2. The temple was _____ to Confucius and scholars at that time.	3. Khue Van pavilion was built on four white stone _____.		

- At the top, there was big round red windows framed in a square of wood which _____ the Earth and the Sun.
- Khue Van pavilion was chosen as Hanoi's _____ expressing the culture and the pride of Hanoians.

MATCHING THE PHRASES

1. Temple of Literature represents _____	worshiping and touching the stone turtles' heads
2. Many academy-related ceremonies, such as graduation, would take place in the Temple to express people's hopes for their successful _____	calligraphy
3. By _____, many students believe they can _____, therefore passing the exam easily	absorb the intelligence from the ancient scholars
4. Many people come to Van Mieu to ask for _____ during Vietnamese Tet holidays.	Health, prosperity, good academic performance and promotions
5. People are convinced that nice words in calligraphy written on Red papers often bring _____, to their homes.	the fondness of learning of Vietnamese people
	education and career paths

TRADITIONAL ARCHITECTURE/ BUILDINGS

Nevertheless, **that is not to say** (*điều này không có nghĩa là*) that traditional buildings **have no redeeming features** (*không có mặt tốt*).



First, traditional buildings **reflect the value of historic architecture** (*phản ánh giá trị của kiến trúc cổ xưa*). In fact, historical architectural forms **express the perspective of the early civilization on their life** (*thể hiện góc nhìn của người xưa đối với cuộc sống của họ*). For example, *the Temple of Literature*, as I mentioned above, has its own ancient architectural styles **featured in Khue Van pavilion** (*khắc họa ở Khuê Văn Các*), **Stelae of Doctors** (*các bia tiến sĩ*), **the Great Gate** (*the entrance gate – cổng vào*) and other constructions, representing **'the fondness of learning of Vietnamese people'** (*sự ham học hỏi của người Việt*) at that time. And, of course, you

could not find any buildings **featuring** these unique features in the whole world. That is the reason why we need to **preserve traditional buildings** (*bảo tồn những công trình xưa*).



Second, do you think traditional buildings would **differentiate** our culture **from** others' through **the distinctive architecture** (*kiến trúc khác biệt*)? While the modern architectural style **has gained in popularity** (~ to become very popular) and become **the prevalent design** (*thiết kế phổ biến*) of buildings in **metropolitan areas** (*nơi đô thị*), the traditional form of architecture is bringing **contrast and nostalgia** (*sự tương phản và hoài niệm xưa*) to the city, **promoting national identity** (*làm tăng tính nhận diện của 1 đất nước*). Talking about Vietnam, for example, tourists often remember Old Quarters in Hanoi

or Hoi An, whereas going to Nepal, they would visit ancient temples, or they may want to stay in 'Thai stilt houses' (*nhà sàn kiểu Thái*) during the trip to Thailand. Therefore, traditional buildings are directly **contributing to the foundation of national identity** (*góp phần cho nền móng của tính nhận diện của của 1 nước*).



You can **elaborate** (*phát triển thêm*) the idea of **preserving traditional buildings** by **their commercial benefits** (*lợi ích thương mại của chúng*). **By this I mean** (*điều này có nghĩa là*), the Government would increase their revenues from tourism, and local people have more employment opportunities thanks to tourist attractions nearby. Such **financial benefits** largely contribute to **the enhancement of the quality of life** (*cải thiện chất lượng sống*) and the development of the nation.

DESCRIBE A TRADITIONAL BUILDING		EXPRESSION PHRASES	
To reflect the value of historic architecture (phrase)	<i>phản ánh giá trị của kiến trúc cổ xưa</i>	That is not to say (phrase)	<i>điều này không có nghĩa là</i>
Express the perspective of the early civilization on their life (phrase)	<i>thể hiện góc nhìn của người xưa đối với cuộc sống của họ</i>	Have no redeeming features (phrase)	<i>không có mặt tốt</i>

To be featured in (v)	<i>được khắc họa ở (nơi này)</i>	Has gained in popularity (phrase)	<i>to become very popular</i>
Stelae of Doctors (n)	<i>các bia tiến sĩ</i>	By this I mean (phrase)	<i>điều này có nghĩa là</i>
To preserve traditional buildings (phrase)	<i>bảo tồn những công trình xưa</i>		
Distinctive architecture (n)	<i>kiến trúc khác biệt</i>		
The prevalent design (n)	<i>thiết kế phổ biến</i>		
Metropolitan areas (n)	<i>nơi đô thị</i>		
Contrast and nostalgia (n)	<i>sự tương phản và hoài niệm xưa</i>		
To promote national identity (phrase)	<i>làm tăng tính nhận diện của 1 đất nước</i>		
To contribute to the foundation of national identity (phrase)	<i>góp phần cho nền móng của tính nhận diện của của 1 nước</i>		
Commercial benefits (n)	<i>lợi ích thương mại của chúng</i>		

EXERCISE

UPGRADE THE SENTENCES

1. Historical architectural forms express the perspective of **the old people** -> _____ on their life.
2. *The Temple of Literature* has its own ancient architectural styles which **is shown in** -> _____ *Khue Van pavilion*, *Stelae of Doctors*, the Great Gate and other constructions, representing **the desire to learn** -> _____ of Vietnamese people at that time
3. While the modern architectural style has **become very popular** -> _____ and become **the common design** -> _____ of buildings in **cities** -> _____, the traditional form of architecture is bringing **contrast and nostalgia** to the city, **making the nation more recognizable** -> _____.
4. **Money from tourism** -> _____ largely contribute to **the improvement of people's lives** -> _____ and the development of the nation.

CHAPTER 10. CUISINE

VIETNAMESE CUISINE



I did not know Vietnamese food is considered **one of the healthiest cuisines worldwide** (*trong những nền ẩm thực tốt cho sức khỏe nhất trên thế giới*). The more I research about **our traditional cuisine** (*ẩm thực truyền thống của chúng ta*), the more amazed I was by **the philosophy behind** (*triết lý đằng sau*) every Vietnamese daily meal.

Vietnamese cuisine is influenced by (*bị ảnh hưởng bởi*) **the principle of Yin and Yang** (*nguyên lý Âm – Dương*) as well as **the correspondence of five elements** (*sự hòa quyện của ngũ vị*). From **Yin and Yang perspective**, the dish should have **a balance** (*sự cân bằng*) that is beneficial for the body, just like ‘hot’ – **Yin** and ‘cold’ – **Yang**. This could be done by selecting **contrasting yet complimentary ingredients** (*nguyên liệu đối lập nóng-lạnh nhưng bổ sung vị*); for example, seafood (cold) comes with ginger (hot), spicy foods (hot) **are often harmonized by** (*được hòa quyện bởi*) sourness (cold), and even in health care, **flu** (*cúm*) (cold) could **be treated with** (*được chữa bằng*) ginger water (hot). That is amazing, isn't it?



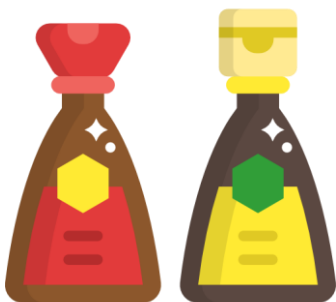
From the perspective of **5 element principle**, a dish must **comprise five spices** (*bao gồm đủ ngũ vị*): *spicy, sour, bitter, salty and sweet*. It also includes **five nutrients** (*ngũ chất*): *powder, water/ liquid, minerals, protein and fat*, and even **five colors** (*ngũ sắc*) - *white, green, yellow, red and black*. All such five elements **contribute to the appeal of the dish** (*góp phần cho sự hấp dẫn của món ăn*), and **gourmets** (*người sành ăn*) may appreciate it through **five senses** (*năm giác quan*): *visual* (to attract the eyes), *taste* (to feel the flavors on the tongue), *touch* (to be **perceptive** (*cảm nhận*) when touching), *smell* (to notice the **aroma** – *hương vị*) and *sound* (to hear the sound of **crispiness** – *độ giòn*).

This is how **delicate** (*tinh tế*) **Vietnamese cuisine** is.

PRO TIPS

Khi nói về Vietnamese food luôn nhớ về **the principle of Yin and Yang** để tạo ấn tượng với giám khảo về tầm hiểu biết. Nguyên lý là vị và cảm xúc sẽ đối nghịch nhau. VD: ‘nóng’ sẽ kết hợp ‘lạnh’ và ‘chua’ đi với ‘ngọt’.

TRADITIONAL FOODS



The **basic ingredients of** (*những nguyên liệu cơ bản*) Vietnamese food are rice and fish sauce. They always appear on the dining table of every Vietnamese people. **Believe it or not, almost all** Vietnamese dishes are **made of rice** (*tạo thành từ hạt gạo*) ranging from **rice porridge** (*cháo*), fried rice to **the most well-known food** – *Pho*. And, so does fish sauce. People never forget **to drip this fermented liquid** (*nhỏ nước chấm đã lên men vào*) to **enhance the flavors** (*làm dậy lên vị*) of their daily meals.

VIETNAMESE CUISINE		EXPRESSION PHRASES	
Traditional cuisine (n)	<i>ẩm thực truyền thống</i>	Believe it or not (phrase)	<i>tin hay không thì tùy</i>
The philosophy (n)	<i>triết lý</i>		
To be influenced by the principle of Yin and Yang (phrase)	<i>bị ảnh hưởng bởi nguyên lý âm – dương</i>		
Contrasting yet complimentary ingredients (phrase)	<i>nguyên liệu đối lập nóng-lạnh nhưng bổ sung vị</i>		
To be often harmonized by (v)	<i>được hòa quyện bởi</i>		
Five spices (n)	<i>ngũ vị</i>		
The appeal of the dish (n)	<i>sự hấp dẫn của món ăn</i>		
Gourmets (n)	<i>người sành ăn</i>		
Aroma (n)	<i>hương vị</i>		
Delicate	<i>tinh tế</i>		
The basic ingredients (n)	<i>những nguyên liệu cơ bản</i>		
Rice porridge (n)	<i>cháo</i>		
To drip this fermented liquid (phrase)	<i>nhỏ nước chấm đã lên men vào</i>		
To enhance the flavors (phrase)	<i>làm dậy lên vị</i>		

PHO (VIETNAMESE NOODLES)

Pho or Vietnamese noodles is **hands down** (*không phải bàn*) the most famous Vietnamese dish. All the **guidebooks** (*sách hướng dẫn du lịch*) and **online street food guides** have recommended these dishes to **expats and locals** (*những dân du lịch lâu năm và người bản địa*). And not surprisingly, they are sold almost everywhere you go in the capital. From the young to **the old Hanoian** (*người Hà Nội xưa*), *Pho* has become a part of their daily life.



A good bowl of *Pho* always starts from **the broth** (*nước lèo/ nước phở*). Since **the balance of sweetness and the salt** (*sự cân bằng giữa chua và mặn*) must come from **chicken or beef broth** (*nước lèo từ gà hoặc bò*) rather than **condiments** (*gia vị*), many **eateries** (*cửa hàng nhỏ*) have **their own myths of** (*bí quyết riêng*) making **their outstanding broth**.



Sometimes, these places are so **packed** (~ very crowded) that you have to **queue in line** (*xếp hàng*) to pick up your **streaming bowl of Pho** (*1 bát phở bốc hơi nghi ngút*). In many cases, if you are luckily enough to sit outside **on the sidewalks** (~pavement – *trên vỉa hè*) and parking areas, otherwise you have to come back another day. Moreover, don't forget customers may also experience not only **the brusqueness of the service** (~ rudeness – *sự thô lỗ/ cộc cằn của nhà hàng*) but also **loud and angry shouting** (*mắng chửi to*) from the food sellers. Sounds terrible, right?



Believe it or not, a bowl of delightful and natural sweet meat broth (*một bát nước phở ngọt tự nhiên và trong trẻo*), **highlighted by shining chicken fat** (*điểm thêm 1 chút mỡ gà long lanh. 😊*), and **chopped green onions** (*hành được thái nhỏ*), **served with sensational and tasty chicken pieces** (*ăn cùng với những miếng gà cực ngon và tuyệt vời*) would make you forget **all the downsides** (*những điều không hay xung quanh*).

PRO TIPS

Combo Pho: eating in eateries - chicken/beef broth - the balance of sweetness and the salt - sensational and tasty chicken pieces.

VOCABULARY – PHỞ		EXPRESSION PHRASES	
Guidebooks (n)	<i>sách hướng dẫn du lịch</i>	Hands down	<i>chắc chắn vậy/ không phải bàn</i>
Expats and locals (n)	<i>những dân du lịch lâu năm và người bản địa</i>		
The old Hanoian (n)	<i>người hà nội xưa</i>		
The broth (n)	<i>nước lèo/ nước phở</i>		
The balance of sweetness and the salt (phrase)	<i>sự cân bằng giữa chua và mặn</i>		
Condiments (n)	<i>gia vị</i>		
Eateries (n)	<i>cửa hàng nhỏ</i>		
Their own myths of (phrase)	<i>bí quyết riêng</i>		
Packed (adj)	<i>rất đông</i>		
To queue in line (v)	<i>xếp hàng</i>		
Streaming bowl of Pho (n)	<i>1 bát phở bốc hơi nghi ngút</i>		
The sidewalks (n) (~pavement)	<i>– trên vỉa hè</i>		
Chopped green onions (n)	<i>hành đực thái nhỏ</i>		

EXERCISE

COMPLETE THE ANSWERS

What do you think about Vietnamese cuisine?

Well, you know, Vietnamese food is considered **one of the** _____ **worldwide**. The reason behind this is that our traditional cuisine **is** _____ **by the principle of** _____. In other words, every dish should have a _____ **of hot and cold ingredients** that is beneficial for the body. For example, seafood, a cold food, should **be often** _____ **by** with ginger which is a hot one.

What is the most famous dish you can recommend?

My gosh! That's a lot. *Bun cha*, *banh cuon* and *bun dau* are definitely well-known dishes that you may have heard about. However, maybe, *Pho* or Vietnamese noodles is _____ the most famous Vietnamese dish. What special about this food is **the _____ of sweetness and the salt** coming from **chicken or beef** _____. It would make you forget **all the _____** in your day and keep thinking about it. Some may get addicted to the dish so that they have to _____ **in line** to pick up their _____ **bowls of Pho** every day.

BUN CHA OBAMA

I know... I know... off top of your head (xuất hiện ngay trong đầu bạn), '*Bun cha Obama*' is the word you are thinking, isn't it? Do you know the story behind such the story of **two ex-world's most powerful men** (2 người đàn ông từng là quyền lực nhất thế giới) eating \$6 noodles in a small eatery (1 cửa hàng nhỏ) in Hanoi?



Source image: CNN

During 2016, when **ex-president Obama**, who made a three-day trip to Vietnam, agreed to join **Anthony Bourdain** – a **ex-celebrity chef** (1 cụ đầu bếp nổi tiếng) for a dinner. Treating themselves a cheap yet delicious bowl of *bun cha*, they sit on a **blue plastic stool** (1 chiếc ghế nhựa xanh) and enjoyed **cold Hanoi beer** (*bia Hà Nội lạnh*), just like a typical Hanoian does. The place they visited was *Bun Cha Huong Lien* or '*Bun Cha Obama*', now **one of the most prominent restaurants** (1 trong những nhà hàng nổi tiếng nhất) in Hanoi.

Written by **Vu Hai Ryan**
<https://www.ryanielts.com/>



The owner said she had been informed VIPs would come over days before, and the government officials warned her **to ensure the standard of food hygiene and safety** (*đảm bảo an toàn thực phẩm*). Of course, the biggest concern was **food hygiene** (*an toàn thực phẩm*) since the ex-president did not **get accustomed to** (*quen với*) the 'Vietnamese standard' of freshness and cleanness.

Having said that, the owner claimed there was **no special procedures** (*không có khâu chuẩn bị đặc biệt*) of preparing food for these VIPs as she always **served the freshest ingredients** (*phục vụ những nguyên liệu tươi nhất*) with care for decades.



Source image: photography by Mi Nguyen.

The picture of **Obama** and **Anthony** sipping Hanoi beer (*nhấp miệng bia Hà Nội*) while enjoying **well-cooked and tender pork patties** (*những miếng chả thịt được nướng chín và mềm*) **went viral on social media** (*đã lan truyền trên mạng nhanh chóng*), **making this headline on** (*làm điều này trở thành bài giật tít trên các trang báo*) various American news channels. After 2 years of the visit, the owner has built a 'Obama bun cha' shrine – it is literally **a shrine** (*1 cái đền nhỏ*). The plates, bowls, chopsticks, plastic stools and the table were **encased in glass** (*bọc bởi kính*), **reminiscing** (*gợi nhớ*) **this nostalgic event** (*sự kiện đẹp đã qua này*).

PRO TIPS

Having said that (*speaking phrase*) ~ however

Food hygiene and safety ~ *độ sạch và an toàn thực phẩm*

BUN CHA OBAMA		EXPRESSION PHRASES	
A small eatery (n)	1 cửa hàng nhỏ	Off top of my head (phrase)	xuất hiện ngay trong đầu tôi là..
A blue plastic stool (n)	1 chiếc ghế nhựa xanh	Get accustomed to sth/ V_ing (v)	quen với
One of the most prominent restaurants (n)	1 trong những nhà hàng nổi tiếng nhất		
Food hygiene (n)	an toàn thực phẩm		
Procedures (n)	khâu chuẩn bị đồ ăn		
The freshest ingredients (n)	những nguyên liệu tươi nhất		
Well-cooked and tender pork patties (n)	những miếng chả thịt được nướng chín và mềm		
To go viral on social media (phrase)	đã lan truyền trên mạng nhanh chóng		
To make sth headline on newspapers (phrase)	làm điều này trở thành bài giật tít trên các trang báo		
A nostalgic event (n)	1 sự kiện hoài niệm		
To ensure the standard of food hygiene and safety (phrase)	đảm bảo an toàn thực phẩm		

BANH MI



If you ask which is the best sandwich in the world. The answer could be *Banh mi*. Since the beginning of the French era, **this food staple** (đồ ăn được dùng nhiều ở 1 nơi nào đó – đồ ăn phổ biến này) **has gained in popularity** (~ very popular) and **made a paradigm shift in** (~ change sth dramatically) the way Vietnamese people enjoy street food. You can find *banh mi* in **street food vendors** (những người bán hàng ngoài đường), in bakery shops, even in high end restaurants throughout the city, it is literally everywhere.

Every street seller has **their own recipe for** (*công thức riêng của họ*) the combination of pate, **pork floss** (*ruốc thịt heo*), **crunchy vegetables** (*rau tươi có độ giòn*) and **fluffy bread rolls** (*những chiếc bánh mì bông lên*). You may find there are various **fillings** (*nhân bánh*), depending on where you buy it. People enjoy a warm, **crispy and fragrant baguette** (*chiếc bánh mì giòn và thơm*) that normally starts with a base of home-made pâté, mayo and salty butter, then **sausages** (*xúc xích*), **roasted pork slides** (*những miếng thịt lợn nướng*) or **pork floss**, **garnished with** (*điểm thêm với*) **coriander** (*rau mùi*), **cucumber** (*dưa chuột*) and carrot. If you add a fried egg with **such finger licking sandwich** (*chiếc bánh mì kẹp ngon lành này*), you have got a breakfast for kings.



BANH MI		EXPRESSION PHRASES	
Food staple (n)	<i>đồ ăn được dùng nhiều ở 1 nơi nào đó – đồ ăn phổ biến này)</i>	Has gained in popularity (phrase)	<i>become very popular</i>
Street food vendors (n)	<i>những người bán hàng ngoài đường</i>	Made a paradigm shift in (phrase)	<i>change sth dramatically</i>
Their own recipe for sth (phrase)	<i>công thức riêng của họ)</i>		
Pork floss (n)	<i>ruốc thịt heo</i>		
Crunchy vegetables (n)	<i>rau tươi có độ giòn</i>		
Fluffy bread rolls (n)	<i>những chiếc bánh mì bông lên</i>		
Fillings (n)	<i>nhân bánh)</i>		
Crispy and fragrant baguette (n)	<i>chiếc bánh mì giòn và thơm</i>		
Sausages (n)	<i>xúc xích</i>		
Roasted pork slides (n)	<i>những miếng thịt lợn nướng)</i>		
Coriander (n)	<i>rau mùi,</i>		
Finger licking (adj)	<i>ngon lành</i>		

VEGETARIANS

Having a **vegetarian food** (*1 món đồ ăn chay*) in the capital can be a challenge as most **street vendors** and **small eateries** are all reserved for (*dành riêng cho*) **meat-lovers** (*người hay ăn thịt*). While some may believe meat is the soul of Vietnamese cuisine as tradition dishes, such as *Pho* and *Bun cha*, are **meat-based** (*phải có thịt*), **it is not to say that** (*điều đó không có nghĩa là*) vegetarians cannot experience true Vietnamese food on the street.



Bun dau mam tom is a **prime example** (~ *the best example*) in this case.

Bun means **rice vermicelli noodles** (*bún*) and *Dau* means **deep fried tofu** (*đậu rán*). This dish is **often served with** (*được phục vụ/ ăn kèm với*) *mam tom* which is a **dipping sauce** (*nước chấm*) of **fermented shrimp paste** (*nước mắm tôm được lên men*). **The strong taste and fishy flavor** (*vị nồng và tanh*) come from this thick and grey sauce – *mam tom*, which makes **expats** (*những vị khách nước ngoài*) or

Vietnamese people either **recoil from it or love it to death** (*tránh xa nó hoặc yêu đến chết*). And there is **no middle ground** (*không có người nửa thích nửa không*).

The 'proper' way to have a perfect *mam tom* is **to squeeze lime into the sauce** (*vắt chanh vào nước chấm*), add chili and **stir it until it foamed** (*ngóáy nó đến khi có bọt*). Such strong flavor of the sauce would make you **nearly fall off your chair** (*idiom - quá bất ngờ đến nỗi gần như ngã khỏi ghế*).



Walking past any streets, you may find many **street food vendors** serving **the golden squares of fried tofu, sliced white vermicelli** and a basket of green vegetables. Such popular food has become an official lunch dish of Hanoians because it is simple and cheap. And some may claim *bun dau* is **the capital's signature meal** (*món ăn đặc sản của thủ đô*).

While opinions may **vary** (~ *be different*), a **plate of steaming fried tofu** (*1 đĩa đậu rán bốc hơi nghi ngút*) **served with** cold noodles and **herbs** (*các loại rau ăn kèm*) would **delight you for the rest of the day** (*làm bạn vui cả ngày*) if you are a fan of *bun dau mam tom*.

PRO TIPS

It is not to say that ~ *điều đó không có nghĩa là*

That is not to mention that ~ *đấy là còn chưa kể*

- Although a vegetarian diet is considered healthy for many people, **it is not to say that** meat-based diets have **no redeeming features** (*không có các điểm tốt*).

VEGETARIANS		EXPRESSION PHRASES	
A vegetarian food (n)	<i>1 món đồ ăn chay</i>	It is not to say that (phrase)	<i>điều đó không có nghĩa là)</i>
Meat-lovers (n)	<i>người hay ăn thịt)</i>	A prime example (n)	<i>(~ the best example</i>
Meat-based dishes (phrase)	<i>những món phải có thịt</i>	Delight you for the rest of the day (phrase)	<i>làm bạn vui cả ngày</i>
Rice vermicelli noodles (n)	<i>bún</i>	Nearly fall off your chair (idiom)	<i>quá bất ngờ đến nỗi gần như ngã khỏi ghế</i>
Deep fried tofu (n)	<i>đậu rán</i>		
Is often served with (phrase)	<i>được phục vụ/ ăn kèm với</i>		
Dipping sauce (n)	<i>nước chấm)</i>		
Fermented shrimp paste (n)	<i>mắm tôm</i>		
The strong taste and fishy flavor (phrase)	<i>vị nồng và tanh</i>		
The capital's signature meal (n)	<i>món ăn đặc sản của thủ đô</i>		
A plate of steaming fried tofu (n)	<i>1 đĩa đậu rán bốc hơi nghi ngút</i>		

FAMOUS RESTAURANTS



If you are in love with food and traveling, the phrase - **'Michelin Stars'** is must-know knowledge. This is a ranking system by Michelin Group which classifies **fine dining quality** (*chất lượng của nhà hàng cao cấp*) and the standard of restaurants in all countries. Michelin stars are considered **a 'Wall of Fame'** (*con đường danh vọng*) for many top chefs in the world. They are not easy awarded; however, star recipients would definitely **gain immense prestige worldwide** (*nhận được sự tôn trọng rất nhiều trên toàn thế giới*) along with **a great honor** (*1 niềm vinh dự lớn*) once a star is earned. Many

restaurant owners experienced a growth in their business after obtaining a Michelin star, but those lost the star saw the opposite.

