

UNIT 4. FOR A BETTER COMMUNITY

A. LÝ THUYẾT

I. VOCABULARY

1. VOCABULARY

No.	Word	Part of speech	Pronunciation	Meaning
1.	announcement	(n)	/ə'naʊnsmənt/	thông báo
2.	deadline	(n)	/'dedlaɪn/	hạn cuối
3.	disaster	(n)	/dɪ'zɑ:stə/	thảm họa
4.	hardship	(n)	/'hɑ:dʃɪp/	khó khăn
5.	suffering	(n)	/'sʌfərɪŋ/	sự đau khổ
6.	benefit	(n/v)	/'benɪfɪt/	lợi ích, có lợi ích
7.	appreciate	(v)	/ə'pri:ʃiət/	đánh giá cao, trân trọng
8.	deliver	(v)	/dɪ'livə/	giao hàng, phân phát
9.	offer	(v)	/'ɒfə/	tặng
10.	sort	(v)	/sɔ:t/	sắp xếp
11.	train	(v)	/treɪn/	đào tạo
12.	available	(adj)	/ə'veɪləbəl/	sẵn sàng, có sẵn
13.	cheerful	(adj)	/'tʃiəfʊl/	vui vẻ
14.	confused	(adj)	/kən'fju:zd/	bối rối, khó hiểu
15.	endless	(adj)	/'endləs/	vô vãn
16.	experienced	(adj)	/ɪks'pɪəriənst/	có kinh nghiệm
17.	flooded	(adj)	/'flʌdɪd/	ngập nước
18.	grateful	(adj)	/'ɡreɪtful/	biết ơn
19.	homeless	(adj)	/'həʊmləs/	vô gia cư
20.	life-saving	(adj)	/'laɪf'seɪvɪŋ/	cứu nạn, cứu sống
21.	reliable	(adj)	/rɪ'laɪəbəl/	đáng tin cậy
22.	remote	(adj)	/rɪ'məʊt/	xa xôi, hẻo lánh
23.	stressed	(adj)	/strest/	căng thẳng
24.	successful	(adj)	/sək'sesfʊl/	thành công
25.	thankful	(adj)	/'θæŋkful/	biết ơn
26.	unused	(adj)	/ʌn'ju:st/	không sử dụng
27.	unwanted	(adj)	/ʌn'wɒntɪd/	không mong muốn
28.	upset	(adj)	/ʌp'set/	buồn bã
29.	willing	(adj)	/'wɪlɪŋ/	sẵn sàng
30.	currently	(adv)	/'kʌrəntli/	hiện tại

2. COLLOCATIONS/ PHRASES

No.	Word	Part of speech	Pronunciation	Meaning
31.	community development	(np)	/kə'mju:nəti/ /dɪ'veləpmənt/	phát triển cộng đồng
32.	community work	(np)	/kə'mju:nəti/ /wɜ:k/	công việc cộng đồng
33.	community centre	(np)	/kə'mju:nəti/ /'sentə/	trung tâm cộng đồng
34.	community service	(np)	/kə'mju:nəti/ /'sɜ:vɪs/	dịch vụ cộng đồng
35.	employment opportunity	(np)	/ɪm'plɔɪmənt/ /ɒpə'tju:nəti/	cơ hội việc làm
36.	non-governmental organisation	(adj, n)	/nɒn-/ /gʌv'n'mentəl/ /ɔ:ɡənəɪ'zeɪʃn/	tổ chức phi chính phủ
37.	non-profit organisation	(adj, n)	/nɒn-/ /prɒfɪt/ /ɔ:ɡənəɪ'zeɪʃn/	tổ chức phi lợi nhuận
38.	food bank	(np)	/fu:d/ /bæŋk/	ngân hàng thực phẩm

39.	handmade item	(adj, n)	/hænd'meɪd/ /'aɪtəm/	đồ thủ công
40.	communication skill	(np)	/kə'mju:nɪ'keɪʃn/ /skɪl/	kỹ năng giao tiếp
41.	time management skill	(np)	/taɪm/ /'mænɪdʒmənt/ /skɪl/	kỹ năng quản lý thời gian
42.	life-saving skill	(adj, n)	/'laɪf'seɪvɪŋ/ /skɪl/	kỹ năng sinh tồn
43.	a sense of purpose	(phrase)	/ə/ /sens/ /pʊ/ /'pɜ:pəs/	ý thức về mục đích
44.	job training course	(np)	/dʒɒb/ /'treɪnɪŋ/ /kɔ:s/	khóa đào tạo nghề
45.	head office	(np)	/hed/ /'ɒfɪs/	trụ sở chính
46.	job duty	(np)	/dʒɒb/ /'dju:ti/	trách nhiệm trong công việc
47.	volunteer trip	(np)	/.vɒləntɪə'trɪp/	chuyến đi tình nguyện
48.	guest speaker	(np)	/ɡes/ /'spi:kə/	diễn giả khách mời
49.	boost confidence	(v, n)	/'bu:st/ /'kɒnfɪdəns/	nâng cao sự tự tin
50.	give a speech	(v, n)	/ɡɪv/ /ə/ /spi:tʃ/	phát biểu
51.	get involved	(v, adj)	/ɡet/ /ɪm'vɒlvd/	tham gia
52.	fill in	(vp)	/fɪl/ /ɪm/	điền vào
53.	send in	(vp)	/send/ /ɪm/	gửi đi
54.	keep a record	(v, n)	/ki:p/ /ə/ /'rekɔ:d/	lưu thông tin
55.	increase one's interest in	(phrase)	/'ɪn'kri:s/ /wʌnz/ /'ɪntrest/ /ɪm/	thu hút sự quan tâm, chú ý của ai đó tới
56.	raise money	(v, n)	/'reɪz/ /'mʌni/	quyên góp tiền
57.	come into contact with	(phrase)	/'kʌm/ /'ɪntu:/ /'kɒntækt/ /wɪð/	liên hệ với
58.	share common interests	(v, n)	/'ʃeə/ /'kɒmən/ /'ɪntrests/	có chung sở thích
59.	get support from	(phrase)	/ɡet/ /sə'pɔ:t/ /frɒm/	nhận hỗ trợ từ
60.	have access to	(phrase)	/'hæv/ /'ækses/ /tu:/	tiếp cận với

