

Technology

Part 1

Do you use any gadgets on a daily basis ?

Yes, surely I do... Although I don't consider myself a geek, I quite enjoy using all the new items like laptops and smartphones... All in all, we're living in the computer age and it's impossible to ignore cutting-edge technology.

How often do you use Internet?

I use Internet every day... It helps me with my studies and it entertains me when I'm down... Surfing the Internet is my hobby... I also frequently use World Wide Web for communication purposes... Though I don't like social media like Facebook, I often use video conferencing for talking.

Do you own a computer? If so, how often do you use it and for what purposes?

Yes, I have a personal computer and a laptop... I use my laptop mainly for education... It is very light and fits in my bag easily, so I take it with me to school... Meanwhile, my PC has a large screen and convenient keyboard, so I use it for word processing and browsing websites. It is an old, but still well-oiled machine...

Part 2

Now, have a look at the card and prepare a monologue.

Describe your favourite gadget. You should say:

- What is it
- When did you get it
- How often do you use it

and say why is it so important to you ??

I don't own many gadgets... I have a PC, laptop and a smartphone and I can't imagine my life without either of those... However, my laptop is the most important piece of technology for me... I got it as a birthday present from my parents a few years ago and I use it nearly every day now. Although at first using it was like rocket science for me, after a few weeks I was able to do everything I needed... From browsing websites to reinstalling the operating system... What's more, without my laptop I wouldn't be able to do my homework for the university... Also, I use it for surfing the Internet and finding whatever I want, whether it is a piece of code for my project or a useful tip on how to cook a steak... Generally, my laptop became an essential device for me...

Part 3

Do you think we need to know much about computers?

Well... Not too much, but there is definitely a couple of essential things everyone should know. First of all, you need to know how to enter a web address... how to navigate websites... It is very important nowadays to be able to surf the net for the information you need...

What is the most impactful piece of technology in our lives?

In my point of view, the Internet is the most important technological advance of our time... It gives us so many new opportunities to discover anything we want about our world! You just need to boot up your computer and go online... And with wireless networks at home and public Wi-Fi hotspots we can do it easily and almost everywhere.

How computers affect our everyday life?

In a positive way, certainly. They help with so many things, starting from writing and printing your own essay and ending with developing advanced programs and digital editing... Without computers studying would have been time-consuming and inefficient...

How effective is the use of computers in the classroom?

Hmm... in my opinion, using computers in the classroom is very effective. I think it is important for students to become competent in the use of computers to prepare them for the workplace ... you know, computers are used everywhere in the workplace now. But... I also think that having computers so easily available gives teachers the opportunity to introduce students to the variety of information on the Internet.

Sport

Part 1

What kind of sport do you prefer?

I don't prefer a specific kind of sport, but I really like working out in the gym... That helps me to keep my body in a good shape... A few years ago I had a sports coach, but now I developed my own fitness program and train alone

Do you do any kind of sports during weekends?

Yes, sure! I have a lot of spare time during weekends and I do javelin on Saturdays... In summertime I also go cycling with my friends... Generally, I don't like staying at home all day... I prefer active rest...

Tell me about your hobbies. Is there anything you like to do in your leisure time?

I used to play tennis as a hobby... But a few months ago my family moved to a new place, and there were no tennis courts nearby... That's why I took up wrestling... But I still play tennis every once in a while.

Part 2

Now, have a look at the card and prepare a monologue.

Describe a place that you visit to keep fit. You should say:

- What is it
- When do you go there
- What do you do there

and say why do you like it ??

I would like to talk about my local gym that I visit three times a week... It's a new sports centre with the latest fitness equipment... It has everything you would ever need to keep fit: treadmills, various dumbbells and exercisers for different muscle groups. Moreover, it offers a wide range of different classes for every taste... I developed my own strength-building strategy, so usually I start with a short warm-up when I jog on the treadmill for a few minutes to sweat... Then, I go to the weights sections and start doing lifting exercises... Finally, I end my workout with stretching... I try not to miss my trainings, because they help me to relax and forget about the daily routine.

Part 3

Should people go in for sports more?

Yes, definitely... Sport should be an essential part of everyone's life. Not only is it good for your health, but it also helps you to be in a good mood... So people should certainly train more.

Which sport is the best for people, who aren't used to work-out?

In my point of view, everybody should start with light trainings, maybe jogging or brisk walk every day... It is better to avoid strenuous exercises for the first couple of months, so powerlifting is definitely out of the question...

Why some people enjoy sports more than others?