To maintain their **professional objectivity** (*sự khách quan trong công việc*), **over 120 anonymous restaurant reviewers** (*hơn 120 người đánh giá các nhà hàng giấu mặt*), who have a **good taste memory** (*trí nhớ vị giác rất tốt*) and **complex understandings of international cuisine** (*có kiến thức sâu rộng về ẩm thực các nước*), have to travel full-time around the world, **disguise themselves as ordinary customers** (*cải trang thành những vị khách bình thường*) and have meals in **gastronomic restaurants** (*những nhà hàng ẩm thực*). Writing **comprehensive notes** (*những nhận xét chi tiết*) on their experience, they will discuss and make decisions on the stars awarded.



The ranking ranges from 0 to 3 stars. A one-star restaurant means 'a very good restaurant in its category', while two stars **symbolize** (*hình tượng hóa*) a restaurant '**worth a detour**' (*rất đáng để ghé thăm trong chuyến đi*) and it serves **delicately crafted dishes** (*những món ăn với kỹ thuật cao được làm 1 cách tinh tế*) with excellent quality. Three stars represent **exceptional cuisine** (*ẩm thực tuyệt đỉnh*) and **distinctive dishes** (*những món ăn hoàn toàn khác biệt*) made from **superlative ingredients** (*những nguyên liệu tuyệt nhất*), which is worth 'special journey'.



In Vietnam, although there are no **Michelin-starred restaurants** in both the capital and Ho Chi Minh city, *La Maison 1888* in Danang [has featured a Michelin-starred chef - Pierre Gagnaire](#) (*có thuê đầu bếp được trao Michelin star - Piere Gagnaire*), introducing **world-class culinary dishes** (*những món ẩm thực đẳng cấp thế giới*) closer to Vietnamese people. There is a **rumor** (*lời đồn*) that, in order to bring Mr. Pierre and his team to Danang, Intercontinental had to **sign up for** (*kí vào*)

a figure of \$200.000 and a monthly payment of 200 million VND. The numbers were not confirmed; however, they gave you a **glimpse of** (*cái nhìn liếc qua*) the reputation of a **Michelin-starred chef**.

Having said that, living in a **gastronomic city** (*thành phố ẩm thực*) like Hanoi or Ho Chi Minh city, you do not need to pay for a **rip-off meal** (*1 bữa ăn đắt đỏ*) to experience **gourmet dinners** (*bữa tối thịnh soạn*). While **gastronomic restaurants** like *L'ESCALE* and *LE CORTO* may be on the list of high-income earners, street food like *Bun Cha Obama* or *Pho Gia Truyen* are always **all-time favorite** (*luôn là sự lựa chọn hàng đầu*) of Hanoians and Saigonese **regardless of** (*không kể đến*) their **social classes** (*gia cấp xã hội*).



PRO TIPS

Cách paraphrase từ ngữ: thay vì tìm từ đồng nghĩa, bạn hãy giải thích từ đó theo cách tốt hoặc cách xấu. VD: **an expensive restaurant** -> **the place where I experience gourmet dinners** (nói tốt); hoặc -> **the place with rip-off meals** (nói xấu)

FAMOUS RESTAURANTS

Fine dining quality (n)	<i>chất lượng của nhà hàng cao cấp</i>
To gain immense prestige worldwide (phrase)	<i>nhận được sự tôn trọng rất nhiều trên toàn thế giới</i>
A good taste memory (n)	<i>trí nhớ vị giác rất tốt</i>
Complex understandings of international cuisine (phrase)	<i>có kiến thức sâu rộng về ẩm thực các nước</i>
Gastronomic restaurants (n)	<i>những nhà hàng ẩm thực</i>
Delicately crafted dishes (n)	<i>những món ăn với kỹ thuật cao được làm 1 cách tinh tế</i>
Distinctive dishes (n)	<i>những món ăn hoàn toàn khác biệt</i>
Superlative ingredients (n)	<i>những nguyên liệu tuyệt nhất</i>
World-class culinary dishes (n)	<i>những món ẩm thực đẳng cấp thế giới</i>
A gastronomic city (n)	<i>thành phố ẩm thực</i>
A rip-off meal (n)	<i>1 bữa ăn đắt đỏ</i>
Gourmet dinners (n)	<i>bữa tối thịnh soạn</i>

EXERCISE

- The food** _____ (*đồ ăn phố biển*), *Banh mi*, **has gained in popularity** and **made a paradigm shift in** the way Vietnamese people enjoy street food.
- You can find *banh mi* in **street food** _____ (*những người bán hàng ngoài đường*), in bakery shops, even in high end restaurants throughout the city, it is literally everywhere.
- You may find there are various _____ (*nhân bánh*), depending on where you buy it.

4. While some may believe meat is the soul of Vietnamese cuisine as tradition dishes, such as *Pho* and *Bun cha*, are _____ (*phải có thịt*), **it is** _____ (*điều đó không có nghĩa là*) vegetarians cannot experience true Vietnamese food on the street.
5. *Bun* means **rice** _____ **noodles** (*bún*) and *Dau* means **deep fried** _____ (*đậu rán*). This dish **is often served with** (*được phục vụ/ ăn kèm với*) *mam tom* which is **a** _____ **sauce** (*nước chấm*) of _____ **paste** (*nước mắm tôm được lên men*).
6. And some may claim *bun dau* is **the capital's** _____ (*món ăn đặc sản của thủ đô*).
7. Living in **a** _____ **city** (*thành phố ẩm thực*) like Hanoi or Ho Chi Minh city, you do not need to pay for **a** _____ **meal** (*1 bữa ăn đắt đỏ*) to experience _____ **dinners** (*bữa tối thịnh soạn*).

CHAPTER 11. STUDY

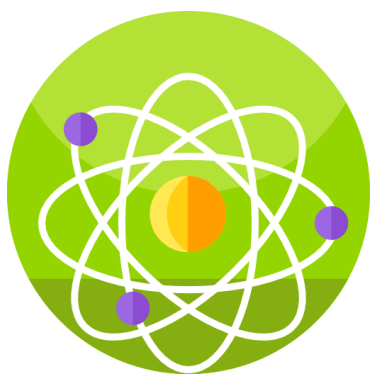
PRACTICAL SUBJECTS VS. THEORETICAL SUBJECTS



School curriculum (*giáo trình trong trường học*) could be divided into 2 types of subjects which are **practical and theoretical** (*môn thực hành và lý thuyết*). While **theoretical subjects** focus on learning through textbooks and theories behind a concept, the others help students to gain knowledge through doing 'real' things in real world. *History, Literature, Geography, Math, Chemistry* and of course *English* are **prime examples** (*ví dụ điển hình*) of **theoretical subjects**, while *Arts, Design, Music, [Home Economics](#)* and

Physical education are **practical ones**. Most **theoretical subjects constitute most of** (*chiếm tỷ lệ lớn*) **the curriculums** of Asian schools.

In fact, each kind of subject has its own advantages.



On the one hand, **theoretical education** helps students to **comprehend** (*~ learn*) how to do new things without exactly doing them and why select one technique to handle the situation rather than others. For that reason, it gives learners **big-picture thinking** (*cách nghĩ tổng thể*) and **a deeper understanding** of a concept they are learning. For example, studying Physics at school, students could understand **the mechanics of electric discharge** (*cơ chế hoạt động của việc*

điện bị rò) without actually experiencing any **electronic shocks** (*shock điện*), and therefore, they may stay cautious when doing electrical work.

Meanwhile, **practical education** sometimes refers to **'hands-on learning'** (*học từ trải nghiệm*). Students gain knowledge through the act of doing and personal experience. By putting their hands-on various experiments, students are able to remember knowledge they are learning for a long period and feel more motivated to study in class. Observing **chemical reactions** (*phản ứng hóa học*) in the lab could be exciting and pleasing, so it would fully engaging students to understand **a myriad of** (~ a lot of) **complex equations** (*những công thức phức tạp*) in Chemistry. For some students like me, this is **hands down** (~ of course) one of the most **demanding subjects** (*môn học đòi hỏi sự đầu tư thời gian và công sức*) which is **not my forte** (*idiom – không phải là điều tôi giỏi*).



ROTE LEARNING

Rote learning (*học vẹt*) is a method in which students remember facts and details by repetition. This learning method does **not require logical understandings** (*không yêu cầu cách hiểu logic*) or **critical thinking** (*tư duy phản biện*) but **memorization** (*sự nhớ*), and thus, many students and teachers still apply it to exam preparation. Have you heard someone **crammed for** the exam (*học trâu bò/ học cày*)? This means they are **pulling an all-nighter** (*idiom – thức trắng đêm*) and **memorizing** a lot of information in a short period of time.

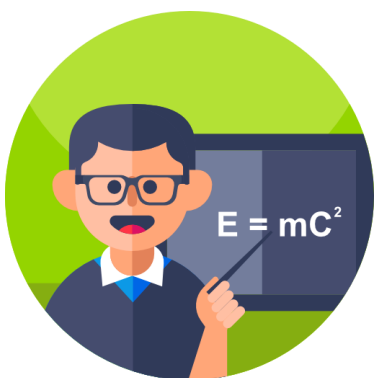


Having said that (~ however), the effect **rote learning** has on students has some advantages. First, in order to **develop fundamental knowledge** (*phát triển kiến thức cơ bản*), students sometimes have to memorize things. If students do not learn **multiplication table** (*bảng nhân chia*) through **rote learning**, even **basic algebra** (*đại số cơ bản*) could not be done. Or you can imagine learning Chemistry without the **Table of Elements algebra** (*bảng nguyên tố hóa học*) in your memory. Second, **when it comes to** learning a new language such as English, repetition is **a recommended technique** (*1 kỹ thuật được khuyến khích dùng*) to build vocabulary. Flash cards, for example, help learners to recall the meanings of new words by repeating them as much as possible.



SUBJECTS & ROTE LEARNINGS		EXPRESSION PHRASES	
School curriculum (n)	<i>giáo trình trong trường học</i>	Not my forte (idiom)	<i>không phải là điều tôi giỏi</i>
Practical and theoretical subjects (n)	<i>môn thực hành và lý thuyết</i>		
To constitute (v)	<i>chiếm tỷ lệ lớn</i>		
To comprehend (v)	<i>learn</i>		
Hands-on learning (n)	<i>học từ trải nghiệm</i>		
Demanding subjects (n)	<i>môn học đòi hỏi sự đầu tư thời gian và công sức</i>		
Rote learning (n)	<i>học vẹt</i>		
Critical thinking (n)	<i>tư duy phản biện</i>		
Memorization (n)	<i>sự nhớ</i>		
To cram for (exams) (v)	<i>học trâu bò/ học cày</i>		
Pulling an all-nighter (idiom)	<i>thức trắng đêm</i>		

HOLISTIC LEARNING



If you are searching for a better method of learning, you may **encounter** (*bắt gặp*) the term '**holistic learning**' (*học toàn diện*). In most of Asian schools including those in Vietnam, educators have ignored **holistic education** and "forgot" to **integrate it into the curriculum** (*gắn kết/ tích hợp/ áp dụng nó vào giáo trình*).

Holistic education focuses on the development of an individual's intellectual, social, emotional, physical, creative and artistic aspects. In other words, this method creates a "whole" person rather than **pounds information into his or her brain** (*nhồi nhét kiến thức vào đầu*). **Theoretically speaking** (*lý thuyết mà nói*), if a school **integrates holistic education into their curriculum**, students could (first) learn about **self-esteem** (*tự tin*) and **self-respect** (*tự trọng*), (second) develop social relationships, (third) overcome difficulties by learning **resilience** (*kiên cường*), (fourth) acquire knowledge by their learning styles, (fifth) and **appreciate the beauty** (*trân trọng cái đẹp*) by learning **aesthetics** (*mỹ thuật học*).



Finland currently has [the best education system in the world](#) (2018). **The bottom line** (*điều cốt lõi ở đây*) is **holistic education**. They believe children should experience life through **playful activities** (*những hoạt động mang tính giải trí*) and develop their **social skills** (*kỹ năng xã hội*), creativity and **personality traits** (*tính cách cá nhân*) by interacting with friends. Hence, Finland has **implemented the rule** (*áp dụng luật*) that no kids start school until the age of 7, otherwise it **violates the rights of children** (*vi phạm quyền lợi của trẻ*).

Moreover, Finnish teachers **scorn** (*coi thường/ không thấy quan trọng*) homework and testing since they may put unnecessary pressure on **the intellectual development of children** (*sự phát triển trí não của trẻ*). The educators **are convinced that** (~ *believe that*) cooperation (teamwork or team projects in classroom) is more important than competition (scores in exams). This also means **streaming students into advanced classes** (*phân loại học sinh vào lớp chọn/ trường chuyên*) could not be allowed in Finland, and therefore **the equality of educational opportunity** is ensured (*sự công bằng về cơ hội giáo dục*).

It would be not fair if we compare Vietnamese and Finnish educational systems since Finland is **an affluent country** (*đất nước giàu có*). However, you may notice the differences in teaching methods and **philosophies** (*triết lý*) **when it comes to education reform** (*cải cách giáo dục*).



PRO TIPS

Holistic (*adj*) là từ rất tốt để nói về khía cạnh toàn diện, không nhất thiết là ở giáo dục. Ví dụ: **a holistic approach to deter crime** (*phương pháp toàn diện để ngăn chặn các hoạt động phi pháp*).

HOLISTIC LEARNING		EXPRESSION PHRASES	
Holistic learning (n)	<i>học toàn diện</i>	Theoretically speaking (phrase)	<i>lý thuyết mà nói</i>
The intellectual development of children (phrase)	<i>sự phát triển trí não của trẻ</i>	The bottom line (phrase)	<i>điều cốt lõi ở đây</i>
To integrate sth into the curriculum (phrase)	<i>gắn kết/ tích hợp/ áp dụng nó vào giáo trình</i>		

To pound information into sb's brain (<i>nhồi nhét kiến thức vào đầu</i>
Self-respect (n)	<i>tự trọng</i>
Resilience (n)	<i>kiên cường</i>
Playful activities (n)	<i>những hoạt động mang tính giải trí</i>
Social skills (n)	<i>kỹ năng xã hội</i>
Streaming students into advanced classes (phrase)	<i>phân loại học sinh vào lớp chọn/trường chuyên</i>
Education reform (n)	<i>cải cách giáo dục</i>



SOCIAL LOAFING

Social loafing (*ỷ lại vào người khác*) - this psychological term means people tends to **exert less effort** (~ *put less effort to do sth*) when they work in a group compared to when they work individually.

It is true that a massive work would be done by a **pool of** (~ *many*) talented people. Like building a skyscraper or creating an iPhone, those people have to collaborate effectively and work responsibly for their own tasks.

Nevertheless, if the member of the team reaches a number, it **could be conducive to** (*dễ dàng dẫn tới*) laziness of each individual.

Have you involved in a group assignment? You might express your frustration when one or two group members **neglected their duty** (*thoái thác nhiệm vụ của họ*). And as the leader, you had to finish the **loafers'** parts while the score was shared among the individuals. For this reason, many students, especially **high-achievers** (*những người đặt mục tiêu cao*), prefer to study alone rather than work in a group.



Lack of motivation and group size **correlate closely with** (*mối liên hệ chặt chẽ với*) **social loafing**. First, individuals with low levels of motivation tend to contribute as little as possible in a group. This, therefore, makes the remaining members be likely to **engage in social loafing**. In many cases, there could be a member hating to

work in a group and refuse to contribute, reducing motivation among the others, which promotes **social loafing** as well.



Group size also has an impact on the effort of team members. In fact, the larger the group, **the less effort people will exert** and the **less accountable** (*ít thấy trách nhiệm hơn*) they will feel. What do you think who would **exert more effort on** their work if they are in a group of 100 or 10? Clearly, it is easier for an individual in a large group to be less productive and less motivated.

So next time, **don't miss the boat** (*idiom – đừng đánh mất cơ hội*) to mention this concept in your *Speaking answers* or *Writing essays*. It will **show-off** (*khoe*) your deep knowledge **when it comes to** teamwork 😊.

PRO TIPS

Khi viết câu **supporting sentences** hoặc **example**, bạn luôn phải có ý chốt cuối cùng, tức là kết quả cuối cùng của sự việc. Không có điều này, câu sẽ rất cụt và không rõ ràng.

- **Idea sentence:** *Many educators are convinced that cooperation is more important than competition in the classroom.*
- **Supporting sentence:** *This means streaming students into advanced classes should not be allowed, **and therefore the equality of educational opportunity is ensured** (kết quả cuối cùng của việc không phân loại lớp nâng cao -> ủng hộ cooperation, not competition)*

SOCIAL LOAFING

Social loafing (n)	<i>ý lại vào người khác</i>
To exert less effort (phrase)	<i>to put less effort to do sth</i>
A pool of	<i>many</i>
Be conducive to (adj)	<i>dễ dàng dẫn tới</i>
To neglect their duty (phrase)	<i>thoái thác nhiệm vụ của họ</i>
Loafers (n)	<i>Người ý lại</i>
High-achievers (n)	<i>những người đặt mục tiêu cao</i>
To correlate closely with (phrase)	<i>mối liên hệ chặt chẽ với</i>
Be less accountable (to sth) (adj)	<i>ít thấy trách nhiệm hơn</i>
To hold accountable for sth (phrase)	

EXERCISE

- _____ (giáo trình trong trường học) could be divided into 2 types of subjects which are _____ **and** _____ (môn thực hành và lý thuyết).
- On the one hand, **theoretical education** helps students to _____ (~ *learn*) how to do new things without exactly doing them and why select one technique to handle the situation rather than others.
- For that reason, it gives learners _____ **thinking** (cách nghĩ tổng thể) and **a deeper** _____ of a concept they are learning.
- For some students like me, Chemistry is _____ (~ *of course*) one of the most _____ **subjects** (môn học đòi hỏi sự đầu tư thời gian và công sức) which is **not my** _____ (idiom – không phải là điều tôi giỏi).
- _____ (học vẹt) is a method in which students remember facts and details by repetition.
- Have you heard someone _____ **for** the exam? (học trâu bò/ học cày).
- Finnish teachers _____ (coi thường/ không thấy quan trọng) homework and testing since they may put unnecessary pressure on **the** _____ **of children** (sự phát triển trí não của trẻ).
- However, you may notice the differences in teaching methods and _____ (triết lý) when it comes to _____ (cải cách giáo dục).

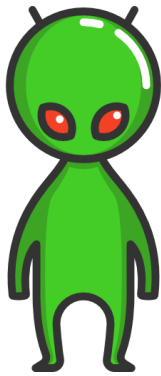
CHAPTER 12. SKY

EXTRATERRESTRIAL LIFE

- **Ryan:** 'Do you ever look at the sky?'
- **You:** I love sky, especially at night. **I'm not fascinated about** (~ *I don't like*) the cloud or the moon, but I'm in love with stars which are **sparkling and mysterious** (lấp lánh và đầy bí ẩn) in their own ways. Have you wondered any other forms of lives out there?
- **Ryan:** Well maybe, for sure, the universe is **enormous** (~ *very big*) and the distance among stars are **extremely vast** (*very long*). Then, **chances for extraterrestrials** (sinh vật ngoài hành tinh) reaching the Earth is **significantly slim**. We are talking about millions of years of light speed, buddy!

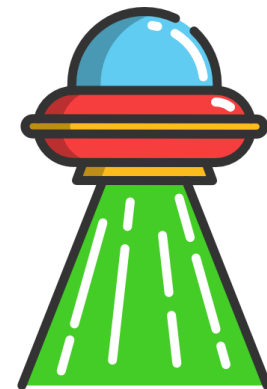


- **You:** I see your point, but do you think they may have some kinds of **superior technology** (*công nghệ khủng* 🤖) traveling among the universe, like what we see in **scientific movies** (*những bộ phim khoa học viễn tưởng*). **By this I mean**, some people claimed to **have solid evidence of** (*có bằng chứng có tính thuyết phục về*) their visits.



- **Ryan:** Yup, but it was from **alternative media** (*kênh thông tin không chính thống*). Sometimes, they **serve their purpose** (*làm cho mục đích của họ*) by **disseminating fake news** (*phát tán thông tin giả*) to **control the public's sentiments** (*kiểm soát suy nghĩ của người dân*). **For that reason**, I **lose my confidence in** them (*không tin vào chúng nữa*).

- **You:** I agree, but how can you explain some **anomalies** (*điều bất thường*) in the news including **crop circles** (*những vòng tròn trên cánh đồng*). Those could not be **deciphered** (*~ explained*) by modern science. And I don't forget to mention **some solid evidence** for [alien life on Saturn's moon announced recently](#).



- **Ryan:** haha, don't be fooled by **crop circles**. While **alternative media convinced** their audience **of** (*thuyết phục ai đó về điều gì*) the presence of **extraterrestrial civilizations** (*nền văn minh khác ngoài trái đất*), many farmers revealed that these circles were their products and were created to attract international tourists. Then, you shouldn't believe in these **man-made patterns** (*khuôn hình do con người tạo ra*). **Nevertheless** (*however*), I cannot deny crop circles are truly **masterpieces** (*kiệt tác nghệ thuật*).



- **You:** Really? I thought they are a form of **extraterrestrial messages** and scientists cannot **decode/decipher** (*~ explain*) them. My gosh! This **mystery** (*bí ẩn*) **turns out to be a hoax** (*hóa ra là 1 sự lừa dối*).

- **Ryan:** You know our world is **full of myths** (*điều bí ẩn*).
- **You:** Ok, **to be honest**, do you **have a fantasy about** (*có điều ước muốn khiến mình thích thú*) **coming into contact with** aliens?
- **Ryan:** Like what?