3. WORD FORMATION

No.	Word	Part of speech	Pronunciation	Meaning
61.	advert	(n)	/əd'vɜ:t/	quảng cáo
62.	advertisement	(n)	/əd'vɜ:tɪsmənt/	quảng cáo
63.	application	(n)	/.æplɪ'keɪʃn/	hồ sơ ứng tuyển
64.	apply	(v)	/ə'plai/	ứng tuyển
65.	careful	(adj)	/'keəfʊl/	cẩn thận
66.	careless	(adj)	/'keələs/	cẩu thả
67.	charitable	(adj)	/'tʃærɪtəbəl/	từ thiện
68.	charity	(n)	/'tʃærəti/	từ thiện
69.	donate	(v)	/'dəʊ'neɪt/	cho, hiến tặng
70.	donation	(n)	/'dəʊ'neɪʃn/	đồ mang cho, đồ hiến tặng
71.	hopeful	(adj)	/'həʊpʊfʊl/	hy vọng
72.	hopeless	(adj)	/'həʊpləs/	vô vọng
73.	organisation	(n)	/.ɔ:ɡənaɪ'zeɪʃn/	tổ chức
74.	organise	(v)	/'ɔ:ɡənaɪz/	tổ chức
75.	orphan	(n)	/'ɔ:fən/	trẻ mồ côi
76.	orphanage	(n)	/'ɔ:fənɪdʒ/	trại trẻ mồ côi
77.	speaker	(n)	/'spi:kə/	diễn giả
78.	speech	(n)	/'spi:tʃ/	bài phát biểu
79.	volunteer	(n/v)	/.vɒləntɪə/	tình nguyện viên, tình nguyện
80.	volunteering	(n)	/.vɒləntɪə'ɪŋ/	việc tình nguyện
81.	export	(n)	/'eksɔ:t/	xuất khẩu
82.	export	(v)	/'eks'pɔ:t/	xuất khẩu
83.	import	(n)	/'ɪmpɔ:t/	nhập khẩu

84.	import	(v)	/ɪm'pɔ:t/	nhập khẩu
85.	record	(n)	/'rekɔ:d/	bản ghi
86.	record	(v)	/rɪ'kɔ:d/	ghi lại
87.	present	(n)	/'prez.ənt/	quà tặng
88.	present	(v)	/pri'zent/	trình bày

II. PRONUNCIATION

TRỌNG ÂM CỦA TỪ CÓ 2 ÂM TIẾT CÓ CHÍNH TẢ GIỐNG NHAU

Với phần lớn ở các từ có 2 âm tiết có chính tả giống nhau thì danh từ thường có trọng âm ở âm tiết đầu, động từ thường có trọng âm ở âm tiết thứ 2.

RECORD

record (n)	/'rekɔ:d/	bản ghi, thu âm
record (v)	/rɪ'kɔ:d/	ghi lại, thu âm

IMPORT

import (n)	/'ɪmpɔ:t/	nhập khẩu
import (v)	/ɪm'pɔ:t/	nhập khẩu

EXPORT

export (n)	/'ekspɔ:t/	xuất khẩu
export (v)	/eks'pɔ:t/	xuất khẩu

INCREASE

increase (n)	/'ɪnkri:s/	sự tăng
increase (v)	/ɪn'kri:s/	tăng, tăng trưởng

REJECT

reject (n)	/'ri:dʒekt/	sự từ chối
reject (v)	/rɪ'dʒekt/	từ chối

PRESENT

present (n)	/'prez.ənt/	quà tặng
present (v)	/pri'zent/	thuyết trình

Chú ý: Một số từ không có sự thay đổi về trọng âm dù là danh từ hay động từ

answer (n, v)	/'ɑ:nsə/
picture (n, v)	/'pɪktʃə/
travel (n, v)	/'trævəl/

III. GRAMMAR

Thì quá khứ đơn và quá khứ tiếp diễn với when/ while

1. THÌ QUÁ KHỨ ĐƠN:

(+) S + was/were + Adj/Noun / S + V2/ed

(-) S + was/were + not + Adj/Noun / S + didn't + V-0

(?) Was/were + S + Adj/Noun / Did + S + V-0?

(Wh - question) What/when/why/which/who/how/where + was/were + S + Adj/Noun // did + S + V-0?

a. Cách dùng

Cách dùng	Ví dụ
Diễn tả một hành động đã xảy ra và kết thúc trong quá khứ	He volunteered at an orphanage yesterday. (Anh ấy làm tình nguyện tại một trại trẻ mồ côi ngày hôm qua.)
Diễn tả các hành động liên tiếp xảy ra trong quá khứ	I planted the trees and helped organisers with the event. (Tôi đã trồng cây và giúp ban tổ chức sự kiện.)
Diễn tả một hành động xen vào một hành động đang diễn ra trong quá khứ, thường dùng với when, while	Yesterday when I went to community center, a group of volunteers was painting the walls. (Hôm qua khi tôi đến trung tâm cộng đồng, một nhóm tình nguyện viên đang sơn tường.) While he was cleaning the streets, his mother called . (Khi anh ấy đang quét dọn đường phố, mẹ anh ấy gọi.)

b. Công thức

THỂ	ĐẠI TỪ	TO BE	ĐỘNG TỪ
Khẳng định	I/ He/ She/ It	WAS	V-ED
	You/ We/ They	WERE	
Phủ định	I/ He/ She/ It	WAS NOT = WASN'T	DID NOT = DIDN'T
	You/ We/ They	WERE NOT = WEREN'T	
Nghị vấn		WAS I/ HE/ SHE/ IT...?	DID + S + V-INF?
		WERE YOU/ WE/ THEY...?	

c. Dấu hiệu nhận biết

Trạng từ chỉ **thời gian** trong quá khứ:

- Yesterday, yesterday morning
- Last night/ week/ month/ year...
- A period + ago: two weeks ago, two days ago, 3 hours ago
- In January, in 1999, in the 1990s...
- On February 14th, May 5th 2000
- When + S + V: When I was a child
- For + a period: for a week, for two months

d. Regular verbs (Động từ có quy tắc)

Động từ có quy tắc là động từ tuân theo nguyên tắc thêm -ed vào đuôi động từ để tạo thành động từ thì quá khứ và quá khứ phân từ.