It is a tough question... I would say, the main reason is it's hard to find your perfect kind of sport... if you don't like football or basketball it doesn't mean you won't enjoy cricket, for example... It's important not to fear trial-and-error method and you'll inevitably find your ideal sport.

Food

Part 1

What kinds of meals do you like?

Oh, I adore different meat plates... My mouth is watering whenever I see roast beef, grilled chicken or pork chops... However, I don't like to cook... That's why I often eat ready meals and take-aways.

Do you often dinner with your family or friends?

Well, I try to dinner with my family as often as possible... Unfortunately, I don't have enough time for such dinners due to my busy schedule...

When do you usually eat dinner?

I usually have main meal at about 4 p.m. ... I'm starving hungry by then and sometimes overeat myself...

Are there any fruits or vegetables you don't like? Why?

Yes, there are... I'm not a fussy eater, but I really hate onions and seafood... I try to avoid meals that might contain these products...

And what is your favourite cuisine?

Well, I love French cuisine for its versatility and flavorful ingredients.... French cuisine has a variety of dishes, starting from their famous onion soup and ending with cheese fondue... Also, it rarely uses artificial ingredients or flavors.

Part 2

Now, have a look at the card and prepare a monologue.

Describe a place you like to eat at. You should say:

- Where is it
- What kind of food it serves
- Why do like its food

and how often do you eat there ?

I would like to talk about a nice little restaurant in a walking distance of my apartment called "La Pasta"... It is situated on the ancient street in the old city centre... This restaurant serves

various meals of Italian cuisine that I enjoy... For example, they serve extremely delicious pasta, pizza and tomato soup... I particularly love their pasta... It is very versatile food, and can be made in many ways... I general, I love Italian food because it is all about fresh, flavorful ingredients... That's why I eat in that restaurant every now and then with my family and friends... Although it's not cheap, its quality justifies the bill...

Part 3

How can we make people eat healthier food?

The best approach for this problem is to strike a balance between junk food and healthy food... You can eat unhealthy ever so rarely, if you manage to eat nutritious products the majority of the time... I eat junk food myself, by I try not to abuse my health...

Do you think people enjoy what they eat on a regular?

I don't really know, but I'm leaning towards a negative answer... People are often lazy when choosing their meals... They try to catch a snack to restrain their hunger... But it is neither healthy nor enjoyable...

Do you think that cooking is a pleasure a burden for most people?

I can't speak for everybody, but I think that cooking is more of a chore than a pleasure... But it really depends on a person... Some people might love cooking... If it is their passion or a beloved job, then it's good for them... But I'm not among those people... Personally, I prefer dining out.

Education

Part 1

Do you work or are you a student?

At the moment I'm studying. I'm doing a graduate degree in molecular biology in the Vanderbilt University.

Why did you choose that subject?

I've always loved life sciences, particularly biology... And when I received my bachelor's degree I took a research internship in a laboratory where I studied interactions between

proteins... And then I understood that I want to pursue my career in biochemistry or molecular biology.

Can you describe yourself as a good student?

Well, overall I think I am a good student. ... I am not an eager beaver, nor the teacher's pet... but I'm good at scientific subjects and, most importantly, I like studying.

Do you study English now?

Yes, of course. I've taken an intensive course this year, where I've attend classes three times a week... And I plan on pursuing my studies in the future, too...

Did you enjoy / Do you enjoy studying at school?

I've never really liked school... I'm not a bookworm and a lot of humanities subjects seemed too boring to me. However, the workload was not too big... The other good thing about school is being able to see your friends. And fortunately, I had wonderful classmates.

Part 2

Now, have a look at the card and prepare a monologue.

Describe a period of time from your studies that was the most difficult for you so far. You should say:

- When it was
- Why was it hard
- What you were doing at that time

I would like to talk about my last school year. It was really diffucult due to enormous amounts of homework I had to do and all the exams I had to prepare for... Em, so I studied hard, having no time to goof around ... Moreover, I forgot a lot of things from the school curriculum, that's why I had to do a lot of revision... But despite the tough preparation, I managed to set aside some time to rest and interact with my friends and family... After all, my efforts were not in vain... I passed all the exams well and was admitted to the university of my dream.

Part 3

What are some essential qualities every teacher should have?

As for me, every teacher should be able to catch student's attention. It is very important to make your subject interesting to the others... Also, teacher should be a subject specialist and a kind, helpful person..

What are some pros of studying on a distance learning course?

To be honest, I think it's very advantageous to study in such way... It gives you more time flexibility, especially if you have a job... Not to mention that it is fairly cheap, compared to face-to-face classes...