- **You:** Like having a date with an alien. LOL.
- **Ryan:** Ok, I suppose **this far-fetched story** (*câu chuyện xa vời*) may be in other life. Could you spare a hundred year of travelling to meet her parents? Your wedding also should be **taken into account** (*cần được cân nhắc*).
- **You:** At least I am the first human dare to do that. :D



EXTRATERRESTRIAL LIFE		EXPRESSION PHRASES	
Sparkling and mysterious (phrase)	<i>lấp lánh và đầy bí ẩn</i>	I'm not fascinated about (phrase)	<i>tôi không có hứng thú với cái gì đó</i>
Enormous (adj)	<i>khổng lồ</i>	For that reason (phrase)	<i>vì lý do đó</i>
Extremely vast (phrase)	<i>cực kỳ to</i>	Nevertheless (adv.)	<i>tuy nhiên</i>
Extraterrestrial (n)	<i>sinh vật ngoài hành tinh</i>	To be honest (phrase)	<i>thật ra thì</i>
Significantly slim (phrase)	<i>cực kỳ nhỏ bé</i>	To have a fantasy about (phrase)	<i>có điều ước muốn khiến mình thích thú</i>
Superior technology (phrase)	<i>công nghệ cực kỳ hiện đại</i>	To come into contact with (phrase)	<i>liên lạc với</i>
Scientific movie (phrase)	<i>phim khoa học</i>	To have solid evidence (phrase)	<i>có bằng chứng thuyết phục</i>
Anomaly (n)	<i>điều bất thường</i>		
Crop circles (phrase)	<i>những đường tròn trên cánh đồng</i>		
To be deciphered (phrase)	<i>được giải thích</i>		
Extraterrestrial civilizations (phrase)	<i>nền văn minh ngoài trái đất</i>		
Man-made patterns (phrase)	<i>các họa tiết nhân tạo</i>		
To turn out to be a hoax (phrase)	<i>hóa ra là một sự lừa dối</i>		
Be full of myths (phrase)	<i>đầy những điều bí ẩn</i>		
A far-fetched story (phrase)	<i>câu chuyện xa vời</i>		

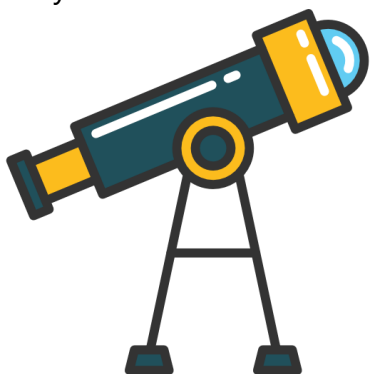
STARS

○ **Ryan:** ok, let's talk about stars. What is your favourite star?

○ **You:** well, **it may sound crazy but I don't have much knowledge about astronomy** (*nghe có vẻ điên nhưng tôi lại không có chút kiến thức nào về thiên văn học – good phrase*) even though **I'm fond of looking** those things (*I like it*). **Having said that**, I could name some planets such as Mars, Venus, Mercury, the Sun and the Earth. And those stars **constitute** (*cấu tạo nên*) **our solar system**.



○ **Ryan:** You are right. **Our solar system** (*hệ mặt trời*) **consists of** (*bao gồm*) 5 stars and the Earth takes the third spot followed by Mars. And imagine billions of stars just like these planets forms the **Milky Way Galaxy (the Galaxy – dải thiên hà)**. And billions of **galaxies constitute the observable universe** (*phần vũ trụ có thể nhìn thấy được*). This means that there would be unknown parts of **the entire universe** (*toàn bộ vũ trụ*) humans haven't known yet.



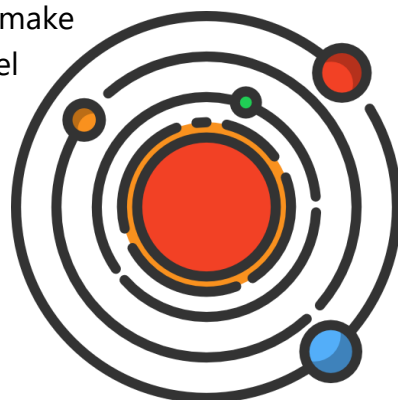
○ **You:** That's amazing, isn't it? In your opinion, what lies beyond **the observable universe**?

○ **Ryan:** A good question! I believe **modern astronomers** (*các nhà thiên văn học hiện nay*) **are still eager to** (*rất muốn*) answer it. **As far as I know, astronomers** call the unobserved parts **the dark universe** (*vũ trụ đen*) and it **makes up** (*~ constitute*) 90% of the entire universe. However, some theorists **came up with** an idea of '**multiverse**' (*đa vũ trụ*),

meaning multiple universes are co-existing with our universe. And these universes have their own time, space, energy and even physical laws.

○ **You:** Oh, that's just like in the **fiction movies**. For example, many **civilizations** including Thanos with their **spaceships** (*tàu vũ trụ*) make several attempts to **conquer** (*chiếm lấy*) the Earth in Marvel movies. I thought it was **fictitious** (*~ fake*), but it **turns out** (*hóa ra*) to be logical.

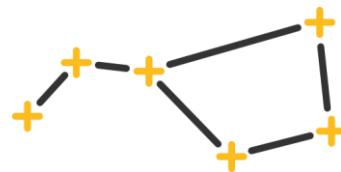
○ **Ryan:** You are right, **I am also convinced** one day humans could **come into contact with aliens** among the **gigantic universes** (*~ very big universes*).





HOROSCOPE

○ **Ryan:** Do you know people can also study themselves through **horoscope** (*bói qua các cung hoàng đạo*). I mean this is very popular in not only Asian culture but also Western one, even though there are **two distinct philosophies** (*hai triết lý hoàn toàn khác biệt*).



- **You:** You've touched the right spot. I have **a solid knowledge** about **horoscope**. And you are right **Chinese zodiac** (*cung hoàng đạo của Phương Đông – Trung Quốc*) and **Western zodiac** (*cung hoàng đạo của châu Âu*) share some similarities, yet their differences are quite **substantial** (*a lot*).



○ **Ryan:** Tell me more.

○ **You:** **Theoretically speaking** (*lý thuyết mà nói*), the main similarity of these systems is **the sign** (*các cung hoàng đạo*). Both **Chinese and Western zodiac** are **comprised of** (*~ constitute*) twelve houses and each house is represented by a

+ sign. While Chinese signs are Rat, Ox, Tiger, Rabbit and other animals, Western counterparts are Aries, Taurus, Gemini, Cancer and other **constellations** (*chòm sao khác*). **Nevertheless, Chinese**

astrologers (*các thiên văn học người TQ*) base their calculations on the moon or **the lunar calendar** (*âm lịch*), compared to the sun or **the solar calendar** (*lịch theo mặt trời*) in **Western astrology**.



- **Ryan:** Nice. Do you know the meanings of these signs? What do they reveal about humans?
- **You:** Your personality traits, **career prospects** (*triển vọng nghề nghiệp*) and even your **destiny** (*số mệnh*). Now it seems to be a little bit complicated here. There is a thing called **the birth chart** (*bản đồ sao*) showing all your signs and their positions. **Astrologers** use it to 'read' you. **As far as I'm concerned, Western astrology** often gives you a good analysis of your character, while **Chinese or Oriental astrology** helps you to predict your future.



○ **Ryan:** Do you believe in **astrology**?

○ **You:** Hard to tell. The reason behind this is some predictions actually do come true and some advice seems to be helpful. **Having said that, fake astrologers** may **deliberately** (*~ on purpose*) make **gloomy predictions** (*những dự đoán xấu*) in attempt to **take financial advantage** (*lợi dụng tài chính*) of you.

- **Ryan:** Yes, despite whatever they said, your personal success comes from dedication, hard-work and determination.
- **You:** I couldn't agree more.

STARS AND HOROSCOPE		EXPRESSION PHRASES	
Solar system (phrase)	<i>hệ mặt trời</i>	Be fond of (phrase)	<i>thích thú cái gì đó</i>
The galaxy (phrase)	<i>dải thiên hà</i>	Be eager to (phrase)	<i>rất muốn</i>
The entire universe (phrase)	<i>toàn bộ vũ trụ</i>	As far as I'm concerned (phrase)	<i>theo tôi nghĩ</i>
Modern astronomers (phrase)	<i>các nhà thiên văn học hiện nay</i>	To constitute (v)	<i>cấu tạo nên</i>
The dark universe (phrase)	<i>vũ trụ đen</i>	To consist of (phrase)	<i>bao gồm</i>
Multiverse (n)	<i>đa vũ trụ</i>	To make up (phrase)	<i>cấu tạo nên</i>
Spaceship (n)	<i>tàu vũ trụ</i>	To come up with (phrase)	<i>có ý tưởng</i>
To conquer (v)	<i>chiếm lấy</i>	Be comprised of (phrase)	<i>được cấu tạo nên bởi</i>
Gigantic universes (phrase)	<i>vũ trụ khổng lồ</i>		
Horoscope (n)	<i>bói toán qua cung hoàng đạo</i>		
Chinese zodiac (phrase)	<i>cung hoàng đạo của phương đông</i>		
Western zodiac (phrase)	<i>cung hoàng đạo của châu âu</i>		
Substantial (adj.)	<i>rất nhiều</i>		
Sign (n)	<i>cung hoàng đạo</i>		
Constellation (n)	<i>chòm sao khác</i>		
The lunar calendar (phrase)	<i>âm lịch</i>		
The solar calendar (phrase)	<i>dương lịch</i>		
Destiny (n)	<i>số mệnh</i>		
The birth chart (phrase)	<i>bản đồ sao</i>		
Gloomy predictions (phrase)	<i>những dự đoán xấu</i>		

EXERCISE

CIRCLE THE RIGHT WORD

1. The universe is enormous and the distance among stars are **extremely vast** / **very fast**.
2. Chances for extraterrestrials reaching the Earth is significantly **slim** / **thin**.
3. They may have some kinds of superior technology traveling among the universe, like what we see in **scientific** / **scientist** movies.
4. While alternative media convinced their audience of the presence of **extraterrestrial** / **universal** civilizations, many farmers revealed that these circles were their products and were created to attract international tourists.
5. This mystery turns out to be a **hoax** / **goat**.
6. Do you have a fantasy **about/in** coming into contact **with/to** aliens?

FILL IN THE BLANK

1. Those stars _____ our solar system.
2. Our solar system _____ 5 stars and the Earth takes the third spot followed by Mars.
3. Astronomers call the unobserved parts **the dark** _____ and it **makes** _____ 90% of the entire universe.
4. Some theorists **came** _____ an idea of '**multiverse**', meaning multiple universes are co-existing with our universe.
5. Many civilizations including Thanos with their _____ (*tàu vũ trụ*) make several attempts to _____ (*chiếm lấy*) the Earth in Marvel movies.
6. Do you know people can also study themselves through _____ (*bói qua các cung hoàng đạo*)?
7. **Chinese zodiac** and **Western zodiac** share some similarities, yet their differences are quite _____ (*rất nhiều*).
8. Chinese astrologers base their calculations on the moon or _____ (*âm lịch*), compared to the sun or _____ (*lịch theo mặt trời*) in Western astrology.

CHAPTER 13. TV

WATCHING TV IS GOOD OR BAD?

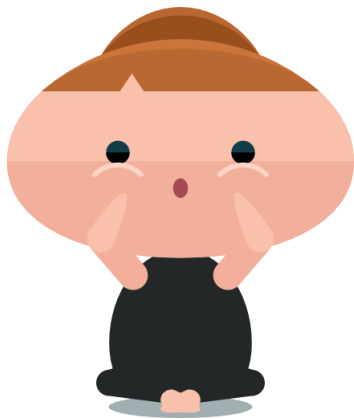


To be honest, from the perspective of a **millennial** (*young people – thế hệ sinh từ giữa 1990 – đầu 2000*) like me, TV is not a thing I would spend time with. Since the appearance of Internet, the majority of TV programs have been available on this platform, and this means owning a piece of technology such as mobile phones or laptops means every TV series are on the tips of your finger. **Having said that** (~ *however*), the question is who could get benefits from watching TV.

On the one hand, some may encourage children to watch TV since there are **a myriad of educational contents** (*các chương trình giáo dục*) on TV. They could **get exposed to different cultures and languages** through cultural TV series, or learn about history and **get appreciation for the sacrifices of veterans for freedom and sovereignty** (*trân trọng sự hy sinh của các chiến sĩ cho nền tự do và độc lập*) by watching historical programs. VTV7 is **a prime example of** an educational channel broadcasting several English learning programs for those who want to advance their English levels. Therefore, the idea of learning through TV seems to be **highly reasonable**.



If you want to find another benefit of watching TV, think about the elder who are probably **computer-illiterate** or **low-tech** (*không biết sử dụng công nghệ*). Then, TV or radio rather than computers is the only device helping them to **relieve their boredom** (*giải tỏa sự nhàm chán của họ*).



However, **it is not to say that** (*nó không có nghĩa rằng*) watching TV does not have negative impacts. First, since television viewing requires a minimum effort to turn on and off TV, it **can be conducive to** (~ *easy to be sth*) laziness. While other outdoor activities such as sports could improve both physical and mental health by burning calories and building muscle, watching TV **has nothing to do** with those benefits (*chẳng liên quan gì đến*). For this reason, those spending long hours watching **the telly** (TV) may **bear a high risk of obesity** (*có nguy cơ cao về bệnh béo phì*) and become less muscular fit. **That is not mention** (*đấy là còn chưa kể đến*) people, especially children, would not spend time interacting with their friends, which **weakens their crucial social skills** (*làm kém đi các kĩ*

năng xã hội quan trọng) such as **linguistic skills** (khả năng ngôn ngữ) and **negotiation** (kỹ năng đàm phán).



Have you ever heard the word **'the potato couch'** (củ khoai tây trên ghế)? It implies a lazy person **glues his eyes in front of the big screen** (đính chặt mắt vào màn hình lớn), and looks like a potato on the couch.

Second, crime, sex and violence on TV directly affect the behaviors of **impressionable people** (người dễ bị ảnh hưởng), especially children. In fact, **there are plenty evidence suggesting** (có nhiều bằng chứng chỉ ra rằng) children who get early and **frequently exposed to violence** are **prone to become** more **aggressive and impulsive behaviors** (những hành vi nóng giận và chộp giựt thiếu suy nghĩ) as they grow up, **showing a correlation between** (chứng tỏ có mối liên kết tỷ lệ thuận giữa) watching violent scenes on TV and dangerous behaviors.



I also believe you did want to become Superman, Batman, Ironman or even Power Rangers, and kill some 'monsters' to protect 'whatever place' (you name it) when you were a child, didn't you?

To sum up, **the telly** is just a piece of technology like a mobile phone which cannot be labelled 'good or bad'. Whether or not TV viewing brings either benefits or drawbacks **largely depends on** (hầu hết dựa vào) how much time you spend watching it, rather than **blaming on** (đổ lỗi cho) TV itself.

PRO TIPS

Khi trả lời 1 câu hỏi (short answers), hãy áp dụng công thức – đưa câu Idea, sau đó explain.

Do you like watching TV?

- **Idea:** As you may guess, a **millennial** like me, TV is not a thing I would spend time with.
- **Explain:** I don't imply the telly has nothing to enjoy. It has various educational shows like IELTS 8.0, which are definitely informative. But Youtube and online newspapers are timelier and more interactive. Then, I better stay with those online platforms.

TV		EXPRESSION PHRASES	
Millennials (n)	<i>thế hệ sinh từ giữa 1990 – đầu 2000</i>	To show a correlation between (phrase)	<i>chứng tỏ có mối liên kết tỷ lệ thuận giữa cái này với cái kia</i>
Educational content (phrase)	<i>các chương trình giáo dục</i>		
To get appreciation for the sacrifices of veterans for freedom and sovereignty (phrase)	<i>trân trọng sự hy sinh của các chiến sỹ cho nền tự do và độc lập</i>		
Computer – illiterate / low-tech (adj.)	<i>không biết sử dụng công nghệ</i>		
To relieve their boredom (phrase)	<i>giải tỏa sự nhàm chán</i>		
The telly (n)	<i>TV</i>		
To bear a high risk of obesity (phrase)	<i>có nguy cơ cao về bệnh béo phì</i>		
To weaken their crucial social skills (phrase)	<i>làm kém đi các kỹ năng xã hội quan trọng</i>		
Linguistic skills (phrase)	<i>khả năng ngôn ngữ</i>		
Negotiation (n)	<i>kỹ năng đàm phán</i>		
The couch potato (phrase)	<i>người xem tv rất nhiều và lười hoạt động</i>		
To glue his eyes in front of the big screen (phrase)	<i>dán mắt vào màn hình lớn</i>		
Impressionable people (phrase)	<i>người dễ bị ảnh hưởng</i>		
Aggressive and impulsive behaviors (phrase)	<i>những hành vi nóng giận và bộp chộp</i>		

EXERCISE

COMPLETE THE SENTENCES WITH GIVEN WORDS. YOU CAN MAKE CHANGE TO WORD FORMS IF NECESSARY.

1. We / encourage / children / watch TV / there / myriad / educational contents / TV.

2. Children / exposed / different cultures / languages / cultural TV series/ learn / history / get appreciation / sacrifices / veterans / freedom / sovereignty / watching historical programs.

3. idea / learning / TV / seem / highly reasonable.

4. TV / radio / the only device / helping / elderly / relieve / boredom.

5. Television viewing / require / minimum effort / turn on / off TV, it can / conducive / laziness.

6. People / spending long hours / watch / telly / bear / high risk / obesity/ become / muscular fit.

7. People / children / not spend time / interacting / friends / weaken / crucial / social skills / as linguistic skills / negotiation

8. there / plenty / evidence / suggest / children / get early / frequently exposed / violence / prone / become / more aggressive / impulsive behaviors / grow

9. Whether / TV viewing / bring / either / benefits / drawbacks / largely / depends how / time / spend / watch/ rather / blame / TV itself.

SECTION II. THE WORLD AROUND US (VOCAB FOR PART 3)

CHAPTER 1. ENVIRONMENT

THE IMPORTANCE OF THE ENVIRONMENT

Why we need to protect the environment?



First of all, **when it comes to** the Earth, do you know why people use 'the' before the word 'environment'? Because there is only ONE environment, just like THE sun, THE earth and THE moon. If we lose the environment, it **comes at the cost of** everything.

The environment provides fresh air and clean water for humans. If we don't protect it, **chances are** (*có thể*) the environment will become polluted, known as air pollution and water pollution. **Accordingly** (*~ therefore*), humans bear the risk of **respiratory diseases** (*bệnh liên quan đến phổi*) and **asthma** (*hen suyễn*). Also, water pollution leads to **water-borne diseases** (*bệnh liên quan đến nước*) such as **cholera** (*tiêu chảy*), **reproductive problems** (*vấn đề về sinh sản*), and even cancer.

Another point I would like to mention is that we are living in a **large ecosystem** (*hệ sinh thái khổng lồ*) that has a **myriad of species** (*~ a lot of animals*) and plants, as well as **fauna and flora** (*~ plants & animals*), forming **biological diversity** or **biodiversity** (*sự đa dạng sinh học*). While some people may argue that animals and plants do not matter, without plants, there would no oxygen for life, and without bees to **pollinate** (*thụ phấn*) flowers, there would be no fruits. **Coral reefs** (*dải san hô*), which are a part of **underwater ecosystem**, are protecting us from **cyclones** (*lốc xoáy*) and **tsunamis** (*sóng thần*), while trees also clean the air by **filtering particulates out of the air** (*lọc các tạp chất khỏi không khí*) and by trapping them onto their leaves and **bark** (*thân cây*).

**PRO TIPS**

Khi muốn đưa lý do về 1 điều gì, hãy dùng cấu trúc:

The first point I would like to mention is that...

Another point I would highlight is that...

The reason behind this is that...

The point I would bring is that...



Source image: [travelledpaths](https://www.travelledpaths.com/)

I cannot **emphasize** (*nhấn mạnh*) enough that the environment also **boosts economic development** (*phát triển kinh tế rất mạnh*) through tourism. Vietnamese people should be proud of *Son Doong cave*, the largest cave in the world. I was lucky enough to see it in **virtual reality** (*thực tế ảo*), and it had **breath-taking views** (*cảnh đẹp ngỡ ngàng*). It is a **gigantic** (~ *big*) cave, in which **Statue of Liberty** (*tượng nữ thân tự do*) could fit inside comfortably yet still have **more room to grow** (*vẫn còn chỗ cho thứ khác thêm vào*). The cave has its own **unique and exotic ecosystem** (*hệ sinh thái đặc biệt và quý hiếm*) and has naturally preserved its own rivers, jungles and climate inside.

PRO TIPS

Để nói rõ hơn hoặc giải thích 1 vấn đề gì, hãy dùng cấu trúc:

Let me explain this, ...

By this I mean ...

What I'm trying to say is ...

This means that ...



Source image: traveldaily.news

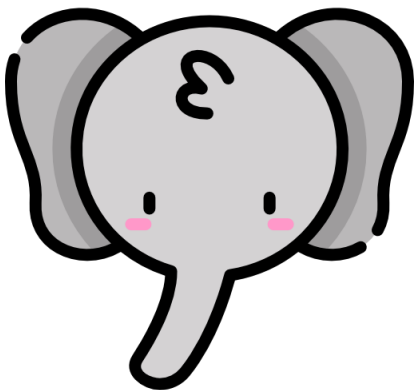
Not one, but two forests grew inside the cave due to **the collapse of the cave ceiling** (*sự sụp xuống của trần hang*) allowing sunlight to enter. The highest point was measured to be over 200 meters high (~30 floor buildings). For tourists, the entrance fee would be **prohibitively expensive** (~ 1 thứ đắt cắt cổ), \$3,000, but **a bang for the buck** (1 thứ đáng đồng tiền).

ENVIRONMENT		EXPRESSION PHRASES	
Respiratory diseases (phrase)	<i>bệnh liên quan đến phổi</i>	Comes at the cost of (phrase)	<i>phải trả giá bằng</i>
Asthma (n)	<i>hen suyễn</i>	Chances are (phrase)	<i>có thể là</i>
Water-borne diseases (phrase)	<i>bệnh liên quan đến nước</i>	Accordingly (adv.)	<i>vì vậy.</i>
Cholera (n)	<i>tiêu chảy</i>	Another point I would like to mention is that	<i>một ý khác tôi muốn nhắc đến</i>
Reproductive problems (phrase)	<i>vấn đề về sinh sản</i>	A rip-off (n)	<i>một thứ đắt cắt cổ</i>
A large ecosystem (phrase)	<i>hệ sinh thái khổng lồ</i>	A bang for the buck (idiom)	<i>một thứ đáng đồng tiền</i>

Fauna and flora (phrase)	động vật và thực vật
Biological diversity / biodiversity	đa dạng sinh học
Pollinate (v)	thụ phấn
Coral reefs (phrase)	dài san hô
Underwater ecosystem (phrase)	hệ sinh thái dưới nước
To filter particulates out of the air (phrase)	lọc các tạp chất trong không khí
Exotic ecosystem (phrase)	hệ sinh thái đặc biệt

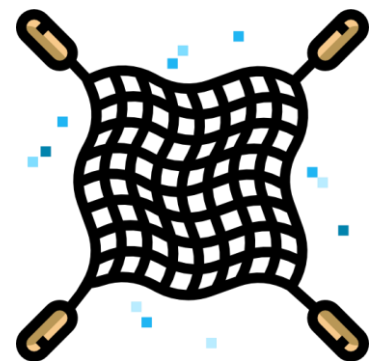
HUMAN ACTIVITY ON THE ENVIROMENT

Urban expansion (sự phát triển của thành phố) and **overexploitation** (việc khai thác quá mức) in the sea are one of the **main grounds** (~ main reasons) **for the disappearance of animals**.



On land, trees are being cut down to make way for **urban expansion**, leading to the **destruction of natural habitats** (phá hủy môi trường sống động vật). For example, the media has revealed many instances of wild elephants aggressively attacking people from **mountainous areas** (nơi đồi núi) in Vietnam. These attacks were caused by locals clearing up **huge plots of wild forests** (các khoảng lớn của rừng nguyên sinh) for **planting crops** (trồng cây) and **raising livestock** (chăn nuôi động vật), which destroyed the habitats of the elephants.

In the sea, **overexploitation** such as **overfishing** (bắt cá quá đà) is responsible for the **extinction of aquatic species** (sự tuyệt chủng của các loài động vật dưới nước). In fact, with advanced technology like GPS and big boats, humans are **dragging nets across the ocean floor** (kéo lưới qua tầng đáy đại dương), which picks up everything including a **non-target catch** (những loài vật không mong muốn) such as **sea turtles** (rùa biển), **coral** (san hô) and small animals, which is **destructive to future habitats and ecosystems** in the ocean. (nguy hiểm hệ sinh thái và môi trường sống tương lai của động vật).