Một số nguyên tắc thêm -ed

- Động từ tận cùng là "e" chỉ cần thêm "d".

E.g. donate => donated

- Nếu một động từ 1 âm tiết kết thúc bằng 1 phụ âm (trừ w, x, y), trước đó là 1 nguyên âm (u e o a i) thì nhân đôi phụ âm cuối rồi thêm -ed.

E.g. stop => stopped

- Nếu động từ 2 âm tiết kết thúc bằng phụ âm, trước đó là 1 nguyên âm, trọng âm của từ vào âm tiết thứ 2 thì nhân đôi phụ âm cuối rồi thêm -ed.

E.g. submit => submitted

- Nếu động từ kết thúc bằng "y" thì đổi thành "i" rồi thêm -ed.

E.g. study => studied

Play => played

2. THÌ QUÁ KHỨ TIẾP DIỄN

(+) S + was/were + V-ing

(-) S + was/were + not + V-ing

(?) was/were + S + V-ing?

a. Cách dùng

Cách dùng	Ví dụ
Diễn tả hành động đang xảy ra tại một thời điểm trong quá khứ	At 3.15 yesterday afternoon, he was participating in the volunteer trip. (Lúc 3.15 chiều hôm qua, anh ấy đang tham gia chuyến đi tình nguyện.)
Diễn tả hành động lặp đi lặp lại trong quá khứ và làm phiền đến người khác - đi với “always”, “constantly”	She was always littering on the street. (Cô ấy luôn xả rác trên đường phố.)

b. Công thức

Khẳng định		S + was/were + V-ing
		I/ He/ She/ It/ Danh từ số ít/ Danh từ không đếm được + was + V-ing You/ We/ They/ Danh từ số nhiều + were + V-ing
Phủ định		S + was/ were + not + V-ing
		was not = wasn't were not = weren't
Nghi vấn	Câu hỏi Yes/ No	Q: Was/Were + S + V-ing? A: Yes, S + was/ were. No, S + was/ were + not.
	Câu hỏi sử dụng từ hỏi Wh-	Wh- + was/ were (not) + S + V-ing?

c. Dấu hiệu nhận biết:

- At + giờ trong quá khứ (at 8 p.m. yesterday)
- At this time + thời gian quá khứ (at this time last week ...)
- In the past
- In + năm (in 2021,...)
- When, while
- At the moment, at 3 o'clock

B. THỰC HÀNH

I. PRONUNCIATION

Task 1. Find the word whose underlined part differs from the other three in pronunciation in each of the following questions.

- | | | | |
|------------------------------------|-------------------------------|----------------------|---------------------------|
| 1. A. <u>d</u> onate | B. <u>r</u> emote | C. <u>h</u> opeful | D. <u>s</u> ort |
| 2. A. <u>i</u> mport | B. <u>i</u> tem | C. <u>pr</u> ofit | D. <u>s</u> imilar |
| 3. A. <u>h</u> elpful | B. <u>n</u> etwork | C. <u>s</u> ervice | D. <u>st</u> ress |
| 4. A. <u>p</u> ublic | B. <u>u</u> pset | C. <u>s</u> uffering | D. <u>d</u> uty |
| 5. A. <u>th</u> ankful | B. <u>o</u> rphan | C. <u>h</u> andmade | D. <u>ch</u> arity |
| 6. A. <u>a</u> pplic <u>a</u> tion | B. <u>v</u> olun <u>t</u> eer | C. <u>p</u> roduct | D. <u>r</u> emote |
| 7. A. <u>p</u> osition | B. <u>v</u> isitor | C. <u>s</u> earch | D. <u>r</u> aise |
| 8. A. <u>g</u> entre | B. <u>c</u> are | C. <u>g</u> lean | D. <u>c</u> ontact |
| 9. A. <u>o</u> rphanage | B. <u>t</u> echnology | C. <u>g</u> enerous | D. <u>g</u> rateful |
| 10. A. <u>b</u> ank | B. <u>n</u> otice | C. <u>d</u> onation | D. <u>t</u> r <u>a</u> in |

Task 2. Find the word that differs from the other three in the position of stress in each of the following questions.

- | | | | |
|-----------------|-----------------|---------------|--------------|
| 1. A. item | B. offer | C. purpose | D. apply |
| 2. A. confident | B. announcement | C. teenager | D. interview |
| 3. A. available | B. appreciate | C. charitable | D. immediate |
| 4. A. office | B. duty | C. upset | D. focus |
| 5. A. disaster | B. regular | C. benefit | D. orphanage |
| 6. A. local | B. donate | C. willing | D. project |
| 7. A. hopeless | B. grateful | C. relax | D. service |

8. A. speaker B. thankful C. careful D. remote
 9. A. deliver B. charity C. generous D. various
 10. A. community B. governmental C. appreciate D. experience

II. VOCABULARY

Task 1. Match the words on the left with their meanings on the right.