Does everybody get equal opportunities to study?

Definitely not. I think it really depends on a country you live in... Moreover, it depends on your financial capabilities... Some schools and universities are just too expensive... Only a small fraction of people can afford to study there.

Weather

Part 1

What's the weather in your country?

The weather in my country is pretty nice. We have a mild climate, so it's never boiling hot in the summer or freezing cold in the winter.

Does the weather affect your mood?

Yes... Cold, gloomy days put me in a bad mood. I love summertime, when it's warm and sunny.

Do you like rainy days?

Yes, absolutely! I like when it rains... I love all the freshness around, the cool breeze after a heavy rain. It's wonderful!

What is your favourite season?

Well, I think it's spring... The weather is very pleasant and it's nice to see everything come back to life and blossom.

Do you like winters?

No, not really... For me winter is the most depressing season, because where I live it's freezing cold in the winter. Moreover, the days are short and you can't do a lot of outdoor activities.

Part 2

Now, have a look at the card and prepare a monologue.

Describe your favourite weather. You should say:

- What the weather is like
- Why do you like it

- Where you can experience such weather conditions.

It may sound strange, but my favourite weather is when it is cloudy, windy and drizzling as it makes me feel calm and relaxed... I like such weather especially at night because I can hear the little raindrops falling and see the dew on the window, and it helps me to sleep... It is very pleasant... Also, I love foggy weather... It's very romantic and gives me a sort of feeling like I'm in an old black and white movie. However, I don't like heavy rains and downpours. And I hate when temperature goes below zero, it's too cold for me. Probably, the type of weather I like is common for the United Kingdom... But in my hometown such type of weather is very rare. Usually, we have dry and sunny days with occasional spells of rainy weather.

Part 3

Does air pollution affect the weather?

Yes, it does... It affects the overall temperature of the world, making the weather warmer. Also, it often causes smog and gloomy weather.

Do you think that weather affects people's behaviour?

Yes, I think that people respond to bad weather... In my opinion, during cold and dull days people are more depressed and irritated than usual... While bright sunshine and warmth makes us feel good.

Health

Part 1

Do you have any unhealthy habits?

Well, actually I do... When I'm stressed, I bite my lips and pick my nails. Moreover, I used to smoke cigarettes a few years ago, but hopefully I managed to break this habit.

What do you do to stay healthy?

I try to eat healthy food and do regular exercises... Also, I think it's very important to develop a healthy lifestyle and stick to it... For example, I try to avoid eating junk food.

In your opinion, what is more important, eating healthy food or doing exercises?

Hm... It's an interesting question... To be honest, I believe that it is crucial to do both in order to be healthy... However, if I had to choose only one option, I would choose eating healthy food, because otherwise, the risk of developing a chronic disease of digestive system increases...

Part 2

Now, have a look at the card and prepare a monologue.

Describe your (or your friend's) illness or injury experience. You should say:

- What was it
- When did it happen
- How did you (or your friend) handled it

and say how do you feel about it now.

I would like to talk about a car accident that happened to me a few years ago and resulted in serious injuries... It was a horrible experience that I would not want to relive ... my family was driving home, when a big truck crashed into our passenger car. After the accident I blacked out and was transported to the hospital. When I regained consciousness, I discovered that I had five broke bones, several ruptures and many cuts and bruises. To restore the collarbone and leg bone, I had to go through operations, during which metal rods were put onto these bones to fix them... Not surprisingly, I was in a severe pain, so physicians prescribed me to take painkillers and other medicines for a couple of weeks. During my recovery, I wasn't able to walk properly and my life then was very difficult. But after several months of proper treatment and physical therapy I fully recovered ... I even took up karate soon after! Although the illness was definitely not a pleasant experience, I am very happy and grateful that now I am healthy... Probably, I leaned to value health and became stronger.

Part 3

How can people be encouraged to stay healthy?

It's an interesting question... In my opinion, government could encourage people to go in for sports by making it more affordable and popular... Promoting healthy food rationing on the television might be a good idea as well...

What is the best way of helping people with an addiction?

If you ask me, rehab is the best option for such people... Professional medical care is essential, if someone wants to overcome the addiction... However, it is also very important to have relatives and friends that would mentally support this person during this period of his or her life...

Do you think people start worrying more about their health as they become older?

Yes, without a doubt! When you're young, you can afford to drink alcohol and stay awake all night long without damaging your health very much... But as you get older, your body demands more attention and care, therefore you need to worry about your health more and have frequent check-ups...