HUMAN IMPACTS ON THE ENVIRONMENT

Urban expansion (phrase)	<i>sự phát triển đô thị</i>
Overexploitation (n)	<i>việc khai thác quá mức</i>
Main grounds (phrase)	<i>lý do chính</i>
The destruction of natural habitats (phrase)	<i>phá hủy môi trường sống tự nhiên</i>
Mountainous areas (phrase)	<i>vùng núi</i>
Huge plots of wild forests (phrase)	<i>các khoảng lớn của rừng nguyên sinh</i>
Plant crops (phrase)	<i>trồng cây</i>
Raise livestock (phrase)	<i>chăn nuôi động vật</i>
Overfishing (n)	<i>đánh bắt cá quá đà</i>
Extinction of aquatic species (phrase)	<i>sự tuyệt chủng của các loài động vật dưới nước</i>
To drag nets across the ocean floor (phrase)	<i>kéo lưới qua tầng đáy đại dương</i>
Non-target catches (phrase)	<i>những loài vật không mong muốn</i>
Sea turtle (n)	<i>rùa biển</i>
Destructive to future habitats and ecosystems (phrase)	<i>phá hoại đến môi trường sống của động vật và hệ sinh thái</i>

ALTERNATIVE ENERGY



First, you need to know that burning **fossil fuels** (*năng lượng hóa thạch*) like gasoline, oil and coal releases **carbon dioxide** (CO₂) into the atmosphere, which is **the primary cause of global warming** (*nguyên nhân chính gây ra sự nóng lên toàn cầu*). Therefore, **to cut down on emissions** (*cắt giảm khí thải*), governments should **become less dependent on fossil fuels** and invest in **alternative/ renewable energy** (*năng lượng thay thế/ năng lượng tái tạo*) instead.

Do you think switching to a new **sustainable source of energy** (*nguồn năng lượng bền vững và dồi dào*) like solar, tidal and wind power sounds like an **ideal solution** (~ good solution)? Not really.



Although these natural energies are free, the cost of transforming **intermittent** (~ *discontinuous – không liên tục*) and **dilute** (*loãng/ không tập trung*) sun beams and wind into **concentrated energy** (*năng lượng tổng hợp*) for human use is **prohibitively expensive** (~ *very expensive*), even much higher than **fossil fuels**. **What's more** (~ *moreover*), these types of energy can only be **exploited** (*khai thác*) in some places. For example, **wind farm** (*trang trại tạo gió*) cannot be built inside a city.

Nuclear power is also **an effective and sustainable option** (*một lựa chọn hiệu quả và lâu dài*); however, there is the risk of **radioactive waste** (*chất thải phóng xạ*) being **dispersed** (*lan ra*). That will be a **deleterious effect** (*hiệu ứng hủy diệt*) to **ecological community** (*hệ sinh thái công đồng*) **inhabiting** (~ *live*) near the area. Obviously, nuclear power is **a double-edged sword** (*con dao 2 lưỡi*) and it is only **justifiable** (*có thể chấp nhận được*) when **cutting-edge technology** (~ *công nghệ xịn nhất*) is applied.



ALTERNATIVE ENERGY		EXPRESSION PHRASES	
Fossil fuels (phrase)	<i>năng lượng hóa thạch</i>	What's more	<i>thêm vào đó</i>
Global warming (phrase)	<i>nóng lên toàn cầu</i>	Ideal solution (phrase)	<i>giải pháp lý tưởng</i>
To cut down on emissions (phrase)	<i>cắt giảm khí thải</i>	Justifiable (adj)	<i>có thể chấp nhận được</i>
Alternative / renewable energy (phrase)	<i>năng lượng thay thế / năng lượng tái tạo</i>		
Sustainable source of energy (phrase)	<i>nguồn năng lượng bền vững</i>		
Intermittent (adj.)	<i>không liên tục, ngắt quãng</i>		
Dilute (adj.)	<i>yếu</i>		
Sun beam (phrase)	<i>tia nắng mặt trời</i>		
Concentrated energy (phrase)	<i>năng lượng tổng hợp</i>		
Wind farm (phrase)	<i>trang trại gió</i>		
Nuclear power (phrase)	<i>năng lượng hạt nhân</i>		

An effective and sustainable option (phrase)	<i>một sự lựa chọn hiệu quả và bền vững</i>
Radioactive waste (phrase)	<i>chất thải phóng xạ</i>
A deleterious effect (phrase)	<i>hiệu ứng hủy diệt</i>
Ecological community (phrase)	<i>hệ sinh thái cộng đồng</i>

EXERCISE

CIRCLE THE CORRECT ANSWER

1. **Another / others** point I would like to mention is that we are living in a large **ecosystem / solar** system that has a myriad of **species / pieces** and plants, or fauna and flora, forming biological **diversity / diverse**.
2. I cannot **emphasize / upsize** enough that the environment also boosts **economic / economical** development through tourism.
3. For tourists, the entrance fee would be \$3,000, **a rip-off / a rip-on** but a bang for **the buck / duck**.

FILL IN THE BLANK

On land, trees are being cut down to make way for urban expansion, leading to the _____ **of natural habitats** (phá hủy môi trường sống động vật). For example, the media has revealed many instances of wild elephants aggressively attacking people from _____ (nơi đồi núi) in Vietnam. These attacks were caused by locals clearing up **huge plots of** _____ (các khoảng lớn của rừng nguyên sinh) for _____ (trồng cây) and _____ (chăn nuôi động vật), which destroyed the habitats of the elephants.

In the sea, overexploitation such as _____ (bắt cá quá đà) is responsible for the _____ **of** _____ **species** (sự tuyệt chủng của các loài động vật dưới nước). In fact, with advanced technology like GPS and big boats, humans are **dragging nets across the** _____ (kéo lưới qua tầng đáy đại dương), which picks up everything including _____ **catch** (những loài vật không mong muốn) such as sea turtle (rùa biển), corals and small animals, and this is _____ **to future habitats and ecosystems** in the ocean.

FIND AN UNNECESSARY WORD IN EACH LINE

First, you need to know that burning fossil solar fuels like gasoline, oil and coal to get for energy releases carbon dioxide (CO₂) into the atmosphere, which is the primary cause of global in warming. Therefore, to cut off down on emissions, governments should become less be dependent on fossil fuels and invest in renewable energy instead.

Do you think switching to a new sustainable fuels source of energy like solar, tidal and wind power sounds like an the ideal solution? Not really. Although these natural energies are free, the cost of transforming intermittent and dilute sun beams lights and wind into concentrated into energy for human use is prohibitively expensive, even much higher than fossil fuels. What's more less, these types of energy can only be exploited in some places. For example, wind field farm cannot be built inside a city.

Nuclear power also either an effective and sustainable option; however, there is the risk of radioactive to waste being dispersed. That will be a deleterious effect to ecological community who inhabiting near the area. Obviously, nuclear power is a two-edged sword and it is only justifiable when cutting-edge technology is applied.

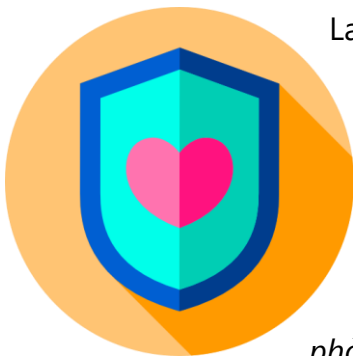
CHAPTER 2. CHARITABLE WORK

FOR PERSONAL DEVELOPMENT (YOUNG PEOPLE)



Firstly, by participating in **voluntary work** (*công việc tình nguyện*), students not only **enhance social skills** (*học kỹ năng xã hội*) such as communication skills and time management but also learn to become **a more responsible person**. **A clear example of this can be seen with** (**good phrase for speaking and writing**) an annual campaign, 'Help the Earth', in which Vietnamese students plant a hundred trees around local areas. While the aim of **this constructive project** (*dự án thiết thực này*) is to **raise awareness of humans' impact on environmental protection**, teenagers learn how to work and communicate as a team, manage their time to finish assigned daily tasks in a day and take full responsibility for planting trees.

Secondly, spending time helping their local community **gets students exposed to** (*tiếp xúc với điều gì*) different cultures and lifestyles. Such **exposure** (**noun of exposed**) will help them to not only make sense of the world, but also form **a well-rounded mind** (*cái nhìn tổng quát*) which improves their job opportunities after graduation. Meanwhile, the current high school curriculum is full of **theoretical knowledge** (*lý thuyết suông*) rather than **practical experience** (*kinh nghiệm thực tế*). Thus, it is necessary to encourage students to do **unpaid community service** (*công việc cộng đồng không trả lương*) in high school.



Last but not least, students would maintain their **physical and mental health balance** (*cân bằng về sức khỏe về thể chất lẫn tinh thần*) if they participate in **volunteering activities**. In fact, children nowadays **are prone to** (*dễ mắc*) **obesity** (*béo phì*) due to **their sedentary lifestyle** (*thói quen ngồi nhiều*) and this has resulted in various issues **regarding** (*~ about*) **preventable medical treatments** (*những biện pháp điều trị y tế mà có thể phòng tránh được*). However, by teaching sports to young kids or just playing with them in **voluntary work**, students are doing exercises themselves, which improves their health and **builds up their immune system** (*cải thiện hệ miễn dịch*).

PRO TIPS

Khi nói đến việc giới trẻ/ học sinh/ sinh viên làm các công việc xã hội – dùng combo sau:

unpaid community service - enhance social skills - become a more responsible person - get students exposed to different cultures and lifestyles - form a well-rounded mind – accrue better job prospects

PERSONAL DEVELOPMENT		EXPRESSION PHRASES	
Voluntary work (phrase)	<i>việc từ thiện</i>	A clear example of this can be seen with (phrase)	<i>một ví dụ điển hình đó là</i>
Enhance social skills (phrase)	<i>học các kỹ năng xã hội</i>		
A well-rounded mind (phrase)	<i>một cái nhìn tổng quát</i>		
Theoretical knowledge (phrase)	<i>lý thuyết suông</i>		
Practical experience (phrase)	<i>kinh nghiệm thực tế</i>		
Unpaid community service (phrase)	<i>việc làm công ích</i>		
Volunteering activities (phrase)	<i>hoạt động tình nguyện</i>		
Their sedentary lifestyle (phrase)	<i>thói quen ngồi nhiều</i>		
Medical treatments (phrase)	<i>chữa trị bằng thuốc</i>		
Enhance health conditions (phrase)	<i>nâng cao tình trạng sức khỏe</i>		
Build up their immunity (phrase)	<i>cải thiện hệ miễn dịch</i>		

WHY MUST BILLIONAIRES/ MILLIONAIRES DO CHARITY?



The top philanthropists (*những người làm từ thiện hàng đầu*) are **Warren Buffet** and **Bill Gates**. They have been giving away \$46 billion (71% of his \$65.5 billion **fortune** – tài sản) and \$18 billion (22 percent of his \$81 billion **fortune**) since 2000 respectively. And **total assets** (tổng tài sản) of Vietnamese billionaires are \$10.5 billion in 2018. Do you see how apparently generous American super-rich can be?



The philanthropic donation (*đóng góp từ thiện*) became a culture of **wealthy individuals**, especially Americans. They give away, sometimes, more than half of the wealth to **major causes** (*những lý do chính đáng*) including "**poverty alleviation** (*giảm nghèo đói*), **refugee aid** (*giúp đỡ người tị nạn*), **disaster relief** (*dập tắt bệnh dịch*), *global health, education, women and girls' empowerment* (*đấu tranh cho phụ nữ*), *medical research, arts and culture, criminal*

justice reform (cải cách luật) and **environmental sustainability** (sự bền vững của môi trường)." (CNBC, 2017). Because Americans **revered** (~ respect) billionaires like **Andrew Carnegie** who said that "the man who dies rich, dies disgraced" (tạm dịch: người nào chết trong nhung lụa, tức là chết trong hộ thẹn), American billionaires can be pretty generous **when it comes to** charity.



Besides, **wealthy people** are **financially independent** and have **sufficient funds** (đủ tiền) to impact global problems, such as hunger or AIDS. **For that reason**, they feel responsible and must take action immediately. **One thing you may not know is that** by doing **philanthropy**, you can find opportunities to interact with **well-respected** people, expand your social connections as well as develop your businesses. Sometimes, there are **potential marriage arrangements** (những cuộc sắp đặt hôn nhân), **family and business image enhancements** (sự cải thiện hình ảnh gia đình và doanh nghiệp) and even a **recommendation letter** (thư giới thiệu) from a **highly-regarded person** (1 người rất được kính trọng) for top universities including Harvard.

Billionaires/Millionaires and Charity		EXPRESSION PHRASES	
The top philanthropists (phrase)	<i>những người làm từ thiện hàng đầu</i>	One of things you may not know is that (phrase)	<i>một trong những thứ có thể bạn chưa biết</i>
Fortune (n)	<i>tài sản</i>		
Total assets (phrase)	<i>tổng tài sản</i>		
The philanthropic donation (phrase)	<i>đóng góp từ thiện</i>		
Wealthy individuals (phrase)	<i>những người giàu có</i>		
Major causes (phrase)	<i>những lý do chính đáng</i>		
Poverty alleviation (phrase)	<i>giảm nghèo đói</i>		
Refugee aid (phrase)	<i>giúp đỡ người tị nạn</i>		
Disaster relief (phrase)	<i>dập tắt bệnh dịch</i>		
Women and girls' empowerment (phrase)	<i>đấu tranh cho phụ nữ</i>		
Criminal justice reform (phrase)	<i>cải cách luật</i>		

Environmental sustainability (phrase)	<i>sự bền vững của môi trường</i>
Well-respected (adj.)	<i>được coi trọng</i>
Family and business image enhancement (phrase)	<i>mở rộng hình ảnh gia đình và doanh nghiệp</i>
A highly-regarded person (phrase)	<i>một người được kính trọng</i>

EXERCISE

MATCH THE PHRASES

1. Firstly, by participating in voluntary work, students not only enhance social skills such as communication skills and time management but also learn to become _____	a) awareness of humans' impacts
2. While the aim of this constructive project is to raise _____ on environmental protection, teenagers learn to how to work and communicate in a team, manage their time to finish assigned tasks in a day and take full responsible for their planted trees.	b) their sedentary lifestyle
3. Such exposure will help them to not only make sense of the world, but also form _____ which improves their job opportunities after graduation	c) health balance
4. Last but not least, students would maintain their - _____ if they participate in volunteering activities.	d) a more responsible person
5. In fact, children nowadays are prone to obesity due to _____ and this has resulted in various issues regarding medical treatments.	e) a well-rounded mind

FILL IN THE BLANK

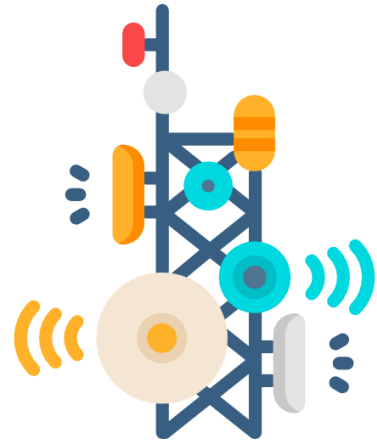
- They give away, sometimes, more than half of the wealth to _____ (*những lý do chính đáng*) including " _____ (*giảm nghèo đói*), _____ (*giúp đỡ người tị nạn*), _____ (*dập tắt bệnh dịch*), global health, education, _____ (*đấu tranh cho phụ nữ*), medical research, arts and culture, _____ (*cải cách luật*) and _____ (*sự bền vững của môi trường*)
- Sometimes, there are _____ (*những cuộc sắp đặt hôn nhân*), _____ (*sự cải thiện hình ảnh gia đình và*

doanh nghiệp) and even _____ (thư giới thiệu) from _____ (1 người rất được kính trọng) for top universities including Harvard.

CHAPTER 3. MEDIA

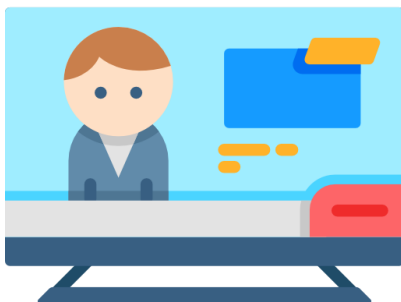
Do you think you are **manipulated** (bị điều khiển) by the media? What you see and hear would form your thoughts, right? And you **are exposed to** (tiếp xúc) information mostly on the Internet and TV in which many stories are **deliberately** (cố tình) told in a particular way in order to **influence the public's views**.

The main role of the media is to **feed people with the information on a daily basis**. Therefore, sometimes journalists have to write **catchy/ attention-grabbing titles and headlines** (giật tít bài báo) to **catch our attention** (thu hút sự chú ý của người đọc).



MAINSTREAM MEDIA

Mainstream media (phương tiện truyền thông chính thống) comes from governments and private companies. It **feeds a great deal of information to a large number of people** and **shape prevailing currents of thought** (tạo suy nghĩ chung cho cộng đồng). This is an effective tool for governments to **disseminate** (lan truyền) important information among citizens or to **manipulate the views of the society** (điều khiển góc nhìn của xã hội). Mainstream media sources include VTV, Dantri, Vnexpress.net and Kenh14.



The reliability (độ tin cậy) of mainstream media still remains questionable to some **media skeptics** (những người bảo thủ). They believed information in mainstream media is **highly manipulative** (bị điều khiển). By **disseminating information**, mainstream media is able to control **the sentiments of the public** (quan điểm/cảm xúc của người dân). If you come to China, you **cannot have access to** (không có quyền truy cập) any kinds of foreign newspapers including BBC or CNN, and for that reason, Google has been

banned in this country. Don't laugh at them. Do you think mainstream media in Vietnam is **free of bias** (không có sự thiên vị)?

PRO TIPS

Mainstream media sẽ **feed people with the information on a daily basis**, do vậy nó **influence the public's views** và **manipulate the views of the society**. Có thể coi media bây giờ rất là **highly manipulative** và không còn **free of bias** nữa.

MAINSTREAM MEDIA

Manipulate (v)	<i>điều khiển</i>
Deliberately (adv)	<i>cố tình</i>
Influence the public's view (phrase)	<i>ảnh hưởng đến quan điểm của công chúng</i>
Feed people with information (phrase)	<i>cung cấp thông tin cho mọi người</i>
Catchy / attention-grabbing titles and headlines (phrase)	<i>giật tít bài báo</i>
Catch sb's attention (phrase)	<i>thu hút sự chú ý của người đọc</i>
Mainstream media (phrase)	<i>phương tiện truyền thông chính thống</i>
Shape prevailing currents of thought (phrase)	<i>hình thành suy nghĩ chung cho cộng đồng</i>
Disseminate (v)	<i>lan truyền</i>
Reliability (n)	<i>độ tin cậy</i>
Media skeptics (phrase)	<i>những người bảo thủ</i>
Highly manipulative (phrase)	<i>bị điều khiển</i>
The sentiments of the public (phrase)	<i>quan điểm, cảm xúc của công đồng</i>
Free of bias (phrase)	<i>không thiên vị</i>

ALTERNATIVE MEDIA

When it comes to other sources of information, you should find it in **alternative media** (*phương tiện truyền thông không chính thống*). These kind of sources does not come from the official but from individuals or groups of people holding different viewpoints. Most of the time, their thoughts **challenge the mainstream point of view**, and therefore, this may result in **prosecution** (*kiện phải ra tòa*) by the government.



While alternative media has been **restricted** (*kiểm soát*) in Vietnam, it is more prevalent in other developed nations and it takes many forms including print, audio, video and arts. What alternative media does is to **narrow the gap between fake news and the truth** (*rút ngắn khoảng cách giữa tin giả và thật*) since the public is **losing its confidence in** (*mất niềm tin vào*) the mainstream media. So, is this a [V for Vendetta movie plot?](#)

Not really. Alternative media sometimes **serve their purpose** by **disseminating** fake news to **control the public's sentiments**. For that reason, we cannot ensure any information around us is **free of bias**. Facebook and Google, for example, had been **accused of dispersing** (*buộc tội vì phát tán*) [fake news about political views](#) during the American presidential election in 2016, resulting in **Americans' distrust in the media**. Even some claimed Facebook is the reason behind the win of Trump in the presidential race.

So, remember, social media is also a new force in influencing **the sentiments of a society**, including you and myself. In contemporary life, before stepping out the door, prepare yourself with **multiple perspectives** (*góc nhìn đa chiều*) in many mainstream or alternative media channels, and **form your own judgements** (*hình thành đánh giá cá nhân của chính mình*).

**PRO TIPS**

Alternative media sẽ có thể **challenge the mainstream point of view** bằng cách **disseminating news** với quan điểm khác nhau. Điều này giúp ta **narrow the gap between fake news and the truth**. Tuy nhiên hãy **prepare yourself with multiple perspectives and form your own judgements**

ALTERNATIVE MEDIA

Alternative media (phrase)	<i>phương tiện truyền thông không chính thống</i>
Challenge the mainstream's point of view (phrase)	<i>thách thức quan điểm chính thống</i>
Prosecution (n)	<i>vụ kiện phải ra tòa</i>
Restrict (v)	<i>kiểm soát, ngăn chặn</i>
Narrow the gap between fake news and the truth (phrase)	<i>rút ngắn khoảng cách giữa tin giả và tin thật</i>
To lose confidence in (phrase)	<i>mất niềm tin vào điều gì đó</i>
Serve their purpose (phrase)	<i>phục vụ mục đích</i>
Be accused of dispersing (phrase)	<i>bị buộc tội vì phát tán</i>
Multiple perspectives (phrase)	<i>góc nhìn đa chiều</i>
Judgement (n)	<i>đánh giá</i>

EXERCISE

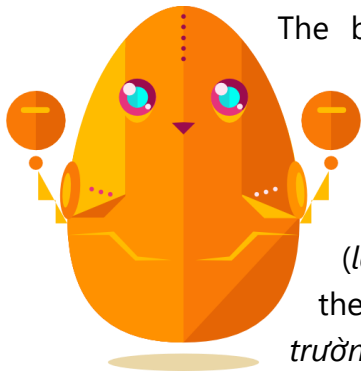
REARRANGE THE WORDS

1. It feeds a large number of people with a great deal of information and **shape** _____ (**thought / prevailing / of / currents**)
2. This is an effective tool for governments to disseminate important information among citizens or to manipulate _____ (**of / the / views / the/ society**)
3. By _____ (**these / disseminating / information**), mainstream media is able to control **the sentiments of the public**.
4. Most of the time, alternative media **challenge** _____ (**view / point / mainstream's / of / the**), and therefore, this may result in prosecution by the Governments.
5. What alternative media do is to close the _____ (**fake news / narrow / between / and / the gap / the truth / and**) since the public is losing its confidence in the mainstream media.
6. Alternative media sometimes _____ (**the / serve / purpose**) by fake news to control the public's sentiments.

CHAPTER 4. TECHNOLOGY

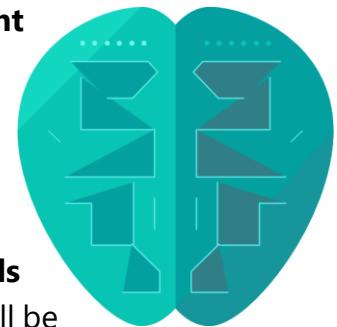
ROBOTS

Whether robots will replace humans is questionable. Well, **it depends** (*còn tùy*).



The benefits of robots are undeniable. First, by replacing human workforce with automated machines, productivity would increase in **leaps and bounds** (*idiom - rất lớn/ nhiều*), especially in manufacturing companies and **assembly factories** (*xưởng lắp ráp*). For example, robots can operate 24/7 with minimum **defects** (*lỗi của sản phẩm*) and without **work breaks** (*nghỉ giữa giờ*). Second, these mechanical devices can function in **hostile environment** (*môi trường nguy hiểm*). This means that humans can find robots useful for

exploring the ocean bottom or rescuing people in extreme conditions. Last but not least, robots have advantages of performing tasks requiring **pinpoint accuracy** (*cực kì chính xác*). This can really assist doctors during surgeries, even on **a human fetus** (*bào thai*).