Engineer

1. Volunteering - volunteer - E	a. being certain of your abilities
2. Advertisement - B	b. something to persuade: thuyết phục people to buy a product or service: dịch vụ
3. Application - H	c. money or goods that are given to help others
4. Confidence - A - confident (adj)	d. having a job
5. Opportunity - G -	e. work that people are not paid to do it
6. Employment - D >< unemployment: thất nghiệp	f. planned work to do something
7. Donation (n) - C Donate - Donor (n)	g. a good chance
8. Project (n) - F	h. filling out a paper to ask for something

Task 2. Choose the correct word to complete each sentence.

1. He was **interested / interesting** in joining the community service club.
 2. The **interested / interesting** presentation about local volunteer opportunities caught my attention.
 3. She became **interested / interesting** in helping the elderly after hearing about a community service event at her school.
 4. The **excited / exciting** part of the project was organizing a talent show for the community.
 5. She was **excited / exciting** to participate in the community clean-up event.
 6. Some people can be **careful / careless** with their trash, which is why community work like litter clean-up is necessary.
 7. The volunteers were **careful / careless** not to damage the historical artifacts **while** restoring the local museum.
 8. It's crucial (= important = necessary = vital = critical=...) to be **careful / careless** with tools during construction projects to prevent accidents.
 9. Despite the challenges, the volunteers remained **hopeful / hopeless** that their efforts would lead to positive changes in the community. (Despite/ In spite of + Noun/Phrasal Noun/ V-ing, main clause)
 10. Even though the situation looked **hopeful / hopeless** at first, the community's effort turned it around for the better. (although/even though/ though + clause, main clause)
- Bored - boring

Task 3. Mark the letter A, B, C or D to indicate the correct answer to each of the following questions.

1. Volunteering at the local centre helped _____ my confidence in interacting with various groups of people.
 A. boost B. have C. care D. work
2. As a volunteer, I _____ new opportunities to contribute to various community projects.
 A. send in B. fill in C. search for D. setup
3. I have _____ to resources and opportunities that promote personal development when volunteering.
 A. access B. donation C. benefit D. interview
4. Keeping a _____ of volunteer hours helps track contributions and **impact on** the community.
 A. network B. record C. value D. purpose

5. I made sure to come into _____ with other volunteers to stay updated on future events.
 A. interest B. support C. money D. contact
6. I had the opportunity to _____ a speech about the importance of community service during a volunteer event.
 A. take B. give C. say D. ask
7. I continuously work _____ improving my leadership skills while volunteering at the youth centre.
 A. in B. of C. from D. on
8. Volunteering allows me to meet individuals who _____ common interests in environmental protection. (allow someone to do sth)
 A. raise B. get C. share D. care

Task 4. Choose the correct word to complete each sentence.

- Volunteering was a *successful / involved* experience that left me fulfilled.
- Participating in *life-saving / generous* training as a volunteer gave me valuable skills.
- I enjoy giving back to my *local / regular* community through volunteering.
- The *endless / unused* support from volunteers makes a significant impact.
- Volunteering in a *remote / willing* area gave me an unforgettable memory.
- We need to be *careless / careful* while dealing with sensitive issues in our volunteer work.
- Volunteering has made me more *confident / experienced* in my abilities.
- I'm *hopeful / interested* in exploring various volunteering opportunities.
- The *reliable / excited* volunteers are crucial for the success of our projects.
- The volunteers' hard work is greatly *cheerful / appreciated* by the community.
- Non-governmental / Confused* organisations play a crucial role in driving positive changes.
- We need to find *practical / relaxed* solutions to improve the quality of river water.
- We are *pleased / thankful* for the opportunity to contribute to meaningful projects.
- The *digital / unwanted* world enables remote volunteering opportunities.
- Although we were *disappointed / natural*, we continued our efforts.

Task 5. Complete each sentence with one suitable word from the box.

clean-up	non-profit	various	handmade	worried
homeless	unused	similar	essential	hard-working

- The _____ crafts are being sold at the charity event to raise money for the homeless.
- _____ clothes were donated to those in need and helped reduce waste.
- _____ organisations rely on volunteers to carry out their mission.
- _____ interests brought volunteers together to form a strong group.
- As we deal with environmental issues, we must not be _____ about failure.
- The organisation offers _____ volunteer roles to suit different interests and skills.
- _____ volunteers donate a lot of their time to helping others.
- After the flood, volunteers helped with the _____ activities.
- Helping the _____ helps me know more about others' suffering and hardships.
- Volunteers play an _____ role in providing support to communities in need.

Task 6. Complete each sentence using the correct form of the word in brackets.

- The volunteers worked together to organise/organize (v) the charity event. (ORGANISATION)
- The motivational speaker inspired the volunteers with her speech. (SPEAK)
- The volunteer's careless mistake caused some damage. Luckily, we could fix it. (CARE)
- The large donation from the local business helped fund the new community centre. (DONATE)
- The situation seemed hopeless at first, but the volunteers never gave up. (HOPE)
- The young orphan was grateful for the volunteers who cared for him like family. (ORPHANAGE: trại trẻ mồ côi)
- They found a valuable purpose for the unused items that were otherwise thrown away. (USE)

8. Giang is involved in several: nhiều (= many = lots of) charitable organisations to help those in need. (CHARITY)

Task 7. Complete each sentence with one suitable phrase from the box.

guest speaker *handmade items* *work experience*
community project *live show* *food bank*
job duty *public announcement* *sense of purpose* *teaching skills*

1. The _____ at the volunteer event gave a presentation on community service.
2. The _____ focuses on providing educational resources and support for poor children.
3. My primary _____ as a volunteer is to help with event organisation.
4. The _____ about the volunteer opportunity attracted many participants.
5. Volunteering has given me a _____ and helped me become a better person.
6. As a volunteer teacher, I work on improving my _____ to teach students effectively.
7. My _____ as a volunteer prepared me for a future career.
8. The local business sponsored a charity _____ and I volunteered to help with event organisation.
9. I love making _____ to sell at the local market to raise money for the charity event.
10. The non-governmental organisation I volunteer for focuses on food security and operates a _____.

