Travel & Holidays

### Part 1

Do you like travelling?

Yes, definitely! I think seeing the world, from great historical monuments to white sandy beaches, is what life is all about. It's a very interesting way to learn about new cultures and explore new places.

What is your favourite type of holiday?

I really like going to the countryside, getting away from it all. Nothing relaxes me as much as wilderness... I am tired of tourist traps and usually go off the beaten track...

What do you do on holidays?

I prefer visiting various museums and places of interest. For instance, on my last vacation I was to Rome and I visited 12 museums. It was fantastic! Of course, sometimes I go shopping with my friends or relatives too... But I don't find it near as exciting...

Are there many tourists visiting your country?

Probably yes... My country has different tourist attractions in many cities, especially the capital... For example, my country has old-time religious traditions... That's why we have a lot of ancient cathedrals and churches that are interesting for both tourists and local citizens...

### Part 2

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

Describe a tourist attraction you once visited. You should say:

* When you visited it
* Where is it situated
* Who you went with

and say what about it you like the most

A couple of years ago I went on a holiday to Paris with my parents… it is a very popular tourist destination, since it has various places of interest, such as ancient museums and monuments… That's why there are always hordes of tourists... So we decided to go out of season in the autumn… Fortunately, the weather was great, and we did not waste any days watching TV at the hotel... it was a memorable holiday … we enjoyed breathtaking views from the top of the Eiffel tower and dined in cozy little restaurants. I would certainly recommend visiting Paris, it is a picturesque city.

### Part 3

Why do you think tourism is so developed now?

Well, because it is a lot easier to travel nowadays… you can choose charter flights and find various youth hostels all around the world, so you don’t need to spend much money on the travelling. Moreover, you can book a trip via the Internet, so you don't even have to leave home.

How people choose their destination?

There are a lot of ways. For instance, you can surf the internet for all the necessary information… Or you can visit different travel agencies for more advice.

What kind of transport do you prefer on holidays? Why?

It depends… I usually reach my holiday destination by plane because it is the fastest and the least dangerous way to travel. However, flying can be a bit uncomfortable... So I also travel by train from time to time… But I never drive car on a vacation, because I do it every day when I work... I would have a busman's holiday otherwise.

Do you prefer travelling alone or in tour groups? Why?

I definitely prefer travelling alone because I like to plan the trip by myself... When choosing a guided tour, you should always conform to a set schedule… So if you are in India and, say, you want to spend an extra hour at Taj Mahal, you simply cannot do that with a group tour... I like independent travel. That way I get to see and do exactly what I want and spend as much time as I want at various stops.

# Friends

### Part 1

Do you have a lot of friends?

Not a lot, but I have a few very close friends … I think it is better to have one reliable friend that a thousand fair-weather friends... Although it's not easy to meet someone you have a lot in common with, I think managed to do it.

How often do you see your friends?

As often as I can... We enjoy each other's company, so we see each other almost daily... What's more, we live very close to each other, so it's easy for us to meet up.

Is there anything special about your friends?

Oh, that's an interesting question... I guess there are lot of things... For instance, my best friend can draw unbelievable art, good enough to sell. And my other friend is really keen on cooking... But most importantly, they are people, who are near and dear to my heart.

For how long do you know them?

I’ve known my friends since my childhood… We've been through thick and thin together… Probably that's why we're so close now.

### Part 2

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

Describe your friend. You should say:

* Who is he/she
* When did you meet
* Why is he/she so close to you

and say what do you like about your friend the most

I would like to talk about my friend William... I wouldn't say he's my best friend, but I would rather call him as a good friend of mine... I met him last year at local sports centre. It turned out that we were studying at the same college... Then, miraculously, I got into the same class with him and we got on like a house on fire... He's the sweetest person I've ever met! He's smart, helpful, caring, funny and somehow good-looking... And most importantly, we have a lot in common and he understands me as nobody else does.

### Part 3

Do you think friendship is important nowadays?

Yes, certainly! Without my friends I’d be very sad and lonely, but they cheer me up and help in every way possible… Of course, all relationships have their ups and downs, but we should definitely try not to lose touch with our friends.

What do you think is the best time to get new friends?

Hmm... Probably, the best time to get new friends is your school and university years. You have many possibilities to get in touch with different people… And it is easier to find friends with similar interests...

Is it important to stay in touch with your friends throughout the years?

Yes, it very important not to lose touch with your friends… Surely, everyone changes and even close friends can drift apart. But, in my opinion, friends are your second family and we should highly appreciate them.

# 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 an 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.

Every other day

یک روز در میان

### 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 chosing 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 exprerience 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.

# Environment

### Part 1

Do you think pollution is a big problem nowadays?