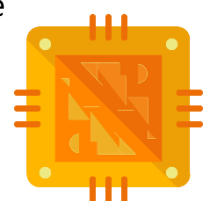
However, I believe robots will definitely not replace humans in some areas. In contrast, humans may **make major career shifts** (*thay đổi lớn trong công việc*) which require more **complex skills** (*các kĩ năng phức tạp*). **The first thing I could mention is** there will be

a new **artificial intelligence (AI)** (*trí thông minh nhân tạo*) industry, which means humans will program and manufacture robots. Of course, this trend will be **a double-edged sword** (*idiom - con dao 2 lưỡi*) as it creates a new high-tech industry and requires **a substantial number of** (*~ a lot of*) **highly qualified workers** (*công nhân tay nghề cao*) in a nation.



Second, robots will not replace teachers in classroom at least **in the foreseeable future** (*trong tương lai không xa*). Teachers not only **transmit knowledge** (*truyền thụ kiến thức*) but also **integrate moral education into classrooms** (*lồng ghép giáo dục đạo đức vào lớp học*) by teaching about positive behaviors, which technological devices are not capable of. Third, a teacher **powered by artificial intelligence** (*lập trình bằng trí thông minh nhân tạo*) would have difficulties interpreting **the**

educational needs (*nhu cầu học*) of a classroom of students. For example, *Honda Asimov*, one of the world's most advanced robots, has trouble distinguishing simple human emotions. If today's most advanced **artificial intelligence** cannot **categorize these basic physical cues** (*phân loại những tín hiệu vật lý đơn giản*), it is difficult to believe that a robot could be capable of **altering study plans** (*lên lộ trình học*) and teaching styles in a dynamic classroom setting.



ROBOTS		EXPRESSION PHRASES	
by leaps and bounds (idiom)	<i>nhANH chóng</i>	The first thing I could mention is (phrase)	<i>Điều đầu tiên tôi muốn nhắc đến</i>
Assembly factories (phrase)	<i>nhà máy lắp ráp</i>		
Defects (n)	<i>lỗi của sản phẩm</i>		
Work breaks (phrase)	<i>nghỉ giữa giờ làm</i>		
Hostile environment (phrase)	<i>môi trường nguy hiểm</i>		
Pinpoint accuracy (phrase)	<i>cực kỳ chính xác</i>		
A human fetus (phrase)	<i>bào thai</i>		
To make major career shifts (phrase)	<i>thay đổi lớn trong công việc</i>		
Complex skills (phrase)	<i>các kỹ năng phức tạp</i>		
Artificial intelligence / AI (n)	<i>trí thông minh nhân tạo</i>		
High qualified workers (phrase)	<i>công nhân tay nghề cao</i>		
Foreseeable future (phrase)	<i>trong tương lai không xa</i>		
Transmit knowledge (phrase)	<i>truyền đạt kiến thức</i>		
Integrate moral education into classrooms (phrase)	<i>xen kẽ các bài học đạo đức vào trong lớp học</i>		
Be powered by sth (phrase)	<i>bằng trí thông minh nhân tạo</i>		
The education needs (phrase)	<i>nhu cầu học</i>		

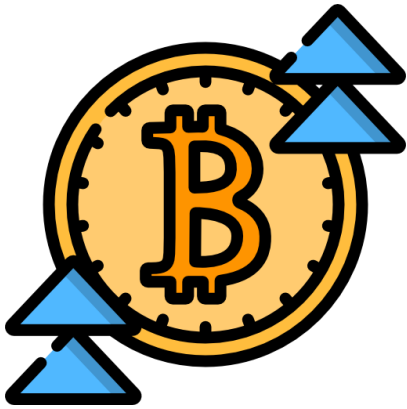
CRYPTOCURRENCY

This is a brand-new topic, even for an economist. **By this I mean**, this topic probably will not exist in your exam anytime soon. However, I'm getting you **ready for any circumstances**, right? So just keep reading.



WHAT IS CRYPTOCURRENCY?

It is a **virtual currency** (tiền ảo) that has its own independent value. Unlike real dollar bills, the value of this currency is determined by **the market demand** (tỷ lệ nhu cầu trên thị trường). Let me explain.



To put it simple, if you have a painting, its value, **let's say**, (**speaking* cụm từ để lấy vd về điều gì đó*) is \$5. One day, a famous artist comes along and realizes the real value of **your piece of art**. Therefore, many art collectors want to buy it, increasing the value of your painting to \$500 due to the increase in its demand on the market. **In short**, (*~ to sum up*) the higher demand leads to a higher price.

Then, **cryptocurrency** is just like your painting. It is a virtual product but with a price determined by the market demand.

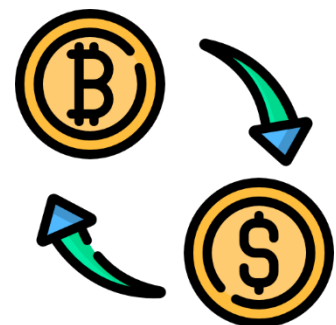
Bitcoin and **Ethereum** are **prime examples** (*ví dụ điển hình*) of **cryptocurrency**.

WHY IS THE PRICE OF BITCOIN SO HIGH?

First, you need to know why people use Bitcoin. One of the advantages is that all **transactions** (*giao dịch*) you make with Bitcoin is **anonymous** (*ẩn danh*). **By this I mean**, there are **no third-party interruptions** (*không có sự hiện diện của bên thứ 3 ngoài người bán và mua*), even governments or banks. Even the sellers **cannot track your information or your identity** (*không thể tìm ra được thông tin hay danh tính của bạn*). The technology behind this is **Blockchain**.

The advantage of Blockchain technology **acts an incentive for** (*là 1 sự khuyến khích cho ai đó/thứ gì đó*) **drug dealers** (*bọn buôn thuốc phiện*) and **smugglers** (*buôn bán trái phép*) to **facilitate their illegal smuggling** (*tạo thuận lợi cho việc vận chuyển trái phép*) since no information about buyers or sellers are recorded. So even **the authorities** (*~ governments*) will find it hard to identify **smuggler identities**.

Hence, the increasing **smuggling** leads to a higher demand of Bitcoin, resulting in a high value of this currency in the market. Plus, normal people invest money in Bitcoin due to its high value, pushing its demand even higher which further rises the prices.



WILL CRYPTOCURRENCY REPLACE REAL MONEY?

For me, no. Bitcoin is like a product with its market value while a currency has its own value set mostly by governments.

CRYPTOCURRENCY		EXPRESSION PHRASES	
Virtual currency (phrase)	<i>tiền ảo</i>	Let's say (phrase)	<i>cụm từ để lấy vd về điều gì</i>
The market demand (phrase)	<i>tỷ lệ nhu cầu trên thị trường</i>	In short (phrase)	<i>tóm lại</i>
A piece of art (phrase)	<i>một tác phẩm nghệ thuật</i>	Be ready for any circumstances (phrase)	<i>sẵn sàng cho bất kỳ tình huống nào</i>
Anonymous (adj.)	<i>ẩn danh</i>	Prime examples (phrase)	<i>ví dụ điển hình</i>
No third-party interruption (phrase)	<i>không có sự can thiệp của bên thứ 3</i>		
Identity (n)	<i>danh tính</i>		
Act as incentive for (phrase)	<i>là một sự khuyến khích cho ai đó / thứ gì đó</i>		
Drug dealers (phrase)	<i>bọn buôn thuốc phiện</i>		
Smugglers (n)	<i>bọn buôn lậu</i>		
To facilitate their illegal smuggling (phrase)	<i>tạo điều kiện cho việc vận chuyển trái phép</i>		



RECENT DEVELOPMENT IN YOUR CITY

You may or may not notice some significant changes in Hanoi recently, but our leaders are **aiming for** (~ to set a goal) a really ambitious goal which is to transform Hanoi into [Southeast Asia's largest smart city by 2030](#). This project of \$4 billion has already **commenced** (~ to begin) in the first quarter of 2018 "in accordance with (theo (luật/ chủ trương)) the capital's **revised information and technology** (đổi mới công nghệ thông tin) strategy" ([Vietnam Investment Review](#),

[2018](#)). Thus, the capital has made some development recently.

TECHNOLOGICAL DEVELOPMENT IN HANOI

First, **urban transportation** (giao thông trong thành phố) has been **facilitated** by a mobile phone app – [iParking](#). It allows users to search for parking spaces in all districts of Hanoi and make payment through their phones. This application is totally free and **powered by** (được vận hành bởi) the government.



Second, **online enrollment systems** (hệ thống chọn môn học online), **electronic school reports** (báo điểm điện tử về nhà - I've never experienced this 😞) and **family-to-school contacts** (liên hệ gia đình và nhà trường qua online) have been recently **integrated into** (tích hợp vào) schools and universities (maybe just the top-performing schools). And of course, parents are now able to keep track of **their children's academic performance** (năng lực học tập của con họ) on their **technological devices**.

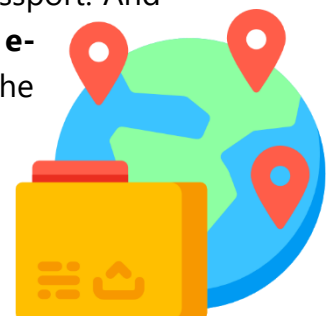
Third, Hanoi has been the first city **to implement** (áp dụng) a **paperless immunization management system** (hệ thống quản lý tiêm chủng điện tử). This means that **e-documents** will provide a database for doctors to keep track patients on the Internet.



Lastly, I am really surprised that **Hanoians** (người Hà Nội) are now able to apply or renew their [Passports online](#). And what you need to do is to present yourself at **the Vietnam Immigration Department** (phòng xuất nhập cảnh Việt Nam) and answer some questions, before arriving home with a passport. And

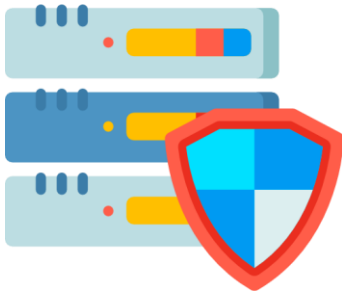
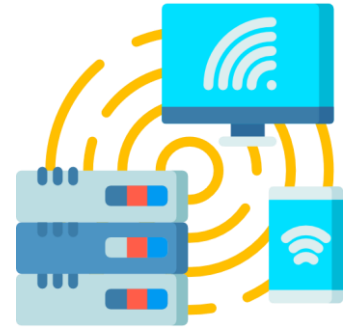
many working paper documents will be **transformed into e-documents** (được thay đổi thành tài liệu trên máy tính), and the government will become **the e-government** (Chính phủ điện tử).

Therefore, the capital has **commenced Hanoi Metro** (tàu điện trên cao) including **elevated and underground sections** (những nơi trên cao hoặc ngầm dưới đất) to **facilitate** efficient travels of the public in urban and suburban areas.



WHAT DOES THE GOVERNMENT MEAN BY 'A SMART CITY'?

First, **public infrastructure** (*hạ tầng công cộng*) such as transport, traffic and **residential buildings** (*tòa nhà dân cư*) as well as other areas including healthcare, education and tourism are all connected via the Internet. That's why the government has a priority of **setting up modern information technology and communication (ICT) infrastructure** (*thiết lập hệ thống cơ sở hạ tầng thông tin và truyền thông*).



Second, **living standards** (*mức sống*) of the capital should be **relatively high** (*khá cao*), and of course, the unemployment rate is kept to a minimum.

Third, there should be a substantial number of **highly qualified workers** to manage and operate such a **complex and cutting-edge system** (*hệ thống phức tạp và tân tiến nhất*) of the city.

Fourth, citizens are encouraged to use **smart cards** (*thẻ thông minh*) and e-banking rather than cash, forming a **cashless society** (*xã hội không tiền mặt*).

DEVELOPMENT IN CITY

Revised information and technology (phrase)	<i>công nghệ thông tin được đổi mới</i>
Urban transportation (n)	<i>giao thông đô thị</i>
The e-government (n)	<i>chính phủ điện tử</i>
Electronic school reports (phrase)	<i>báo điểm điện tử</i>
Be integrated into	<i>được tích hợp vào</i>
Technological devices (phrase)	<i>thiết bị điện tử</i>
Implement (v)	<i>áp dụng</i>
Paperless immunization management system (phrase)	<i>hệ thống quản lý tiêm chủng điện tử</i>
Be transformed into e-documents (phrase)	<i>được thay đổi thành tài liệu trên máy tính</i>
Public infrastructure (phrase)	<i>cơ sở hạ tầng công cộng</i>
Residential buildings (phrase)	<i>tòa nhà dân cư</i>
Set up modern information technology and communication infrastructure (phrase)	<i>thiết lập hệ thống cơ sở hạ tầng thông tin truyền thông</i>
Living standards (phrase)	<i>mức sống</i>

A complex and cutting-edge system
(phrase)

một hệ thống phức tạp và tân tiến nhất

Smart cards (phrase)

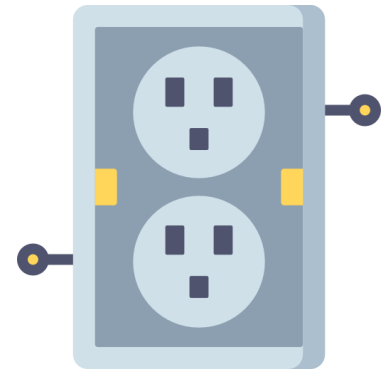
thẻ thông minh

A cashless society (phrase)

một xã hội không dùng tiền mặt

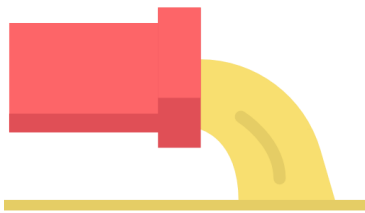
CHALLENGES

First, Vietnam has been facing **increasing energy demands** (*nhu cầu năng lượng ngày càng tăng*) every year. If the government does not focus on creating more **green, renewable and alternative energy** (*năng lượng xanh, tái sử dụng và thay thế*), **sooner or later** (*không sớm thì muộn*), Vietnam will have to import electricity, which **adds to current national budget deficits** (*thêm vào thâm hụt ngân sách*).



Second, it is difficult to meet the demands of **a highly**

qualified workforce for a smart city like Hanoi. **I would attribute that to** (**a good speaking phrase* tôi muốn đổ lỗi này cho việc gì*) a poor and outdated educational system.



Third, **ICT infrastructure, traffic congestion** (*~ traffic jam*), **water shortages** (*thiếu nước*), **wastewater treatment** (*hệ thống xử lý nước thải*) and increasing environmental pollution are **perpetual problems** (*những vấn đề muôn thuở*) without any **viable solutions** (*hướng giải quyết thỏa đáng*) proposed.

CHALLENGES		EXPRESSION PHRASES	
Increasing energy demands (phrase)	<i>nhu cầu năng lượng ngày càng tăng</i>	I would attribute that to (phrase)	<i>tôi muốn đổ lỗi việc này cho cái gì</i>
Green, renewable and alternative energy (phrase)	<i>năng lượng thay thế xanh và tái tạo được</i>		
To add to current national budget deficits (phrase)	<i>thêm vào thâm hụt ngân sách</i>		
Water shortages (phrase)	<i>thiếu nước</i>		
Wastewater treatment (phrase)	<i>hệ thống xử lý nước thải</i>		
Perpetual problems (phrase)	<i>những vấn đề muôn thuở</i>		
Viable solutions (phrase)	<i>những hướng giải quyết thỏa đáng</i>		

EXERCISE

FILL IN THE BLANK

1. First, by replacing human workforce with automated machines, the productivity would increase in _____ **and** _____
2. Robots can operate 24/7 with minimum _____ and without _____ **breaks.**
3. Robots have advantages of performing tasks requiring _____ accuracy.
4. Humans may **make major** _____ **in their jobs** which require more _____ **skills.**
5. Robots will not replace teachers in classroom at least **in** _____ **future.**
6. Teachers not only _____ **knowledge** but also _____ **moral education into classrooms** by teaching about positive behaviors.

CIRCLE THE CORRECT ANSWER

1. Our leaders are aiming **for / to** a really ambitious goal which is to transform Hanoi into Southeast Asia's largest smart city by 2030.
2. **Urban / Urbanization** transportation has been facilitated by a mobile phone app.
3. This application is totally free and powered **by / with** the government.
4. Online **enrollment / cancellation** system, **electronic / electrical** school reports and **family- to – school / family – to – parents** contacts have been integrated into schools and universities.
5. Hanoi has been the first city to implement **paperless / papery** immunization management system.

FILL IN THE BLANK

1. **Public** _____ (*hạ tầng công cộng*) such as transport, traffic and _____ **buildings** (*tòa nhà dân cư*) as well as other areas including healthcare, education and tourism are all connected via Internet.
2. _____ (*mức sống*) of the capital should be relatively high, and of course, the unemployment rate is kept to minimum.
3. There should be a substantial number of **highly** _____ **workers** to manage and operate such a **complex and** _____ **system.**
4. Citizens are encouraged to use _____ (*thẻ thông minh*) and e-banking rather than cash, forming a _____ society (*xã hội không tiền mặt*).

THERE IS ONE MISTAKE IN EACH SENTENCE. FIND AND THEN CORRECT IT

1. Vietnam has been facing increased energy demands every year.

2. If the government does not focus on creating more green, renewable and alternative energy, earlier or later, Vietnam will have to import electricity, which adds to current deficits.
3. It is difficult to meet the demands of the highly qualification workforce for a smart city like Hanoi.
4. Increasing environmental pollution are perpetual problems without any via solutions proposed.

CHAPTER 5. THE GOVERNMENT

WHAT ARE TAXES?

Government revenue (*nguồn thu của Chính phủ*) **predominantly** (~*mainly*) comes from taxes. Taxes **are levied/ imposed on** (*bị áp thuế*) individual incomes (**personal income tax** – *thuế thu nhập cá nhân*) and the profits of corporations (**corporate income tax** - *thuế thu nhập doanh nghiệp*). Also, people have to pay extra money as VAT (**value-added tax** – *thuế giá trị gia tăng*) for what they buy including **goods and services**. In Vietnam, VAT is 10%, while others may vary from 5% to 27%.



Do you know [Luxembourg, Hong Kong and Switzerland](#) offers **near-zero rates of taxation** (*thuế gần như bằng 0*)? These places are known as **tax havens** (*thiên đường thuế*).

WHY PAY TAXES?

While everyone including me does not want to pay taxes, we like to receive **social welfare** (*phúc lợi xã hội*) such as health care, education, public transit, public highways, social benefits, police and so on.

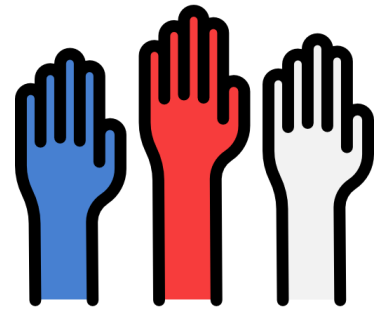


Theoretically speaking (**a good phrase for speaking* theo lý thuyết mà nói*), if no taxes are collected from the public, there is no **social welfare** to distribute. By collecting taxes, the government benefits the public by **reinforcing police standards** (*củng cố lực lượng cảnh sát*), **improving public infrastructure** (*cải thiện cơ sở hạ tầng*) such as roads and highways, building more hospitals, parks and libraries, and even transforming Hanoi into **a smart city** 🤖 (read Chapter 4. *Technology*).

Since paying taxes is your **civic duty** (*trách nhiệm công dân*), **tax evasion** (*sự trốn thuế*) is a crime.

OTHER ROLES OF THE GOVERNMENT

"There are **a myriad of government bodies** (các bộ thuộc chính phủ) **administering** (quản lý) a variety of **economic and societal activities** (hoạt động kinh tế và xã hội)." (Academic Vocabulary, Kien Tran 2017). **Ministry of Construction** (bộ xây dựng), **Ministry of Public Security** (bộ công an) and **Ministry of Education and Training** (bộ giáo dục và đào tạo) are **prime examples** of **government bodies**. They **serve their own distinct and specialized functions** (~ have their roles to do).



I have many sections on the roles of government in a variety of topics. Read more on **Section 2. Chapter 1, 3, 4**.

PRO TIPS

Khi nói đến chính phủ phải chi cho 1 việc gì đó hãy nhớ rằng **government revenue predominantly comes from taxes**. Và taxes đến từ dân, do vậy nếu chính phủ chi quá nhiều tiền hay đầu tư sai, thì nó sẽ **add to current national budget deficits** (thêm vào thâm hụt ngân sách) -> tiền của dân sẽ mất.

TAXES		EXPRESSION PHRASES	
Government revenue (phrase)	<i>nguồn thu nhập chính của chính phủ</i>	Theoretically speaking (phrase)	<i>theo lý thuyết mà nói</i>
Taxes are levied / imposed on (phrase)	<i>bị áp thuế</i>		
Personal income tax (phrase)	<i>thuế thu nhập cá nhân</i>		
Value-added tax (phrase)	<i>thuế giá trị gia tăng</i>		
Near-zero rates of taxation (phrase)	<i>thuế gần như bằng không</i>		
Tax havens (phrase)	<i>thiên đường thuế</i>		
Social welfare (phrase)	<i>phúc lợi xã hội</i>		
To reinforce police standards (phrase)	<i>củng cố lực lượng cảnh sát</i>		
To improve public infrastructure (phrase)	<i>cải thiện cơ sở hạ tầng</i>		

Civic duty (phrase)	<i>trách nhiệm công dân</i>
Tax evasion (phrase)	<i>sự trốn thuế</i>
Government bodies (phrase)	<i>các bộ phận của chính phủ</i>
To administer (v)	<i>quản lý</i>
Economic and societal activities (phrase)	<i>hoạt động kinh tế và xã hội</i>
To serve their own distinct and specialized functions (phrase)	<i>có chức năng riêng</i>

EXERCISE

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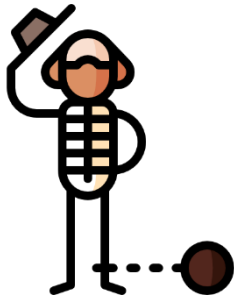
Government _____ (*nguồn thu của Chính phủ*) _____ (~mainly) comes from taxes. Taxes **are** _____ **on** (*bị áp thuế*) individual incomes (_____ **tax** – *thuế thu nhập cá nhân*) and the profits of corporations (_____ **tax** - *thuế thu nhập doanh nghiệp*). Also, people have to pay extra money as VAT (_____ **tax** – *thuế giá trị gia tăng*) for what they buy including _____ **and** _____. In Vietnam, VAT is 10%, while others may vary from 5% to 27%.

Do you know [Luxembourg, Hong Kong and Switzerland](#) offers **near-zero rates of** _____ (*thuế gần như bằng 0*)? These places are known as **tax** _____ (*thiên đường thuế*).

CIRCLE THE RIGHT WORD

While everyone including me does not want to pay taxes, we like to receive **social / cultural** welfare such as health care, education, public transit, public highways, social benefits, police and so on.

Theoretically **speaking / spoken**, if no taxes are collected from the public, there is no social welfare to distribute. By collecting taxes, the government benefits the public by **reinforcing / forcing** police standards, improving public **infrastructure / structure** such as roads and highways, building more hospitals, parks and libraries, and even transforming Hanoi into a smart city. Since paying taxes is your civic duty, tax evasion is a crime.



CHAPTER 6. CRIME

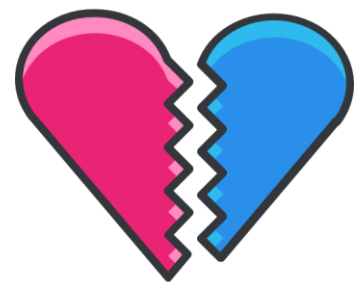
IS IMPRISONMENT THE BEST SOLUTION?