III. GRAMMAR

Task 1. Complete each sentence with the correct form of the verb in brackets (past simple or past continuous tense).

1. Yesterday, I volunteered (volunteer) at the soup kitchen and I cooked (cook) meals for the homeless (vô gia cư).
2. As I was volunteering (volunteer) at the beach clean-up, I discovered (discover) a variety of interesting seashells on the beach.
3. During my time as a volunteer at the food bank, I delivered (deliver) free meals to families in need.
4. While I was helping (help) at the community centre, I met (meet) a lot of wonderful people in our neighbourhood.
5. At 4 p.m. yesterday, they were sorting (sort: phân loại) the donations at the community centre.
6. While I was joining (join) an event at the children's hospital, I had (have) the chance to bring joy to the young patients through art activities.
7. Last summer, I participated (participate) in a volunteer trip and I helped (help) clean the local beach.
8. At the charity event one month ago, I set (set) up booths and helped (help) the organisers.

Task 2. Mark the letter A, B, C or D to indicate the mistake in each of the following sentences and correct it.

1. They worked on projects that create more opportunities for children in remote areas.
A. projects B. create => created C. more D. for
2. She was selling handmade items and cookies where I called her yesterday.
A. was selling B. handmade C. where => when D. called
3. While I volunteered at the community project, I saw many people with suffering and hardships.
A. volunteered => was volunteering B. project C. with D. suffering
4. I first meet Trinh when we worked as volunteers at a local food bank three years ago.
A. meet => met B. when C. as D. food bank
5. The guest speaker was speaking when we come to the event hall.
A. guest B. was speaking C. come => came D. event

Task 3. Combine each pair of sentences into one meaningful sentence.

1. I met Nhi on the street. She was volunteering at a blood donation event. (WHILE)

- I met Nhi on the street while she was volunteering at a blood donation event.
2. I saw Ha on my way home. She was donating her clothes to the charity event. (WHEN)
 When I saw Ha on my way home, she was donating her clothes to the charity event/
3. Tri was watching TV. He saw his friends taking part in the clean-up project on TV. (WHILE)
 While Tri was watching TV, he saw his friends taking part in the clean-up project on TV.
4. They were visiting the remote villages. They decided to help build a playground for kids. (WHILE)
 While they were visiting the remote villages, they decided to help build a playground for kids.
5. He arrived at the centre. We were recording the donations. (WHEN)
 When he arrived at the centre, we were recording the donations./ We were recording the donations
when he arrived at the centre.

IV. READING

Task 1. Read the following passage and mark the letter A, B, C or D to indicate the correct word that best fits each of the numbered blanks.

Volunteering is the (1) _____ of time, effort (nỗ lực) and talent to a need, cause or mission without financial gain.

Volunteering is all about you being able to contribute (2) _____ of your own time to (3) _____ people in our communities. Volunteers support our communities and add to them in their own unique way using a (4) _____ variety of skills, knowledge and experience.

Volunteering has (5) _____ benefits. It gives people self-confidence and satisfaction, social contact, the ability to use previously (6) _____ skills or develop new ones, a chance to (7) _____ your passion: đam mê and a possible start to paid employment.

Volunteering or community service (8) _____ fast (adv) becoming an essential (=important = necessary...) part of a stand-out resume. Employers are looking for evidence of commitment, loyalty and a strong desire to contribute to the success of society all of (9) _____ volunteering demonstrates.

Volunteering is flexible and will fit around your existing commitments. Our centre has volunteering opportunities that (10) _____ from five minutes per day to several hours per week or just one day per year - the opportunities are endless!

Source: <https://www.swan.wa.gov.au/Your-Community/Get-involved/Volunteering/What-is-volunteering>

Contribute to + Noun/V-ing

- | | | | |
|-------------------------------|-----------------|-------------------------|---|
| 1. A. contribution | B. employment | C. position | D. application |
| 2. A. one | B. some | C. any | D. each |
| 3. A. help | B. helping | C. helped | D. help |
| 4. A. long | B. wide | C. beautiful | D. comfortable |
| 5. A. many | B. much | C. so | D. a lot |
| 6. A. establish (v) thành lập | B. establishing | C. established | D. establishment |
| 7. A. see | B. donate | C. follow (v) theo đuổi | D. focus (v) tập trung - on + something/V-ing |
| 8. A. am | B. are | C. be | D. is |
| 9. A. whom | B. which | C. when | D. who |
| 10. A. come | B. spare | C. provide | D. range |

Task 2. Read the following passage and choose the correct answer to each of the following questions.

New research suggests that volunteers aren't just helping the communities they serve. People who volunteer actually experience a **boost** in their mental health - good news at a time when more than a third of Americans are experiencing symptoms of anxiety or depression.

In a study published this year in the Journal of Happiness Studies, researchers examined data from nearly 70,000 research participants in the United Kingdom, who received surveys about their volunteering habits and their mental health, including their concerns in everyday life, **every two years from 1996 to 2014**.

Compared to people who didn't volunteer, people who had volunteered in the past year were more satisfied with their lives and rated their overall health as better. Additionally, the researchers found that people who volunteered more frequently experienced greater benefits: Those who volunteered at least once a month reported better mental health than participants who volunteered infrequently or not at all.

But does volunteering make people happy, or are happy people simply more likely to volunteer? The researchers found the same results even when **they** considered participants' initial levels of well-being before they started volunteering. In other words, **people who started to volunteer became happier over time.**

Although it's true that people who are happier do tend to spend more time volunteering, the current study suggests that you don't need to already feel happy in order to benefit from it. In fact, some **research suggests that people who start out with lower levels of well-being may even get a bigger boost from volunteering.**

Why does volunteering support our mental health? According to Ricky Lawton, associate director at Simetrica Research Consultancy and lead author of the paper, a combination of factors is likely at play. First, volunteering appears to be intrinsically rewarding- when we help others, we tend to experience what researchers call a "warm glow." Second, volunteering is likely to help boost our sense of social connection. In particular, for older adults, volunteering can be a way to stay connected to others after retirement.