Some people believe the best way to **deter crime from being committed** (*ngăn chặn sự phạm pháp*) is **imprisonment** (*sự giam giữ phạm nhân*), which remains a **highly controversial topic** (*đáng tranh cãi*).

To take a position (*để đưa ra quan điểm của bạn*), let's understand the advantages of **imprisonment** for the society. One of the main purposes of prison is to punish criminals and **maintain public safety**. Therefore, **living conditions** (*điều kiện sống*) should be as uncomfortable for the prisoners as possible, with **hard wooden beds** (*giường gỗ cứng*), **monotonous food** (*đồ ăn nhạt nhẽo*) and few activities **to relieve the boredom** (*giải tỏa sự buồn chán*), which make prisoners to **detest** (*~ hate sth very much*) being sent there. **Another advantage I would bring is that** (**a good speaking phrase**) prison is a good method to **rehabilitate offenders** (*cải tạo người phạm luật*). By equipping them with **practical skills** (*kỹ năng thực tế*) and **fundamental knowledge** (*kiến thức căn bản*) such as computer programming, mechanical maintenance or graphic design, **vocational training** (*đạy nghề*) helps **inmates** (*~prisoners*) to **reintegrate into** (*tái hòa nhập với*) life outside of prison.



Skeptics (*người có quan điểm trái ngược*), on the other hand, raise concerns over its effectiveness. First, **imprisonment** may **break up families** (*phá vỡ (hạnh phúc) gia đình*) and **cost offenders their jobs and often their homes** (*cost sb sth – làm ai đó mất đi cái gì*), and there is **growing evidence** (*ngày càng có nhiều bằng chứng*) that poverty **correlate with** (*có mối liên hệ giữa*) higher crime rate. Second, the cost of **the incarceration system** (*hệ thống nhà tù*) requires salaries for policemen and administration staff who maintain **basic amenities** (*những điều kiện sống thiết yếu*) for **inmates** (*tù nhân*), which further adds to **the current national budget deficits** (*thâm hụt ngân sách nhà nước*).





DEATH PENALTY

Another **highly controversial issue** is **the implementation of** (*sự áp dụng (luật) nào đó*) **the death penalty** or **capital punishment** (*tử hình*). While this punishment method is **cost-effective** (*tiết kiệm chi phí*), since there is little budget for **accommodation** (*chỗ ở*) or meals to criminals, it is believed to be strong enough to **deter criminal intent** (*ngăn chặn sự phạm pháp*). Meanwhile, **on the eyes of skeptics**, especially **Buddhists** (*người theo đạo Phật*), **death penalty** is an **unethical way** (*1 cách không nhân đạo*) to **deter crime** and it should be **abolished** (*bãi bỏ*) as soon as possible. They claim there are **alternatives** (*các cách thay thế*) to this **unethical punishment**.

PRO TIPS

To act as an incentive for ~ như 1 sự khuyến khích cho điều gì

→ The government's subsidy would **act as an incentive for** farmers to adopt good agricultural practices.

To act as a deterrent for ~ như 1 sự ngăn chặn cho điều gì

→ The implementation of capital punishment can **act as a deterrent for** criminals

CRIME		EXPRESSION PHRASES	
To deter crime from being committed (phrase)	<i>Ngăn chặn sự phạm pháp</i>	To take a position (phrase)	<i>Để đưa ra quan điểm của mình</i>

Imprisonment (n)	<i>Sự giam giữ phạm nhân</i>	Another advantage I would bring is that (phrase)	<i>Một lợi ích khác đó là</i>
To maintain public safety (phrase)	<i>Duy trì an ninh công cộng</i>	Growing evidence (phrase)	<i>Ngày càng nhiều bằng chứng</i>
Hard wooden beds (phrase)	<i>Giường gỗ cứng</i>	To correlate with (phrase)	<i>Có mối liên hệ với</i>
Monotonous food (phrase)	<i>Đồ ăn nhạt nhẽo</i>		
Detest (v)	<i>Ghét cay ghét đắng</i>		
To rehabilitate offenders (phrase)	<i>Cải tạo người phạm luật</i>		
Practical skills (phrase)	<i>Kỹ năng thực tế</i>		
Fundamental knowledge (phrase)	<i>Kiến thức căn bản</i>		
Vocational training (phrase)	<i>Đào tạo nghề</i>		
Inmate (n)	<i>Tù nhân</i>		
To reintegrate into (phrase)	<i>Tái hòa nhập</i>		
The incarceration system (phrase)	<i>Hệ thống nhà tù</i>		
Basic amenity (phrase)	<i>Những điều kiện sống thiết yếu</i>		
The implementation of (phrase)	<i>Sự áp dụng của cái gì đó</i>		
The death penalty / capital punishment (phrase)	<i>Án tử hình</i>		
Cost-effective (adj.)	<i>Tiết kiệm chi phí</i>		
Accommodation (n)	<i>Chỗ ở</i>		
An unethical way (n)	<i>1 cách vô nhân đạo</i>		
To abolish (v)	<i>Loại bỏ</i>		
Alternative (n)	<i>Cách thay thế</i>		

EXERCISE

CHOOSE A WORD FROM THE BOX AND FILL IN THE BLANK.

safety	offenders	inmates	alternatives	living conditions
amenities	evidence	penalty	policies	incarceration
knowledge	punishment	imprisonment	authorities	skills

- Let's understand the advantages of _____ for the society.
- One of the main purposes of prison is to punish criminals and maintain public - _____.
- Therefore, _____ should be as uncomfortable for the prisoners as possible, with hard wooden beds, monotonous food and few activities to relieve the boredom, which make prisoners to detest being sent there.
- Prison is a good method to rehabilitate _____.
- By equipping them with practical _____ and fundamental _____ such as computer programming, mechanical maintenance or graphic design, vocational training helps _____ to reintegrate into life outside of prison.
- There is growing _____ that poverty correlate with higher crime rate.
- The cost of the _____ system requires salaries for policemen and administration staff who maintain basic _____ for inmates, which further adds to the current national budget deficits.
- Another highly controversial issue is the implementation of the death _____ or capital _____.
- There are _____ to this unethical punishment.

CHAPTER 7. EDUCATION

PARENTING / UPBRINGING



As far as I am concerned (~ *I believe*), personalities traits always are considered **imperative** (~ *important*) for future success of in life (see **Section 1. Chapter 1. Personality**). Therefore, any factors, including **parental influence** (*ảnh hưởng của bố mẹ*), has a **profound impact on** (*có ảnh hưởng lớn*) the development of children. Since children spend most of their time with their family, their personalities are formed and shaped through the type of

parenting/ upbringing (*sự nuôi dạy*) they have had, whether **loving** (*yêu thương*) or **abusive** (*hành hạ*) ([UAMhealth, 2011](http://UAMhealth.com)).

In past IELTS writing exams, the topic was whether we can predict if a child would become a criminal in the future by studying their behavior at 3 years of age. My god! It is hard, isn't it? But don't worry, let me outline some main points as follows.

1. **Inherited tendencies** (*bản tính bên trong*): some traits of parents **pass on** (*truyền lại*) to **their offspring** (~ *their children*). This shows some **genes** (*gen*) of your parents may have effects on your personality, such as calmness or **impulsiveness** (*hung hăng*). If a **toddler** (*đứa trẻ biết đi*) was more **aggressive** (*dễ nổi giận*) and **impulsive** than their peers, these personal traits would develop and become more **stable** (*vững chắc*) when they become fully grown-up. For example, **exhibiting physical cruelty** (~ *showing dangerous behaviors*) to other **peers** (~ *friends*), such as frequently **initiating physical fights** (*khiêu khích đánh nhau*) and **deliberately destroying property** (*cố tình phá hoại của công*) are **could be an indication that** some toddlers might be already **destined for** (*có xu hướng*) a life of crime unless some corrections in behaviors are made.

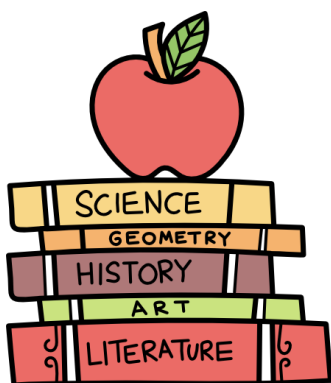


2. **The environment** or **external factors** (*yếu tố bên ngoài*): these surroundings include **upbringing** and the education you received. **To be more specific**, if children **experience domestic violence** (*trải qua bạo hành gia đình*) such as **battering** (*bị đánh*) or **sexual abuse** (*lạm dụng tình dục*), they **are prone to** (**negative context* ~ likely to do sth*) face some major health problems ranging from physical injuries to **mental health disorders** (*rối loạn cảm xúc*), **thereby** (~ *therefore*) **having a tendency to** (~ *be prone to do sth*) **adopt violent behaviors** (*du nhập các thói quen bạo lực*).

PRO TIPS

Khi nói đến **Education**, hãy liên hệ đến cách nuôi dạy cha mẹ (**upbring**), thầy cô trong trường (**teachers – teaching methods**), giáo trình trong trường học (**curriculum**), bạn bè (**friend influence**) và bản tính của trẻ (**inherited tendencies**)

PARENTING / UPBRINGING		EXPRESSION PHRASES	
Imperative (adj.)	<i>quan trọng</i>	As far as I am concerned	<i>tôi tin là</i>
Parental influence (phrase)	<i>ảnh hưởng từ bố mẹ</i>	A profound impact on (phrase)	<i>có ảnh hưởng lớn</i>
Offspring (n)	<i>con cái</i>		
Parenting / upbringing (n)	<i>sự nuôi dạy</i>		
Loving (adj.)	<i>nhiều yêu thương</i>		
Abusive (adj.)	<i>hành hạ</i>		
Inherited tendencies (phrase)	<i>bản tính bên trong</i>		
Impulsiveness (n)	<i>sự hung hăng</i>		
Toddler (n)	<i>đứa trẻ đang tập đi</i>		
Aggressive (adj.)	<i>dễ nổi giận</i>		
To exhibit physical cruelty (phrase)	<i>thể hiện những hành vi không đúng chuẩn mực</i>		
To initiate physical fights (phrase)	<i>khiêu khích đánh nhau</i>		
To deliberately destroy property (phrase)	<i>cố tình phá hoại của công</i>		
Be destined for (phrase)	<i>có xu hướng</i>		
External factors (phrase)	<i>yếu tố bên ngoài</i>		
To experience domestic violence (phrase)	<i>trải qua bạo lực gia đình</i>		
To batter (v)	<i>đánh đập</i>		
Sexual abuse (phrase)	<i>lạm dụng tình dục</i>		
Mental health disorders (phrase)	<i>rối loạn cảm xúc</i>		



A GOOD EDUCATIONAL SYSTEM

As far as I am concerned, education is the best tool for a person's success. And it should be **the top priority of** (*ưu tiên số 1*) any countries.

In the eyes of educators, objectives of primary, secondary, high schools and higher education are obvious.

- 1. Primary/ elementary education:** to acquire basic **literacy** (*đọc và viết*) and **numeracy skills** (*số học*) and learning to appreciate their own and the cultures of other people.
- 2. Secondary education:** to develop **critical thinking** (*tư duy phê phán, phân biệt*) and **logical decision-making** (*đưa ra quyết định 1 cách logic*).
- 3. High school:** to find out students' strengths and weaknesses. Therefore, many high schools in developed countries offer a variety of classes including music, photography, **pottery** (*nặn gốm*), sports and design for students to **satisfy their curiosity**, which **acquires better job prospects** later in their life (*có cái nhìn về tương lai nghề nghiệp tốt hơn*).
- 4. Tertiary education** (*~ higher education*): to further equip knowledge in specific **disciplines** (*~ major-nghành học*), and to prepare students to **land a decent job** (*tìm được công việc tốt*) proceeding graduation.



Then, you may take a look at **the Vietnamese educational system** and make your own judgements whether it is effective. Educators claim that our educational system should **integrate** (*integrate sth into sth – tích hợp cái gì vào cái gì*) the **holistic learning approach** (*phương pháp học toàn diện*) into the classroom, but despite all **reforms** (*cải cách*), Vietnamese education remains to be **exam-driven** (*học chỉ để thi*).



The main purpose of primary schools is to ensure all pupils are getting into secondary schools. Then, secondary schools become **cram schools** (*những trường học nhồi nhét*) that **impart** (*truyền thụ kiến thức*) as much knowledge to its students as possible to pass the exams of high schools. From this stage, students have to **pull an all-nighter** (*thức đêm để học*) for **the university entrance exams** (*thi đại học*). One mistake, and you **are labelled as** (*bị gắn mác*) **incompetent students** (*học sinh kém*).

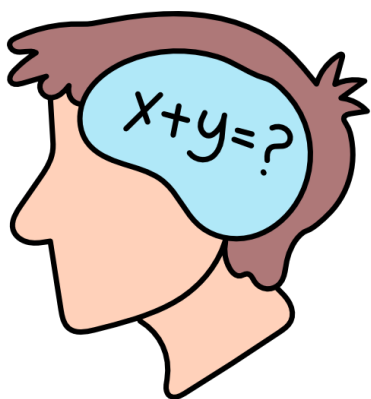


The worst thing is that everything you learned at school including university is neither **relevant** (*không liên quan*) nor **outdated** (*bị lỗi thời*) in a modern working environment. For example, if you study English properly in high schools or universities, you probably do not need to spend a year on studying IELTS in any English Centers. Have I made myself clear? I realized how good your **academic performance** was, you **would have nothing to show for** (*chẳng đạt được gì*) 12 years' studying.

A GOOD EDUCATIONAL SYSTEM		EXPRESSION PHRASES	
Literacy (n)	đọc và viết	The top priority	ưu tiên
Numeracy skills (phrase)	số học	(phrase)	hàng đầu
Critical thinking (phrase)	tư duy phê phán	To have nothing	chẳng đạt
Logical decision-making (phrase)	đưa ra quyết định một cách sáng suốt	to show for	được cái gì
Pottery (n)	gốm	(phrase)	
To acquire better job prospects (phrase)	có cái nhìn về nghề nghiệp tương lai tốt hơn		
Tertiary education (phrase)	đại học		
Discipline (n)	ngành học		
To land a decent job (phrase)	tìm được công việc tốt		
Holistic learning approach (phrase)	phương pháp học toàn diện		
Reform (n)	cải cách		
Exam-driven (adj.)	học chỉ để thi		
Cram schools (phrase)	trường học nhồi nhét		
To impart (v)	truyền thụ kiến thức		
To pull all-nighter (phrase)	thức đêm để học		
The university entrance exams (phrase)	thi đại học		
Be labelled as (phrase)	bị gắn mác		
Incompetent students (phrase)	học sinh kém		

RYAN'S STORY

The following section is a true story about my stress during **the University Entrance Exam** (kì thi đại học) and how I overcame it. Take a look.



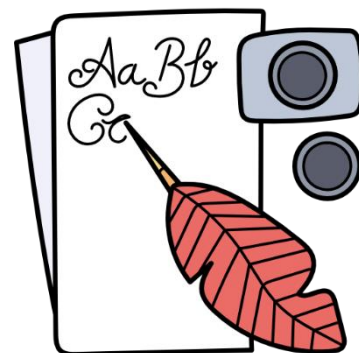
'Will you graduate from high school?' That was the doubt of my parents as well as my high school teachers when they looked at the transcript.

'Con có thể tốt nghiệp Trung học được không?' đó là câu hỏi mà bố mẹ và cô giáo hỏi suốt ngày khi nhìn vào bảng điểm cuối kì.

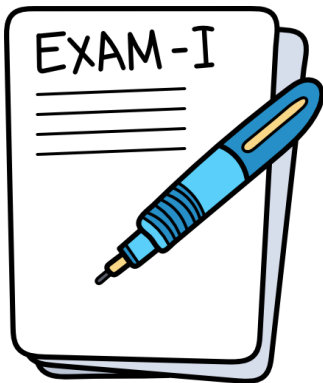
Under the eyes of an introvert and quiet student like me, I always had a thought that school was just for brainwashed cowards. Having few friends, feeling isolated and ashamed to look people in the eyes whenever they approached me, I used to be a failure at school. That story is hard to believe but it is true.

Dưới con mắt của 1 người sống nội tâm và ít nói như tôi, tôi luôn có suy nghĩ trong đầu rằng trường học chỉ dành cho những thằng dở hơi bị tẩy não. Tôi có rất ít bạn, cảm thấy bị xa lánh và hay xấu hổ khi nhìn vào bạn nào đó mỗi khi họ nói chuyện với mình. Tôi đã từng là kẻ thất bại ở trường. Điều đó thật khó tin nhưng có thật.

I just wished to escape from the world, and to leave my past behind. Everybody seemed to turn their back on me. It is so hurtful when all you desire is someone you can connect, talk and smile with, but no one is there. I thought there would be no way out and every door closed in front of my eyes. But somehow, Lord of Faith did not want to cross out my name.



Tôi chỉ muốn thoát khỏi cái thế giới này, và để lại quá khứ đằng sau. Mọi người dường như quay lưng lại vs tôi. Nó đau chứ khi mà tất cả những gì tôi muốn là chia sẻ với 1 người khác và cười vs họ nhưng lại chẳng có ai cả. Tôi đã nghĩ rằng chẳng có con đường hay cánh cửa nào cho bản thân mình lựa chọn. Nhưng rồi bằng 1 cách nào đó, Chúa đã không gạch tên tôi đi.



The moment I had to confront the University Entrance Exam gave me goosebumps. I was afraid that I could not make it through. What should I do if I could not go to college? The question was haunting me for a long time, long enough for me to start wondering about my attitude. My fear of failure overtook me and there were no positive thoughts. Even at that time, I did not know where to start, but in my mind, there was a voice whispering that I needed someone to help me.

Cái thời điểm tôi phải thi đại học cũng đã đến và tôi thì nổi hết cả da gà. Tôi sợ nếu tôi k qua được thì sao nhỉ. Tôi sẽ làm gì khi không đỗ vào 1 trường nào cả? câu hỏi đó cứ ám ảnh tôi suốt trong 1 thời gian dài, nó đủ lâu để tôi bắt đầu nghi ngờ về bản thân mình cho đến 1 ngày. Nỗi sợ hãi dường như không thể kiểm soát được khiến tôi ngày càng không thể nghĩ được điều gì tốt đẹp cả. Không biết bắt đầu từ đâu và rồi 1 giọng nói vang lên trong đầu tôi: tôi cần được giúp đỡ.

Then during a window-shopping tour through many bookstores, by chance I picked up a book named "Secrets of millionaire mind" by T. Harv Eker and immediately I was enchanted by its content. After reading the book, I decided that I needed to meet up with the author of the book and discuss with him all of my concerns. After doing some research on the Internet, I found out that Mr. Eker had a seminar in Singapore so I calculated the fees I might have to spend for the trip and without doubt, I placed my feet in Singaporean land one month later.



Trong 1 ngày đi quanh hiệu sách, tình cờ tôi bắt gặp cuốn 'The secret of millionaire mind' của tác giả Harv Eker và ngay lập tức khiến tôi như bừng tỉnh. Sau khi đọc ngẫu nhiên nó và tôi quyết định phải gặp được tác giả và nói vs ông ta điều tôi cần giúp đỡ. Sau 1 vài nghiên cứu nhỏ trên Internet, tôi biết rằng ông ta có 1 khóa học ngắn hạn tại Singapore.



Would you have had the courage to fly to Singapore alone at the age of 17? Do whatever it takes to change your life, that's what I think!

My life story is living evidence about how much a person can transform. I want to make people understand everything can be improved and developed, as long as you keep trying, and obviously, it includes leadership ability also.

Cuộc sống của tôi là 1 bằng chứng sống về điều bạn có thể thay đổi đến mức nào. Tôi muốn mọi người hiểu rằng mọi thứ đều có thể cải thiện và thay đổi, miễn là bạn cứ cố gắng và không bỏ cuộc, và tất nhiên, nó bao gồm cả kĩ năng lãnh đạo nữa.



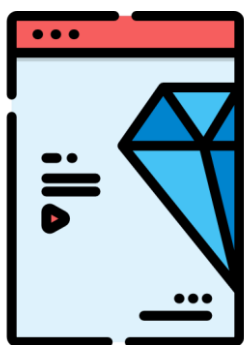
That's why I am really **passionate about** education because great education makes great people. I understand if you **are labelled as stupid** (*bị dán nhãn là ngu ngốc*) due to your bad **academic performance** at school. But listen to me, you are not what they say you are. Believe in yourself, change your life, and if possible, bend the world.

ONLINE LEARNING

"Many people can now study **at home** through **distance-learning programs** via Internet or television. But some people say this kind of education cannot be compared to **attending a college**. What is your opinion?"

Easy! Let's do it!

Over the past decade, e-learning has given students **the privilege** (*quyền lợi*) to study at home. Although **no one can deny** (*không ai có thể phủ nhận*) the impact of advanced communication technology in education, it is not to say college attendance has **no redeeming features** (*không có mặt tốt*).



On the one hand, **advocates of** (*những người ủng hộ*) e-learning may argue that distance learning not only offers a great deal of school selection but also enables students to study in **flexible schedule** (*thời gian linh hoạt*). First, thanks to the Internet, students are now able to apply for their preferred colleges at their discretion **regardless of** (*không kể đến*) their location. **An excellent example of this can be seen with** e-learning programs of prestigious universities including Harvard, MIT and

Yale in which international students, especially Asians, can publicly download **digital contents** (*tài liệu số*) and register for online courses in just a click. Moreover, since most learners work either full or part-time, they require **a flexible/adjustable studying timetable**. **This means that** an individual is able to listen to a lecture available in **college intranet** (*trang nội bộ của trường*) at any time, even midnight without class attendance, which **can be conducive to** (*làm thuận lợi cho điều gì*) the balance of academic and working achievement.

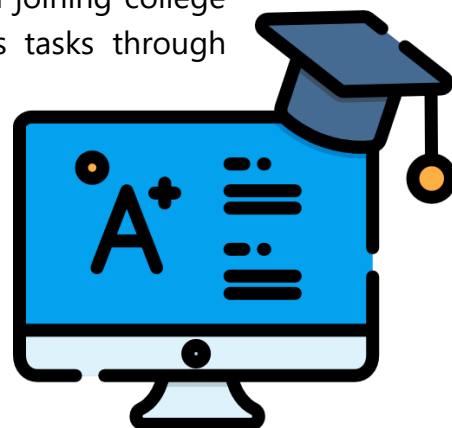




However, **I firmly advocate (for)** (*tôi ủng hộ việc gì hơn*) attending college because face-to-face communication and **constructive activities** (*những hoạt động mang tính xây dựng*) with friends are always beneficial. First, social interactions in class **would act as an incentive for** (*như 1 sự khuyến khích*) students to take advantages of **knowledge spillovers** (*sự lan tỏa kiến thức*) and **disciplinary standards** (*tiêu chuẩn về kỉ luật*) from their counterparts as they work in a group



assignment, which enhances **overall academic performance** (*thành tích học tập*). In fact, children who study at home **are prone to** (*dễ bị làm sao*) lack necessary teamwork skills such as presentation and conflict management skills which are only gained at school during group exercises. In addition, students are encouraged to take part in **extracurricular activities** (*các hoạt động ngoại khóa*) when joining college community at campus. By getting their hands-on various tasks through volunteering and working, students are more likely to **accrue practical experience**, therefore becoming more mature, acquiring better **job prospects** (*triển vọng nghề nghiệp*), and gaining a new appreciation for their college degrees.



In conclusion, while **the ubiquity of** (*~ the popularity of*) Internet has been promoted e-learning, attending physical classroom remains the most preferred choice of students due to its merits.

EXERCISE

FIND AN ERROR IN EACH SENTENCE AND THEN CORRECT IT.

1. Parental influence has a underground impact on the development of children.
2. Since children spend most of their time with their family, their personalities are formed and shaped through the type of bringing they have had.
3. Some traits of parents pass on to their offwinter.
4. Exhibiting physical cruel to other peers could be an indication that some toddlers might be already destined to a life of crime unless some corrections in behaviors are made.
5. If children experience domestic violence, they are prone to face some major health problems ranging from physical injuries to mental health orders, thereby having a tendency to adopt violent behaviors.

FILL IN THE BLANK

1. **Primary/ elementary education:** to acquire basic _____ (đọc và viết) and _____ (số học) and learning to appreciate their own and the cultures of other people.
2. **Secondary education:** to develop _____ (tư duy phê phán, phản biện) and **logical** _____ (đưa ra quyết định 1 cách logic)
3. **High school:** to find out students' _____ and _____.
4. **Tertiary education:** to further equip knowledge in specific _____, and to prepare students to **land a** _____ **job** proceeding graduation.

CHAPTER 8. GLOBALISATION

WHAT IS GLOBALIZATION?



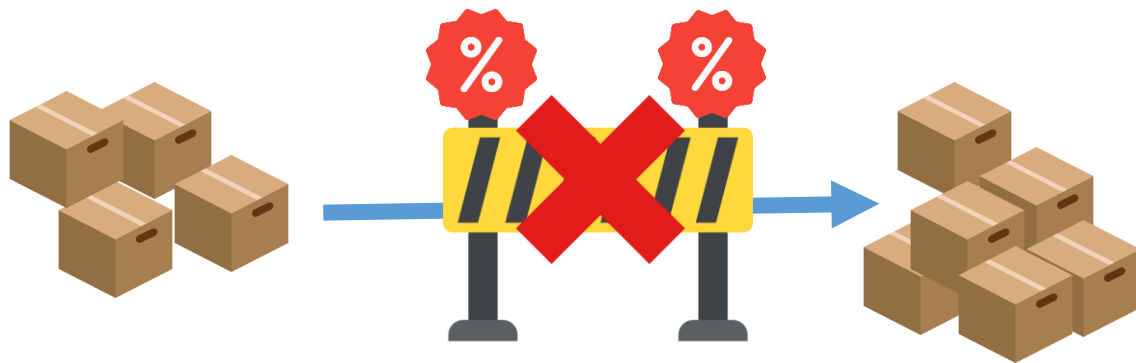
It starts from an idea of **cooperation** (*hợp tác*) between two companies but in separate countries. Then, due to its benefits, **a myriad of** companies also **follow in their footsteps** (*làm theo ai đó*) and operate on an international scale.

Thanks to **advances in transport and communication technology**, both businesses and governments are now **developing their international influence** (*tạo sự ảnh hưởng quốc tế*), and people are now able to travel worldwide. All of this process forms the term '**globalisation**'.

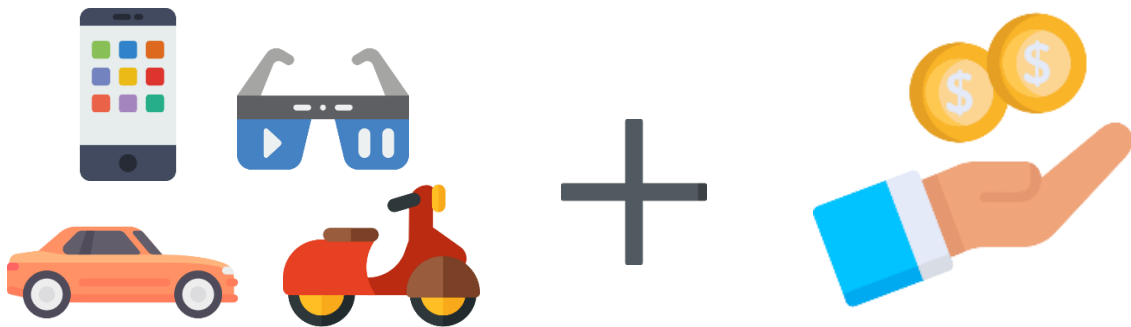
ECONOMICS



1. The main purpose of **tariffs** (*hàng rào thuế quan*) is to protect **domestic market** (*thị trường trong nước*) or even **infant industries** (*các ngành công nghiệp non trẻ*) from foreign (cheap) products.



2. However, due to globalisation, governments start to **reduce or remove tariff barriers** (*giảm hoặc gỡ bỏ hàng rào thuế quan*), **facilitating free trade** (*thương mại tự do*) or **international trade**.



3. As a result, people, especially in the **low-income class**, can **have access to** (*có thể làm gì đó*) high-quality products with more reasonable prices. In other words, competition between companies on the market **greatly benefits/ is highly beneficial to** customers as it reduces prices on products.



4. **Having said that** (*~ however*), **the removal of tariffs compromises the competitiveness of local businesses** (*sự cạnh tranh của doanh nghiệp trong nước*). **What I am trying to say is domestic products** (*hàng nội địa*) cannot compete with cheap products from **top manufacturing countries** (*những nước đứng đầu về sản xuất*).

ECONOMICS

Cooperation (n)	<i>sự hợp tác</i>
Advances in transport and communication technology (phrase)	<i>sự phát triển trong giao thông và công nghệ thông tin</i>
To develop their international influence (phrase)	<i>tạo sự ảnh hưởng quốc tế</i>
Tariff (n)	<i>hàng rào thuế quan</i>
Domestic market (phrase)	<i>thị trường trong nước</i>
Infant industries (phrase)	<i>các ngành công nghiệp non trẻ</i>
To reduce or remove tariff barriers (phrase)	<i>giảm hoặc gỡ bỏ hàng rào thuế quan</i>
Free trade (phrase)	<i>thương mại tự do</i>
International trade (phrase)	<i>thương mại quốc tế</i>
Low-income class (phrase)	<i>tầng lớp những người thu nhập thấp</i>
To greatly benefit sb / to be beneficial to sb (phrase)	<i>có lợi cho ai đó</i>
The removal of tariffs (phrase)	<i>sự loại bỏ hàng rào thuế quan</i>
The competitiveness of local business (phrase)	<i>sự cạnh tranh của doanh nghiệp địa phương</i>
Domestic products (phrase)	<i>hàng nội địa</i>
Top manufacturing countries (phrase)	<i>những nước đứng đầu về sản xuất</i>

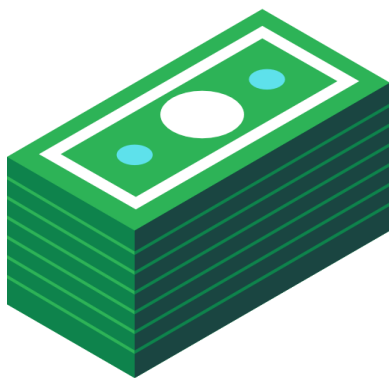


JOBS

Thanks to **inward investment** or **foreign investments** (đầu tư nước ngoài), **transnational corporations** (các công ty đa quốc gia) open **their branches** (chi nhánh) in local areas, providing job opportunities for the local. Moreover, these companies also bring **cutting-edge technology** (công nghệ đỉnh cao) to **third-world countries** (~ developing countries) and train **domestic employees** to become **highly-qualified workers** (công nhân tay nghề cao). For that

reason, governments usually welcome and encourage **international corporations** to operate in their countries.

In the eyes of skeptics, however, globalisation **promotes domestic job loss** or **offshore outsourcing** (*sử dụng nguồn nhân lực ở nước ngoài*). For example, some countries, like China, offers **an abundance of** (~ a lot of) cheap and **highly-qualified workforce/labours**, thereby attracting **transnational corporations**, like Samsung or IBM, **to shift millions of employment opportunities overseas** (*chuyển hàng triệu cơ hội nghề nghiệp qua các nước khác*). **Accordingly**, in efforts to reduce their production cost, they **inadvertently** (*không cố tình*) take millions of jobs away from their respective countries.



Some people also claim that globalisation **comes at the cost of income inequality** (*bất bình đẳng trong thu nhập*). **By this I mean** the rich get richer while the poor become poorer. One of the main reasons is **offshore outsourcing** as I said before. The **increasing competitiveness for job opportunities** also **largely contributes to the discrepancy in income** (~ *the differences in income*) because companies are now hiring experienced or **highly-qualified workers** rather than uneducated/ inexperienced ones.

JOBS

Inward investment / foreign investment (phrase)	<i>đầu tư nước ngoài</i>
Transnational corporations (phrase)	<i>các công ty đa quốc gia</i>
Branch (n)	<i>chi nhánh</i>
Third-world countries (phrase)	<i>các nước đang phát triển</i>
Domestic employees (phrase)	<i>nhân lực trong nước</i>
Highly-qualified workers (phrase)	<i>công nhân tay nghề cao</i>
To promote domestic job loss (phrase)	<i>gây ra mất việc trong nước</i>
Offshore outsourcing (phrase)	<i>sử dụng nguồn nhân lực nước ngoài</i>
An abundance of (phrase)	<i>rất nhiều</i>
To shift millions of employment opportunities overseas (phrase)	<i>chuyển hàng triệu cơ hội nghề nghiệp qua các nước khác</i>
In efforts to (phrase)	<i>cố gắng để làm gì đó</i>
Inadvertently (phrase)	<i>không cố tình</i>
Income inequality (phrase)	<i>bất bình đẳng trong thu nhập</i>

To largely contribute (phrase)

đóng góp lớn

The discrepancy in income (phrase)

sự khác biệt trong thu nhập

CULTURES

WHAT IS CULTURE?

I don't want to give you a complicated definition or **jargon** (*thuật ngữ*) you may find on the Internet. But some aspects would definitely be **taken into account** (~ *to consider*) when it comes to culture.



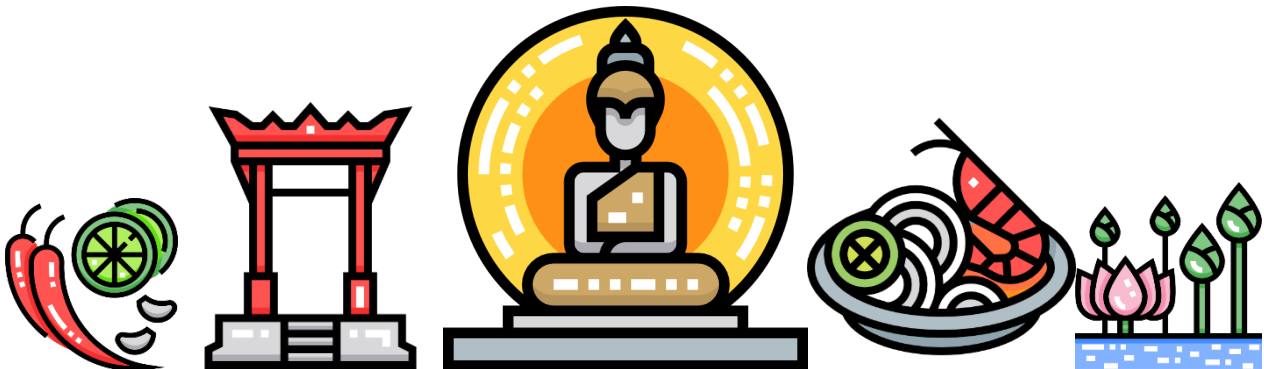
1. **Cultural customs/ traditions** (*phong tục tập quán*): this is the traditions of **ancestors** (*tổ tiên*) passed down to younger generations. *Tet Nguyen Dan* or the *Vietnamese Lunar New Year* and **veneration of the dead** (*thờ cúng tổ tiên*) are **prime examples** (*những ví dụ điển hình*) of such customs.

2. **Traditional costumes** (*trang phục truyền thống*): that's what people dress **on a daily basis** or in special ceremonies. You may notice Ao dai is **the traditional costume** of Vietnam while Japanese women wear Kimono on their important days.



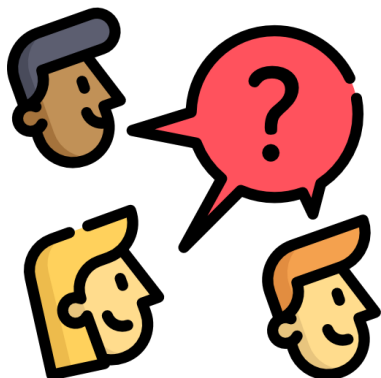
3. **Language**: a national language **largely contributes to** a nation's culture. The loss of local languages **comes at an expense of** local cultures, which means that people living in a particular region would **adopt aspects of lifestyle from other countries** (*du nhập lối sống của các nước khác*) when their language no longer exists.

4. **Arts**: a national culture also can be **conveyed** (*truyền tải*) through some forms of arts such as literature, songs and poems.



In short, all of these aspects form the culture of a country. Each culture has its own uniqueness and perception of the world, forming **a national identity** (*bản sắc của 1 quốc gia*) and contributing to **the diversity of culture** or **cultural diversity** (*sự đa dạng văn hóa*).

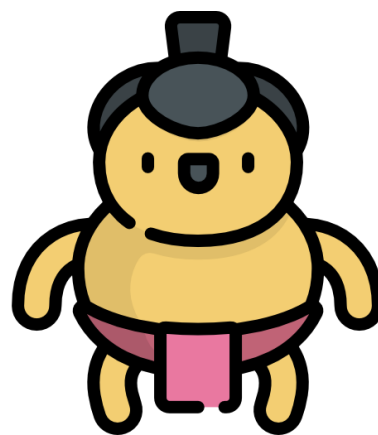
A UNIVERSAL CULTURE



Globalisation has promoted **cultural intermingling** (*sự hòa nhập văn hóa*), meaning that people tend to **reduce their cultural prejudice against others** (*giảm định kiến văn hóa cho các dân tộc khác*) when **exposed to other cultures** locally. Hence, we **tolerate each other's differences** (*thông cảm cho những sự khác biệt của nhau*) and treat other races equally, eventually **forming an egalitarian society** (*tạo nên 1 xã hội bình đẳng*).

However, there is **a growing trend towards** forming a **universal culture** (*1 văn hóa cho toàn cầu*) or **cultural homogenization** (*sự đồng hóa văn hóa*). This means there would be only **one predominant culture** (*1 văn hóa chủ đạo*) in the world. It may sound interesting, but, believe me, its benefits cannot **justify** (*~ outweigh*) its drawbacks.

On the one hand, **advocates of** (*~ supporters*) **a universal language** may argue that there would be several benefits. **One of the possible outcomes** is that it would **facilitate** greater understanding among nations. In other words, rather than spending time learning many languages, people would be able to travel worldwide and study overseas and share their ideas with just **a universal language**. Not only does this save time but also get people **exposed to more cultures and lifestyles**. **Another benefit is that** businesspeople would avoid possible confusion regarding languages, and therefore, their trade would **flourish** (*~ develop*) between nations. Widening their network, **domestic businesses** (*doanh nghiệp trong nước*) would develop and help economic growth.



On the other hand, there are negative impact of having **a global language**. Firstly, the loss of local languages **comes at an expense of** local cultures, which means that people living in a particular region would **adopt aspects of lifestyle of other countries** when their language no longer exists. Each culture has its own uniqueness and perception of the world, forming **a national identity**, and therefore this contributes to **the diversity of culture**. If the world loses a language, **the cultural diversity** will suffer. In addition, all books, literature materials, songs and poems of a country have been presented in its domestic language. Hence, these valuable textbooks and other forms of arts would disappear because many words in a language cannot be fully translated into another accurately or with identical expression.

In conclusion, despite some advantages of a global language, I still hold an opinion that maintaining local languages should be a priority of governments to preserve a variety of culture in the long term.

CULTURES		EXPRESSION PHRASES	
Cultural customs / traditions (phrase)	<i>Phong tục tập quán</i>	Be taken into account (phrase)	<i>Đưa vào xem xét</i>
Ancestor (n)	<i>Tổ tiên</i>		
Veneration of the dead (phrase)	<i>Thờ cúng tổ tiên</i>	One of the possible outcomes (phrase)	<i>Một trong những kết quả là</i>
Traditional costumes (phrase)	<i>Trang phục truyền thống</i>		
To adopt aspects of lifestyle from other countries (phrase)	<i>Du nhập lối sống của các nước khác</i>	Another benefit is that (phrase)	<i>Một lợi ích khác đó là</i>
To convey (v)	<i>Truyền tải</i>		
A national identity (phrase)	<i>Bản sắc của 1 quốc gia</i>		
The diversity of culture / cultural diversity (phrase)	<i>Sự đa dạng văn hóa</i>		
Cultural intermingling (phrase)	<i>Sự hòa nhập văn hóa</i>		
To reduce their cultural prejudice against others (phrase)	<i>Giảm định kiến văn hóa cho các dân tộc khác</i>		
To tolerate each other's differences (phrase)	<i>Thông cảm cho những sự khác biệt của nhau</i>		
To form an egalitarian society (phrase)	<i>Tạo nên một xã hội bình đẳng</i>		
A universal culture (phrase)	<i>Một văn hóa toàn cầu</i>		
Cultural homogenization (phrase)	<i>Sự đồng hóa văn hóa</i>		
A predominant culture (phrase)	<i>Nền văn hóa chủ đạo</i>		
To flourish (v)	<i>Phát triển</i>		
A global language (phrase)	<i>Ngôn ngữ toàn cầu</i>		

TOURISM

I already have a section on travelling (see **Section 1. Chapter 4. Hobbies - Traveling**). However, this section we will be more balanced in discussing both merits and demerits of this industry.



ADVANTAGES

It is undeniable tourism is a **highly profitable** (*rất nhiều lợi nhuận*) industry **regardless of** (*bất kể*) its kind (adventure travel, cultural tourism, ecotourism and religious tourism, **to name a few** - **speaking phrase* ví dụ 1 vài thứ*). In addition to **the enhancement of a country's image** (*làm đẹp hình ảnh đất nước*), tourism **facilitates** economic activities in local areas by motivating the locals to **cater food** (*to serve food*) and **render services** (*~ perform services*) for foreign tourists, which **boosts the economy** of a nation. If the government takes steps to **preserve their tangible and intangible cultural heritage** (*bảo tồn di sản văn hóa vật thể và phi vật thể*), they may become **top destinations**; as a result, tourists would travel and spend more money during their trips.

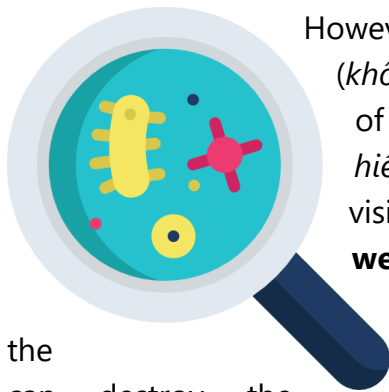
PRO TIPS

To preserve – *giữ gìn về chất lượng* -> **preservation** dùng cho building, objects, landscapes

vs. **to converse** – *bảo đảm về số lượng* -> **conversation** dùng cho energy, natural resources



DISADVANTAGES



However, some disadvantages of tourism **cannot be taken lightly** (*không thể xem nhẹ*). First, although tourism **facilitates** the growth of a country, local culture may be **endangered** (*biến mất/ nguy hiểm*) **along the road** (*idiom - trong tương lai*). Hoi An, the most visited destination of Vietnam, for example, has been gradually **westernized** (*Tây hóa*) due to the social and cultural pressures from **the influx of tourists** (*hàng đoàn khách du lịch*). Second, construction of public facilities and infrastructure for tourism can destroy the habitats of wild animals. If more tourists travel to natural areas, not only local people but tourism companies **are motivated to** (*~ be encouraged to do sth*) build new hotels, resorts and other recreational facilities, which **comes at the cost of** animal homelands and **deforestation** (*nạn phá rừng*).

Third, **infectious** (lây qua môi trường) and **contagious** (lây qua tiếp xúc trực tiếp) diseases **pose a threat to** (~ show a danger to sb) international travelers. In fact, one of the reasons **epidemics** (đại dịch trong 1-2 nước) occur is when travelers carry viruses and transmit them around the nation, causing **disease outbreaks** (bùng nổ nhanh của bệnh). This was exactly [the case of the global SARS outbreak in 2003](#) (if there is a global disease outbreak, we call it a **pandemic** (đại dịch trên toàn cầu)). Last but not least, trash of course, is a serious problem and **cannot be taken lightly**. I wrote about this in **Section 1. Chapter 4. Hobbies – Travelling**, so please find out more there.



PRO TIPS

Epidemics - đại dịch trong 1-2 nước
vs. **Pandemic** - đại dịch trên toàn cầu

TOURISM

Highly profitable (phrase)	<i>Có lợi nhuận cao</i>
The enhancement of a country's image (phrase)	<i>Làm đẹp hình ảnh đất nước</i>
To cater food (phrase)	<i>Phục vụ ẩm thực</i>
To render service (phrase)	<i>Cung cấp dịch vụ</i>
To boost economy (phrase)	<i>Thúc đẩy nền kinh tế</i>
To preserve their tangible and intangible cultural heritage (phrase)	<i>Bảo tồn di sản văn hóa vật thể và phi vật thể</i>
Top destinations (phrase)	<i>Điểm đến hàng đầu</i>
Be endangered (v)	<i>Biến mất, đang bị đe dọa</i>
Be westernized (v)	<i>Tây hóa</i>
The influx of tourists	<i>Hàng đoàn khách du lịch</i>
Deforestation (n)	<i>Nạn phá rừng</i>
Infectious (adj.)	<i>Lây qua môi trường</i>
Contagious (adj.)	<i>Lây qua tiếp xúc</i>

To pose a threat to (phrase)	<i>Đe dọa</i>
Epidemic (n)	<i>Đại dịch 1, 2 nước</i>
Disease outbreak (phrase)	<i>Sự bùng nổ nhanh của bệnh</i>
Pandemic (n)	<i>Đại dịch toàn cầu</i>

EXERCISE

FILL IN THE BLANK

- The main purpose of _____ (*hàng rào thuế quan*) is to protect _____ market (*thị trường trong nước*) or even _____ industries (*các ngành công nghiệp non trẻ*) from foreign (cheap) products.
- However, due to globalisation, governments start to reduce or remove tariff _____ (*giảm hoặc gỡ bỏ hàng rào thuế quan*), facilitating _____ (*thương mại tự do*) or _____.
- Thanks to _____ **investment** or _____ **investments** (*đầu tư nước ngoài*), _____ **corporations** (*các công ty đa quốc gia*) open **their** _____ (*chi nhánh*) in local areas, providing job opportunities for the local.
- Some people also claim that globalisation **comes at the cost of** _____ (*bất bình đẳng trong thu nhập*). **By this I mean** the rich get richer while the poor become poorer.
- The increasing competitiveness for job opportunities also largely contributes to the _____ in income (~ *the differences in income*) because companies are now hiring experienced or _____ workers rather than _____ ones.

MATCH THE CORRECT PHRASES

1. Cultural traditions are the traditions of _____ passed down to younger generations	a. language
2. _____ are what people dress on a daily basis or in special ceremonies.	b. Traditional costumes
3. A national _____ largely contributes to a nation's culture.	c. cultural intermingling
4. A national culture also can be conveyed through some forms of arts such as _____	d. aspects of lifestyle
5. Each culture has its own uniqueness and perception of the world, forming _____	e. flourish

6. Globalisation has promoted _____, meaning that people tend to reduce their cultural prejudice against others when exposed to other cultures locally	f. literature, songs and poems.
7. Businesspeople would avoid possible confusion regarding languages, and therefore, their trade would _____ between nations	g. ancestors
8. The loss of local languages comes at an expense of local cultures, which means that people living in a particular region would adopt _____ of other countries when their language no longer exists	h. a national identity

FILL IN THE BLANK

ADVANTAGES

It is undeniable tourism is a _____ (*rất nhiều lợi nhuận*) industry **regardless of** its kind (adventure travel, cultural tourism, ecotourism and religious tourism, **to** _____ **a few**. In addition to **the enhancement of a** _____ (*làm đẹp hình ảnh đất nước*), tourism **facilitates** economic activities in local areas by motivating the locals to **cater food** (*to serve food*) and **render services** for foreign tourists, which _____ **the economy** of a nation. If the government takes steps to **preserve their** _____ and _____ **cultural heritage** (*bảo tồn di sản văn hóa vật thể và phi vật thể*), they may become **top destinations**; as a result, tourists would travel and spend more money during their trips.