Finally, volunteering can be a way to build professional skills and try out leadership opportunities, which is especially relevant to young adults. In the current study, the researchers found that participants ages 16-24 and **55-74 were especially likely to benefit from volunteering**, perhaps because of the opportunity to build social connections and new skills.

Adapted from: https://greatergood.berkeley.edu/article/item/how_volunteering_can_help_your_mental_health

- Which of the following can be the best title for the passage?
A. How Volunteering Helps Volunteers Themselves
B. What is Volunteer Work?
C. Volunteers in the USA
D. Volunteers: Their Impact on Communities
- The word "**boost**" in paragraph 1 is CLOSEST in meaning to _____.
A. loss B. pain C. explanation D. improvement
- How often did participants in the study receive surveys about their volunteering habits and mental health?
A. every week B. every month C. every year D. every two years
- According to the study, how did people who volunteered at least once a month rate their mental health?
A. worse than those who didn't volunteer B. the same as those who didn't volunteer
C. better than those who didn't volunteer D. unsure about improvement in their health
- What did the researchers find about the relationship between happiness and volunteering?
A. Only happy people tend to volunteer.
B. Volunteering has no impact on happiness.
C. Volunteering makes people unhappy.
D. Volunteering can increase happiness over time.
- The word "**they**" in paragraph 4 refers to _____.
A. people who did not volunteer B. people who volunteered
C. researchers D. happy people
- What did the study find about people's initial well-being levels and volunteering?
A. People with high well-being levels volunteer more.
B. People with low well-being levels avoid volunteering.
C. Volunteering only benefits those with high well-being.
D. Volunteering can benefit people regardless of initial well-being.
- What is one reason why volunteering might support mental health, according to Ricky Lawton?
A. Volunteers receive financial rewards.
B. Volunteering helps people become famous.
C. Volunteers experience a sense of accomplishment.
D. Volunteering helps volunteers come into contact with others.
- Which age groups were found to benefit most from volunteering in the study?
A. ages 5-15 B. ages 16-24 and 25-34 C. ages 35-54 D. ages 55-74
- Why might volunteering be relevant to young adults?

A. to earn money

B. to avoid social connections

C. to spend more time at home

D. to learn new skills

Task 3. Read the passage and decide whether the following statements are true (T), false (F) or not given (NG).

What to expect from NGO volunteering abroad?

NGO (non-governmental organisation) volunteer jobs are a great option for enthusiastic and flexible volunteers who want to experience a variety of projects abroad. Projects can range from education and gender equality to environmental conservation and public health. Where you volunteer is decided based on a mixture of your skills and interests, and where there is the most need for help at the time.

International Volunteer HQ's NGO Support projects in Cambodia, Ecuador, Nepal and Romania enable you to take on a range of tasks. These can include marketing, photography, research, fundraising events, team building, community development, technology support, website development, teaching English and general administration.

International Volunteer HQ's Creative Technologies projects in Croatia, Italy and Spain give you the opportunity to work with an NGO and use your technical and marketing skills to create campaigns that encourage the local community to take action in their own surroundings.

Why volunteer for NGOs abroad?

The positive initiatives of NGOs are often limited by financial and staffing resources and rely heavily on international funding drives. Therefore, the support of IVHQ volunteers is invaluable in supporting NGOs to further their efforts within the community and work towards the United Nations' Sustainable Development Goals.

Whether you want to help local children from low-income communities get better access to the basic necessities of life in Ecuador or use your creative skills to raise public awareness for NGOs in Europe - this is a unique opportunity to use your skills as a force for good.

Adapted from: <https://www.volunteerhq.org/volunteer-abroad-projects/ngo-support/>

- _____ 1. NGO volunteer jobs are only available for local projects in your home country.
- _____ 2. International Volunteer HQ offers NGO Support projects in four countries.
- _____ 3. The location where you volunteer is only determined by your skills and interests.
- _____ 4. You can take part in many projects in one year.
- _____ 5. NGO projects abroad cover a wide range of areas such as education and health.
- _____ 6. The Creative Technologies projects aim to encourage the local community to care about their surroundings.
- _____ 7. NGOs often have enough financial and staffing resources.
- _____ 8. Volunteering for NGOs abroad provides an opportunity to use your skills for positive change.

V. WRITING

Task 1. Reorder the given words and phrases to form meaningful sentences.

1. opportunities / our / are / exciting / There / in / communities. / volunteering (8 words)

_____ There are exciting volunteering opportunities in our communities. _____

2. can / centre. / the / Students / or / the / community / volunteer / at / orphanage (10 words)

_____ Students can volunteer at the orphanage or the community centre. _____

3. teenagers / on / who / They / for / volunteer / can / looking / weekdays. / are (10 words)

_____ They are looking for teenagers who can volunteer on weekdays. _____

4. items. / other / provide / and / children / books / with / The / projects (9 words)

_____ The projects provide children with books and other items. _____

Provide (for) someone with something

5. the / in / school. / I / when / I / club / secondary / was / joined / volunteer (11 words)

_____ I joined the volunteer club when I was in secondary school. _____

Task 2. Write meaningful sentences based on the given clues (form of the verb can be changed if necessary).

Place	parks, (1) _____, beaches	local orphanage	community centre
Activities	clean-up activities	teaching, (3) _____ playing games, organizing special events, maintaining and cleaning up the facility.	planning, organising, and running community events to raise funds for many reasons
Skills and knowledge gained	(2) _____ and environmental preservation, cleanliness promotion and respect for nature	(4) _____ event management, and the value of giving back	practical experience in event management, (5) _____ and teamwork

VII. SPEAKING

Task 1. Answer these questions.

1. What can volunteers do to help their community?

2. Do you think volunteering is important?

Task 2. Describe a time when you participated in a volunteer event.

C. BÀI KIỂM TRA

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

- Question 1: A. remote B. form C. donation D. focus
 Question 2: A. raise B. visitor C. organise D. sense

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

- Question 3: A. deliver B. essential C. management D. disaster
 Question 4: A. focus B. upset C. management D. provide

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

Question 5: After completing the training program, Thuy decided to volunteer at the local centre and helped deliver free clothes to the _____.

- A. positive B. homeless C. helpful D. excited

Question 6: Despite feeling _____ that the charity event was cancelled due to bad weather, the volunteers looked forward to planning another event soon.

- A. disappointed B. digital C. pleased D. relaxed

Question 7: As a volunteer at the community centre, I have access _____ various educational materials

- A. from B. for C. through D. to

Question 8: As a volunteer lifeguard at the local swimming pool, I have the opportunity to put my _____ skills to ensure the safety of all the swimmers.

- A. saved-life B. life-saving C. saving-life D. life-saved

Question 9: I regularly communicate with the _____ office to help manage volunteers for our community projects.

- A. leading B. job C. head D. household

Question 10: _____ I joined the event, the volunteers were picking up trash from the streets.

- A. When B. If C. Though D. Neither

Question 11: I am volunteering at the local wildlife conservation group and I want to _____ people's interest in protecting endangered species.

- A. donate B. increase C. sort D. realise

Question 12: I helped _____ the fundraising event by arranging tables and preparing donation booths.

- A. focus on B. search for C. apply for D. setup

Question 13: When I was volunteering at the local soup kitchen, a famous chef _____.

- A. was visiting B. was visited C. visited D. was being visited

Question 14: As a volunteer with a _____ organisation, I have had the opportunity to work on various community development projects.

- A. governmental B. governed C. ungovernmental D. non-governmental

Question 15: Volunteering at the local library gives me a _____ of purpose.

- A. need B. sense C. hardship D. value

Question 16: When I _____ at the community centre, I made many new friends.

- A. was volunteering B. volunteered C. volunteer D. was volunteered

Question 17: She travelled to _____ areas to provide medical aid and education to minor ethnic groups.

- A. generous B. essential C. remote D. similar

Question 18: While I _____ at the local library, I discovered many interesting fiction books and novels.

- A. was helping B. helped C. help D. was helped

Question 19: If you want to join the volunteer club, please make sure to fill _____ the application form with your name and contact details.

- A. on B. at C. in D. of

Mark the letter A, B, C or D to indicate the sentence that best completes each of the following exchanges.

Question 20: A: How did you feel about the volunteer trip yesterday? - B: _____.

- A. I felt pleased about what we had done B. That sounded fun
C. I am planning on a new one D. Sure. Why not?

Question 21: A: How do you feel about becoming a member of the charity club? - B: _____.

- A. Here you are B. I am excited and eager for future events
C. I know what you are talking about D. It seems like a good view

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

Question 22: She is a reliable volunteer who works at the community centre every Saturday to teach children art and crafts.

A. dependable B. charitable C. available D. predictable

Question 23: As a volunteer, I saw the suffering of many vulnerable communities.

A. poverty B. hardship C. quality D. deadline

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

Question 24: Despite feeling stressed from a long day at work, she chose to volunteer at the community centre.

A. disappointed B. confused C. practical D. relaxed

Question 25: After completing her studies, she decided to pursue her passion for volunteering later in life.

A. currently B. hopelessly C. immediately D. essentially

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

Question 26: He decided to apply in the volunteer position at the local food bank to deliver free meals to the poor.

A. in B. at C. deliver D. the

Question 27: She joined the un-profit organisation as a volunteer to improve the educational resources of poor children.

A. un-profit B. as C. resources D. poor

Question 28: When I arrived at the community centre yesterday, the other volunteers set up for the event.

A. at B. the C. set D. for

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

One of the easiest ways to save money on things like clothing, furniture, and electronics is (29) _____ buying secondhand. Many people think that only new things are worth anything, but this isn't necessarily true. In fact, it's easy to find old items that work properly and match your style, and it's important to try this option before (30) _____ a lot of money on new items.

Besides saving you money, second-hand items save the environment because they don't need raw materials. Buying such items means they won't (31) _____ up in landfills soon.

Finally, secondhand items are often more durable than new ones because they've been through previous ownership(s), (32) _____ makes them even better quality. You can find great deals on websites where people sell their (33) _____ items online for cash instead of throwing them away.

Source: <https://www.unsustainablemagazine.com/sustainable-living-ideas-2023/>

Question 29: A. in B. with C. by D. from

Question 30: A. making B. spending C. forming D. delivering

Question 31: A. make B. see C. turn D. end

Question 32: A. that B. who C. which D. when

Question 33: A. unwanted B. wanted C. unwanting D. wanting

Read the following passage and mark the letter A, B, C or D to indicate the correct answer to each of the questions.

Volunteering, especially when it's done on a regular basis, can help you make new acquaintances. Whether you volunteer for an organisation on a daily, weekly or monthly basis, over time you will develop strong relationships, typically with other volunteers and staff members.

Regular volunteers may get these benefits to a greater degree than people who volunteer infrequently. Consider this: Handing out water at a fundraising run in April and then helping in an orphanage in November is surely easier to squeeze into a activities aren't as likely to help you build relationships over time.

There are benefits and drawbacks to every type of volunteering. For example, volunteering once in a while is often easy to schedule and is something families or busy schedule than volunteering regularly in an office. But those more convenient friends can do together. However, volunteers who take part in occasionally may not feel very connected to the mission of the nonprofits they support or get to know many other volunteers.

Regularly volunteering, on the other hand, makes it more likely that you will develop a deep relationship to the cause and to other staff and volunteers. However, this kind of volunteering requires a longer-term and bigger time **commitment**. It can also become frustrating if the volunteer's duties aren't a good fit for them.