CIRCLE THE RIGHT WORD

DISADVANTAGES

1. First, although tourism facilitates the growth of a country, local culture may be **endangered / dangerous** along the road.
2. Hoi An, the most visited destination of Vietnam, for example, has been gradually **westernized / easternized** due to the social and cultural pressures from the influx of tourists.
3. If more tourists travel to natural areas, not only local people but tourism companies are **motivated / discouraged** to build new hotels, resorts and other recreational facilities, which comes at the cost of animal homelands and **deforestation / overexploitation**.
4. Third, infectious and contagious diseases pose a **threat / thread** to international travelers.

CHAPTER 9. HISTORY

LOCAL HISTORY VS WORLD HISTORY

Let's get straight to the point. Both local and world history are equally important. The neglect of either subject in the curriculum could lead to various drawbacks. One of dominant reasons to study history is to **explore and expose to different cultures** which also are **derived from** (*đến từ*) history throughout many decades. Have you ever talked to a foreign friend asking why our custom of celebrating *Tet holiday* instead of New Year Eve, or why our traditional costume, *Ao dai*, sharing some similar features with **Cheongsam** (*xường xám Thượng Hải*)? If you want to answer those questions, you should have some knowledge about local and world history. So, **do not take them lightly** (*đừng coi nhẹ nó*)!



Local history plays an integral part in any society. First, learning local history **instills a sense of patriotism into citizens** (*củng cố lại tinh thần yêu nước trong mỗi người dân*). Studying stories and events in the past allows people, especially young generation, to **get an appreciation for sacrifices of their ancestors** (*trân trọng sự hy sinh của cha ông họ*) for **freedom and sovereignty** (*tự do và độc lập*) of their nation, reminding themselves **not to take anything for granted** (*idiom – không coi đó là chuyện đương nhiên sẽ có*). Second, local history equips deeper understandings of traditional events and ceremonies which have been passed through many generations. This knowledge not only **promotes the sense of belonging** (*tăng lòng tự hào*) among people, but also makes them respect their **indigenous culture** (*văn hóa bản địa*) including **customs and traditions** (*phong tục và truyền thống*). **An excellent example can be seen with** traditional Vietnamese New Year when people wish to come back to their homelands for **family reunions** (*sự đoàn tụ gia đình*) and hope for **a better upcoming/forthcoming year** (*1 năm sắp tới tốt đẹp hơn*).

However, the benefits from learning world history should not be underestimated. First, world history explains **the origin of** (*nguồn gốc*) different human races and the differences in their behaviors and perspectives. This would equip young people with **a complex understanding** (*1 sự hiểu biết sâu sắc*) of traditions, culture and religion, helping them to **avoid culture shock** (*tránh được các cú shock văn hóa*) and **reduce cultural prejudice against other races** (*giảm thiểu các định*





kiến về các dân tộc khác), especially when they work and study overseas (you also can relate to **Chapter 8. Globalisation**, section **Culture** for further ideas). For example, wearing hijabs, a soft scarf covering the head and neck, has been widely accepted and become **a publicly recognized phenomenon** (điều mà ai cũng nhận thấy), showing **no religious discrimination against** (không có sự phân biệt tôn giáo đối với) Muslim women nowadays. Second, world history also inspires learners through **milestones and remarkable achievements** (những cột mốc lịch sử và thành tựu đáng nhớ) in human history. In fact, inspirational stories behind the inventions of wheels,

electricity, computers or even Internet in history have **fired young generations with enthusiasm** (tiếp lửa cho giới trẻ với sự nhiệt huyết), thus motivating them to be more creative and **think globally** (nghĩ lớn). Have you wonder why Wall Street is considered the financial center of the world or why Singapore becomes so **affluent** (~ rich) that other Asian countries like Vietnam may never catch up? Understanding what world history offers, you may learn your own lessons and **think & act globally**.



LOCAL AN WORLD HISTORY		EXPRESSION PHRASES	
Cheongsam (n)	<i>xường xám thượng hải</i>	To take something lightly (phrase)	<i>coi nhẹ cái gì</i>
A sense of patriotism (phrase)	<i>lòng yêu nước</i>	To take anything for granted (phrase)	<i>coi thường</i>
To promote the sense of belonging (phrase)	<i>khuyến khích cảm giác cộng đồng</i>	A better upcoming / forthcoming year (phrase)	<i>một năm tốt đẹp đang tới</i>
Indigenous culture (phrase)	<i>văn hóa địa phương</i>	A publicly recognized phenomenon (phrase)	<i>một hiện tượng được công nhận rộng rãi</i>
Customs and traditions (phrase)	<i>phong tục và tập quán</i>	Think globally (phrase)	<i>suy nghĩ toàn cầu</i>
Family reunions (phrase)	<i>đoàn tụ gia đình</i>		
A complex understanding (phrase)	<i>sự hiểu biết sâu sắc</i>		
To avoid culture shock (phrase)	<i>tránh sốc văn hóa</i>		

To reduce cultural prejudice against other races (phrase) giảm định kiến văn hóa với các dân tộc khác

Religious discrimination against (phrase) phân biệt văn hóa

To fire young generations with enthusiasm (phrase) sa thải thế hệ trẻ nhiệt huyết

Affluent (adj.) giàu có

HISTORICAL PERSON

Describe a historical person that you are interested.

You should say:

- Who he/she is?
- What he/she did?
- When you first knew him/her?
- And explain why you are interested in him/her.

Easy! Let me show you how it done.



My day used to begin when neighbors played **revolutionary songs (Red music)** (nhạc vàng), making me **roll out of bed** (idiom – lăn ra khỏi giường – ngủ dậy). I admit that I am **not a big fan of** (không yêu thích) that music but they remind me of **a historical figure** (nhân vật lịch sử), Ho Chi Minh. He was the first president of Vietnam.

I first heard about him when I was really young. Every kid in my school had to learn Ho Chi Minh's philosophy by heart before starting the class. Even, his legacy **was adapted into songs** (được đưa vào trong các bài hát) that we sang all day.

And I really **look up to** (ngưỡng mộ) Ho Chi Minh for many reasons.

Idea 1: Firstly, he was the person who **devotes his lifetime** (dành cả cuộc đời) to **bring independence to Vietnam**.

Explain 1: During Vietnam War, Ho Chi Minh worked in 4 countries, showed an interest in politics and be influenced by Communism. With **his dedication/ tenacity and bravery** (sự kiên cường và dũng cảm của Người), he returned to Vietnam after 30 years and established **a group of patriotic Vietnamese** (1 nhóm các nhà yêu nước), Viet Minh. That was **a long and arduous rebellion** (cuộc nổi



dậy trường kì và vất vả), however, the **Declaration of Independence of Vietnam** (bản Tuyên ngôn độc lập) was read by Ho Chi Minh in 1945.



Idea 2: **Another point I never forget to mention is that** he was **a man of genius** (1 người thiên tài).

Explain 2: During his trips to several countries, he could teach himself 5 languages, namely English, Chinese, French, German and Russian, even though he did not have any **formal education** (đào tạo chính quy) of those languages.

Example 2: I remembered an information mentioning how foreign principals were astonished by Ho Chi Minh's fluency in their languages.

PRO TIPS

CÔNG THỨC OPENING SPEAKING PART 2:

My day used to begin when _____, making me roll out of bed. I admit I am not a big fan of _____, but it reminds me about _____.

>>> My day used to begin when the bird was singing outside the windows, making me roll out of bed. I admit I am not a big fan of thar sounds, but it reminds me about my trip to Cuc Phuong forest.

HISTORICAL EVENT

Describe an important event in history.

You should say

- when it happened
- what the event was
- and what effect you think this event had.

For me, personally one of the goddess strategies to tackle "hard-core" IELTS speaking questions is to label them, group them together and "kill" them all.

So, when you talk about a historical person – Ho Chi Minh, please referring to a historical event – **Declaration of Independence** (đọc bản Tuyên ngôn độc lập).

I use the same techniques and same structure of "a historical person" topic.





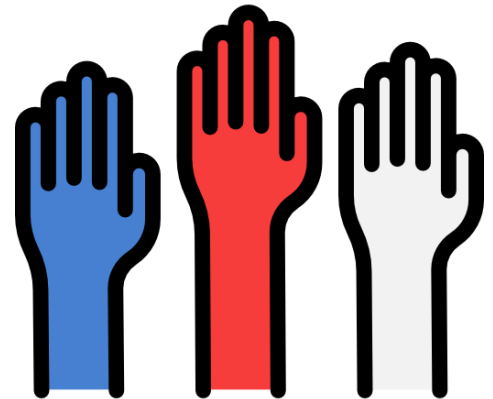
My day used to begin when neighbors played **revolutionary songs (Red music)**, making me **roll out of bed**. I admit that I **am not a big fan of** those music but they remind me of the biggest milestones in Vietnam's history which is **Declaration of Independence** on September 2nd 1945.

I first heard about this day when my parents told me their childhood stories. From what I've been told, it must be an exciting and joyful event because many moments were **adapted into** songs that we sang in our national days.

There are some main points I want to talk about this event.

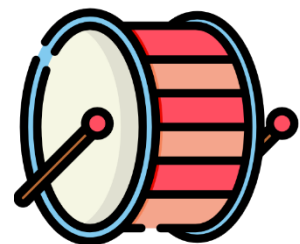
Idea 1: First, **Declaration of Independence** was a defining moment affirming that Vietnam **gained complete independence** (có được 1 nền độc lập hoàn toàn) from other foreign forces.

Explain 1: This means Vietnam officially became **a sovereign country** (đất nước có chủ quyền), and **fully controlled its destiny** (hoàn toàn điều khiển tương lai của nó), and that all Vietnamese people **have equal rights** (có các quyền lợi bình đẳng) to live, to be happy and free. For me, those are undeniable truths because **freedom is a basic human right** (tự do là quyền của con người).



Idea 2: Moreover, this event even more iconic when thousands of Vietnamese people poured into Ba Dinh Square and **rejoiced in** (hòa mình/ tham gia) the independence of the country.

Explain 2: Actually, I saw some footages showing their smiles and happiness after **a long and arduous war** (cuộc chiến trường kì và vất vả) which came at a great cost of many lives. They **listened attentively** (chăm chú lắng nghe) to the President Ho Chi Minh who inspired and gave them the belief of our freedom. For me, that was one of the most iconic portrayal of Vietnamese solidarity.



HISTORICAL BUILDING

See **SECTION 1. YOURSELF. CHAPTER 9. BUILDINGS**

HISTORICAL EVENT/ PERSON		EXPRESSION PHRASES	
Revolutionary songs (phrase)	các bài hát cách mạng	A big fan of (phrase)	người hâm mộ cuồng nhiệt

A historical figure (phrase)	<i>một nhân vật lịch sử</i>	To roll out of bed (phrase)	<i>thức dậy</i>
Be adapted into (phrase)	<i>được đưa vào</i>		
To look up to (phrase)	<i>kính trọng, ngưỡng mộ</i>		
To devote his lifetime (phrase)	<i>cống hiến cả cuộc đời</i>		
To bring independence to somewhere (phrase)	<i>mang lại độc lập</i>		
Dedication (n)	<i>sự cống hiến</i>		
Tenacity (n)	<i>ý chí kiên định</i>		
Bravery (n)	<i>lòng dũng cảm</i>		
A group of patriotic Vietnamese (phrase)	<i>một nhóm những người việt nam yêu nước</i>		
An arduous rebellion (phrase)	<i>cuộc khởi nghĩa vất vả gian nan</i>		
Declaration of Independence of Vietnam (phrase)	<i>tuyên ngôn độc lập</i>		
A man of genius (phrase)	<i>người tài giỏi</i>		

EXERCISE

MATCH THE RIGHT PHRASES.

1. Learning local history instills _____ into citizens.	a. religious discrimination
2. Local history equips deeper understandings of _____ and ceremonies which have been passed through many generations	b. a complex understanding
3. Cultural knowledge not only promotes _____ among people, but also makes them respect their indigenous culture including customs and traditions.	c. a sense of patriotism
4. History would equip _____ of traditions, culture and religion with young people, helping them to avoid culture shock and reduce cultural prejudice against other races	d. the sense of belonging
5. <u>Wearing hijabs</u> , a soft scarf covering the head and neck, has become a publicly recognized phenomenon, showing no _____ against Muslim women nowadays.	e. traditional events

CHAPTER 10. SEX

SAME – SEX MARRIAGE

This may be a little sensitive for many; however, I still want to discuss this topic as IELTS or any tests could probably mention it.



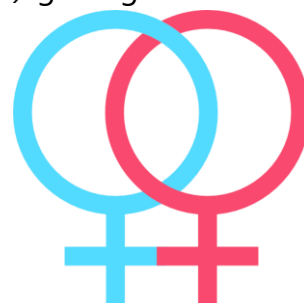
Image source: wikipedia

Have you ever changed your Facebook avatar to 'a rainbow' (picture above)? Do you know what it means? It represents the pride of **lesbian, gay, bisexual and transgender people**, or in short, **LGBT**. In fact, even though **LGBT** themselves are fighting over whether or not **same-sex marriage** (*kết hôn đồng giới*) should **be legalized** (*được trở thành luật*), **entities** (*những tổ chức*) like governments and especially religious organizations have different views on this issue.



On the one hand, **advocates of** (*những người ủng hộ*) **same-sex marriage** claim that **such legalization** would **bestow various benefits** (~ *bring benefits to sb*) on those couples and the society as a whole. First, regarding **same-sex couples**, they would no longer bear the burden of **arranged marriages** (*những cuộc hôn nhân được sắp đặt*) they do not feel happy about, therefore avoiding **the likelihood of** (**noun of likely**) getting divorced in

the future. In fact, if **same-sex marriage** is **legalized**, **gay couples** would reduce **distress** (~ *extreme unhappiness*), and enhance their mental and physical health as they **live as their nature self** (*sống là chính họ*). Second, **same-sex marriage** would also provide equal treatment under the law and give them **legal protections** (*những sự bảo vệ hợp pháp*) such as **social welfare** (*phúc lợi xã hội*), hospital

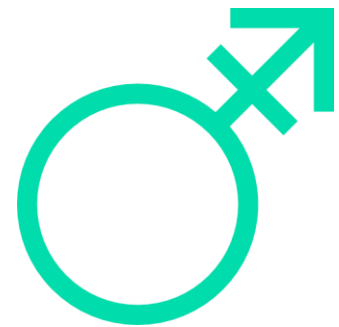


services, **inheritance** (*quyền thừa kế*), **stepchild adoption** (*quyền có con nuôi*) and other rights. This is a **necessary/ desirable action** (*1 hành động cần được làm*) in attempts to change the public attitude towards LGBT, **reduce social prejudice against these people** (*giảm định kiến xã hội đối với LGBT*) and **form an egalitarian society** (*tạo nên 1 xã hội bình đẳng*).



On the other hand, there is a great deal of opposition to **same-sex marriage**. The primary argument could be **homosexuality** (*đồng giới*) are believed to be **immoral and unnatural** (*không có đạo đức và không thuận tự nhiên*), therefore **undermining the institution of marriage** as opposite-sex couples (*làm hủy hoại cấu trúc hôn nhân truyền thống là 1 nam và nữ*). Thus, **such legalization** would **act as an incentive for** (*trở thành 1 sự khuyến khích cho*) **homosexuality**, and encourage **this**

sexual orientation (*xu hướng giới tính này*) among young generations. Another reason not to **legalize gay marriage** is they are not able to **procreate** (*sinh nở được*). Since the purpose of marriage is believed to help for the survival of mankind, any acts **excluding the possibility of reproduction** (*loại trừ khả năng sinh sản*) should be considered **abnormal and evil** (*bất bình thường và xấu xa*), including **homosexuality**. For that reason, many religious organizations **have remained restricted to heterosexual marriages** (*~ only allow opposite-sex marriages*).



What is your position in this topic?

Do you think couples in a **heterosexual marriage** will be happier than those in **homosexual marriage**?

SAME-SEX MARRIAGE

LGBT (lesbian, gay, bisexual, transgender)	<i>đồng tính nữ, đồng tính nam, song tính, chuyển giới</i>
Advocate (n)	<i>những người ủng hộ</i>
To live as nature self (phrase)	<i>sống đúng với bản năng</i>
Legal protections (phrase)	<i>bảo vệ theo luật</i>
To reduce social prejudice against people (phrase)	<i>giảm định kiến xã hội với lgbt</i>
To form an egalitarian society (phrase)	<i>tạo nên một xã hội bình đẳng</i>
Same-sex marriage (phrase)	<i>hôn nhân đồng giới</i>

The institution of marriage (phrase)	<i>truyền thống hôn nhân</i>
To act as an incentive for (phrase)	<i>đóng vai trò như là động lực cho điều gì</i>
Sexual orientation (phrase)	<i>xu hướng tính dục</i>
The possibility of reproduction (phrase)	<i>khả năng sinh sản</i>
Abnormal and evil (phrase)	<i>bất thường và ghê tởm</i>
Heterosexual marriages (phrase)	<i>hôn nhân khác giới</i>

ABORTION

Here we come to another **controversial topic** (*chủ đề đáng tranh cãi*), **abortion** (*phá thai*). Remember, there is no right or wrong on these topics because it highly depends on your personal judgement.

Abortion is a medical term meaning **the removal of human fetus** (*sự phá bỏ bào thai*) so that the baby is not born alive. In other words, a woman wants to **end a pregnancy** (*kết thúc thời kì mang thai*) by **abortion pills** or **medical operations** (*thuốc phá thai hoặc phẫu thuật y tế*).

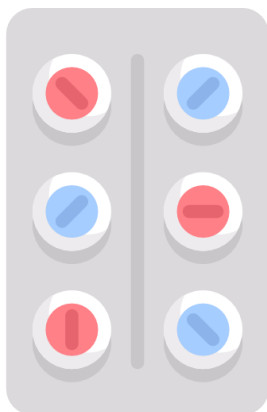


Although there are **diverging views on** (~ *different views*) this topic, two major sides you should need to know, **pro-life side** (*những người ủng hộ giữ đứa trẻ*) and **pro-choice one** (*những người ủng hộ phá thai*).

Pro-life people claim that **a human fetus** has the right to live and take care as any humankind. Therefore, **abortion** must be considered **immoral activities** (*hành động phi nhân đạo*) just like murder, and the government should **impose**

legal restrictions against abortion (*ban hành bộ luật cấm với hoạt động phá thai*). Moreover, **induced abortions** (*tiến hành phá thai*) would increase the risk of mental and physical problems for **pregnant women** (*bà mẹ mang thai*). Besides **intense pains** (*đau đớn rất nhiều*) during and after the operation, **the likelihood of excessive bleeding, infection** (*mất máu nhiều, nhiễm trùng*) and possible death would be very high, even though it was performed under the best medical conditions by **experienced practitioners** (*những bác sĩ có kinh nghiệm*).





On the other side, **pro-choice people** are **in favor of** (ủng hộ) **the reproduction rights** of the women (quyền sinh nở của phụ nữ). It is **understandable and inevitable** (có thể thông cảm và không thể tránh được) for them to **have unintended pregnancies** (mang thai ngoài ý muốn), and **safe abortion methods** (biện pháp phá thai an toàn), therefore, should be **a viable solution** (là biện pháp khả thi). Further, **the notion of** (~ the idea of) treating **a human fetus** as a human being is **groundless** (không có cơ sở khoa học/ phi lý), and it should only be considered a body part of

the woman. Hence, her own **maternal choices** (quyền làm cha mẹ) should **be fully granted** (được cho phép). **That is not to mention** (đấy là còn chưa kể) about **financial burdens** (gánh nặng tài chính) the parents have to bear, and **the well-being** (sức khỏe tinh thần) of the children born after **unintended pregnancies**.



PRO TIPS

Nếu muốn kéo dài câu trả lời của mình thì hãy cho **BACKGROUND INFO** như 1 bài Writing, thay vì trả lời thẳng vào đề.

VD: Should abortion be considered illegal?

- Idea: well, there are **diverging views on** this topic. Some may be **pro-choice**, others are **pro-life**. From my point of view, **abortion** is a legal right for women.
- Explain: **unintended pregnancies** are inevitable. Then, **abortion** is a safe and viable solution to the problem.

ABORTION

Human fetus (phrase)	bào thai
To end a pregnancy (phrase)	phá thai
Abortion pills (phrase)	thuốc tránh thai
Diverging views on (phrase)	những cái nhìn trái ngược nhau
Immoral activities (phrase)	hành vi vô nhân đạo
Induced abortions (phrase)	tiến hành phá thai
Excessive bleeding (phrase)	chảy máu quá nhiều
Infection (n)	nhiễm trùng
Experienced practitioners (phrase)	các chuyên gia có kinh nghiệm
Pro-choice side (n)	Bên ủng hộ quyền tự do phá thai
>< pro-life side (n)	>< Bên phản đối phá thai

Reproduction rights (phrase)	<i>quyền sinh sản</i>
Unintended pregnancies (phrase)	<i>có thai ngoài ý muốn</i>
A viable solution (phrase)	<i>một giải quyết hợp lý</i>
Maternal choices (phrase)	<i>quyền làm cha mẹ</i>
Be fully granted (phrase)	<i>được cho phép</i>
Financial burdens (phrase)	<i>gánh nặng tài chính</i>
The well-being (phrase)	<i>sự khỏe mạnh về mặt tinh thần</i>

EXERCISE

FILL IN THE BLANK

1. Regarding same-sex couples, they would no longer bear the burden of _____ (*hôn nhân sắp xếp*) they do not feel happy about, therefore avoiding the likelihood of _____ (*ly hôn*) in the future.
2. If same-sex marriage is _____ (*hợp pháp hóa*), gay couples would reduce distress, and enhance their mental and physical health as they _____ (*sống đúng với bản năng*)
3. There is a great deal of opposition to _____ (*hôn nhân đồng giới*)
4. Homosexuality is believed to be immoral and unnatural, therefore undermining _____ (*truyền thống hôn nhân*) as opposite-sex couples.
5. Such legalization would act as an incentive for homosexuality, encouraging this _____ (*xu hướng tính dục*) among young generations.

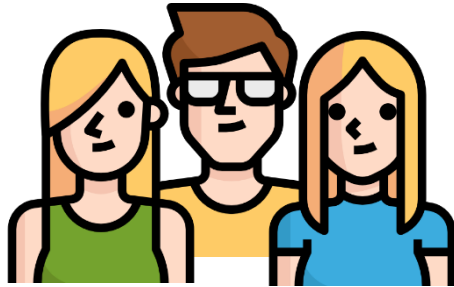
CIRCLE THE RIGHT WORD

1. Abortion is a medical term meaning the removal of human **fetus / cactus** so that the baby is not born alive.
2. Although there are diverging **views / vision** on this topic, two major sides you should need to know, pro-life and pro-choice.
3. Abortion must be considered **immoral / moral** activities just like murder.
4. Intense pains during and after the operation, the likelihood of **excessive / intensive** bleeding, infection and possible death would be very high.
5. Pro-choice people are in favor of the **reproduction / production** rights of the women.
6. It is understandable and inevitable for them to have unintended pregnancies, and safe abortion methods therefore should be **a viable / various solution**.

CREDIT



FACEBOOK RYAN
- TÁC GIẢ & DESIGNER -



GROUP HỌC



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