Still, if people are willing to work toward finding the right fit and making time in their schedules, volunteering on a regular basis can help **them** get more out of their efforts, including new friends and acquaintances.

Source: <https://theconversation.com/4-ways-that-volunteering-can-be-good-for-you-163336>

Question 34: Which of the following can be the best title for the passage?

- A. Making Friends with Volunteers
- B. Volunteer Activities
- C. Regular Volunteering
- D. Volunteer Applications

Question 35: Why might regular volunteers experience more benefits than infrequent ones?

- A. Because they have more free time.
- B. Because they receive better rewards.
- C. Because they build stronger relationships over time.
- D. Because they are better organizers.

Question 36: The word "**commitment**" in paragraph 4 is CLOSEST in meaning to _____.

- A. responsibility
- B. refusal
- C. organisation
- D. purpose

Question 37: The word "**them**" in paragraph 5 refers to _____.

- A. efforts
- B. schedules
- C. people
- D. friends

Question 38: Which of the following is NOT TRUE according to the passage?

- A. Occasional volunteering can be done together by families and friends
- B. People volunteering occasionally may not feel connected well with the purpose of the activities they do.
- C. Regular volunteering needs a long-term commitment.
- D. Regular volunteering cannot be frustrating.

Read the following passage and mark the letter A, B, C or D to indicate the correct answer to each of the questions.

Firstly, the most common reason for not volunteering is lack of free time (about half of Americans cite this as the main reason), and is that the volunteer schedules and commitments are too inflexible. Therefore, a possible solution is to make volunteering more accessible and automatic. If working parents are volunteering, it is most likely at their kids' schools, which is a location **they** are already familiar with. Employers could encourage volunteerism on-site or in a **proximate** location. Organisations could be more flexible in the way they use volunteer work, including work that could be done at home, or during evening or weekend hours.

Secondly, another very common reason is that people don't have information about where to volunteer, or if they do, the jobs are not meaningful or purposeful. While motivation to volunteer can vary by age, with younger volunteers more motivated by future preparation (such as increasing skills, knowledge, and advancing careers) and older volunteers more likely to cite social values as a reason for volunteering, most people are motivated to volunteer by personal gratification and having a meaningful experience. A solution would be for organisations who use volunteers to make sure they are matching the skills and experience of their volunteers to the roles they have available. Making copies and coffee are certainly not meaningful to most. Some organisations have a short interview process where they discuss the background of the potential volunteer to closely match **it** to the needs they have.

Adapted from: <https://longevity.stanford.edu/three-reasons-why-people-dont-volunteer-and-what-can-be-done-about-it/>

Question 39: What is the main idea of the passage?

- A. The benefits of volunteering for personal growth and career development.
- B. Common reasons for not volunteering and potential solutions to encourage it.
- C. The importance of matching volunteer skills and experience to available roles.
- D. The motivation behind volunteering and how it varies by age.

Question 40: The word "**they**" in paragraph 1 refers to _____.

- A. employers
- B. schools
- C. kids
- D. working parents

Question 41: The word “**proximate**” in paragraph 1 is CLOSEST in meaning to _____.

- A. nearby B. clear C. fun D. meaningful

Question 42: How can the lack of free time for volunteering be solved?

- A. making copies and coffee for volunteers
B. encouraging volunteerism at kids’ schools for working parents
C. letting parents work during evenings or weekends
D. encouraging parents to volunteer with their children

Question 43: Why are younger volunteers often more motivated than older volunteers?

- A. Because they seek meaningful experiences.
B. Because they are more focused on future preparation and career development.
C. Because they prefer to volunteer at familiar places like kids’ schools.
D. Because they lack information about available volunteering opportunities.

Question 44: The word “**it**” in paragraph 2 refers to _____.

- A. volunteer B. process C. background D. interview

Question 45: Which of the following is NOT TRUE?

- A. Lack of free time is a common reason why one-third of Americans do not volunteer.
B. Organisations should consider the skills and experience of volunteers when assigning roles.
C. Volunteer work should be done more flexibly at home or during evening or weekend hours.
D. Older volunteers are more likely to use social values as a reason for volunteering.

Mark the letter A, B, C or D to indicate the sentence that is closest in meaning to each of the following questions.

Question 46: The volunteers were cleaning the beach when we came.

- A. We came and the volunteers cleaned the beach.
B. We came while the volunteers were cleaning the beach.
C. The volunteers were cleaning the beach when we were coming.
D. We came while the volunteers cleaned the beach.

Question 47: When we met them, they were helping the elderly at the local community centre.

- A. We met them while they were helping the elderly at the local community centre.
B. We met them while they helped the elderly at the local community centre.
C. They helped the elderly at the local community centre and met us.
D. They wanted to meet us at the local community centre where they were working.

Question 48: Son found out about the charity event while he was volunteering at the food bank.

- A. Son volunteered at the food bank and he found out about the charity event
B. Son was volunteering at the food bank and charity event
C. Son was volunteering at the food bank when he found out about the charity event.
D. Son volunteered at the food bank and charity event

Mark the letter A, B, C or D to indicate the sentence that best combines each pair of sentences in the following questions.

Question 49: Manh was volunteering at the animal shelter. He heard about the upcoming charity event.

- A. Manh was volunteering at the animal shelter when he heard about the upcoming charity event.
B. Manh volunteered at the animal shelter and he heard about the upcoming charity event.
C. Manh volunteered at the animal shelter while he was hearing about the upcoming charity event.
D. Manh was volunteering at the animal shelter while he was hearing about the upcoming charity event.

Question 50: Duong was serving food at the charity event. She accidentally met her old friend.

- A. Duong served food at the charity event while she accidentally met her old friend.
B. Duong was serving food at the charity event while she was accidentally meeting her old friend
C. Duong served food at the charity event with accidentally meeting her old friend.
D. While Duong was serving food at the charity event, she accidentally met her old friend.