Yes, definitely. Air and water pollution are huge issues in the modern world... The air pollution problem is especially grave due to the increasing amount of exhaust fumes, which are produced by cars, and result into a poor air quality.

What do you do to prevent our environment from pollution?

A lot of things... First of all, I don't litter. Also, my family and me try to buy only environmentally friendly goods whenever we can... And finally, I try to save trees... I print on both sides of every sheet of paper I use and use any left over white space to scribble notes.

Have you ever participated in any environmental events?

Yes, of course! Last year I participated in an event in my hometown, which was all about preserving nature... We were taught about the greenhouse effect and I learned about many endangered species in the world.

### Part 2

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

Describe an environmental problem or event. You should say:

* What is it
* Where is it happening
* What problems does it cause

I would like to talk about global warming. In my opinion, it is a big, if not the biggest, problem that we are facing nowadays. The main reason of global warming is the greenhouse effect ... Nowadays people are producing excessive amounts of greenhouse gases, mostly by burning fossil fuels. These gases let sunlight in, which warms the Earth, and then block that heat from leaving... That breaks the delicate natural balance and causes our planet to warm... As global warming changes the climate on the whole planet, it affects all countries in the world and causes many serious problems... For example, global warming causes melting of glaciers, which in turn raises the sea-level... Eventually, coastal areas are flooding and agriculture is damaged unless appropriate measures are taken... As it is a worldwide problem, I think that only joint efforts will help us to overcome this issue.

### Part 3

In which way do people damage our planet?

Er... In my point of view, we damage the Earth in many ways. Just take a look at all those factories that empty toxic waste into rivers and lakes... People also destroy a great deal of natural areas in search of fossil fuels. Not to mention poaching and endangering of wild animals.

Do you think that the environmental situation will improve in the nearest future?

Yes, I would like to believe so... People are getting more and more aware of the major environmental issues that we're dealing with nowadays... I hope that we will get back to nature and start caring about our planet more.

# Music

### Part 1

Do you like listening to the music on a regular basis?

Yes, without a doubt. I like different music genres and I listen to various tunes almost every day... I do not like elevator music, though... It makes me bored and annoyed.

Have you ever been interested in singing?

No, not really... I took singing classes when I was younger, but, unfortunately, I am tone deaf, so I can't sing very well...

Can you say that music is a very important part of your life?

No, I can't... Although I enjoy music and listen to classical music every now and then, I'm not obsessed with it...

### Part 2

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

Describe a band you enjoy listening to. You should say:

* How did you find them
* What kind of music do they play
* When do you listen to them

And say why you like them so much

I really enjoy listening to Maroon 5... I found this music band a few years ago, when I was looking for some pop music on the Internet... And, immediately after listening to the few of their songs, I fell in love with this awesome band... Their music is very catchy and tuneful at the same time. I especially like this band for their driving rhythms... As of today, I have gone to a few of their concerts and have their posters all over my wall. I listen to their songs when I'm upset or stressed out... They always cheer me up... Also, one of their songs, namely "Payphone", is set as a ringtone on my phone.

### Part 3

Do you think music is getting better as time goes on?

No, quite the opposite. In my opinion, music was a lot better back in the day... I love music from 60s and 70s... There are myriads of famous rock bands of that time that I really like... And nowadays almost every pop-song sounds boring and dull to me...

Where do you think people enjoy listening to music the most?

I my point of view, it all depends on a person... As for me, I enjoy listening to the music in my room, where nobody can bother me... But a lot of my friends would prefer listening to the music while travelling in public transport... This way their journey becomes more pleasant.

Is it better to go to a live concert or to listen to a CD?

I think that nothing compares to a live concert! It's just magical to be on a concert in a large group of people like you, listening to the songs you know being played right in front of you… It's empowering, and completely unlike listening to recorded music.

Do you like the same music as your parents?

Um... When I was a child I used to listen to the same music as my parents did… Probably, that was because we were often driving in the same car … and my parents always turned on some jazz on the radio. So I thought I was fond of jazz… But eventually I discovered other music genres and understood that I like rock music and techno much more…

# Books and Films

### Part 1

Do you enjoy reading?

Yes, absolutely! A great way to relax to learn something new is to peruse a book... I'm so addicted to reading that sometimes I can't even fall asleep without an hour of bedtime reading.

Do you like watching movies?

No, not really... If I have some free time, I'd rather read an interesting book... Books leave us a lot of space for imagination, while in movies everything is spelled out for us... That's why I find films boring.

What is the last book you read? And did you like it?

The last book I've read is "Theatre" written by William Somerset Maugham ... and I absolutely enjoyed it! Maugham is my favourite writer of all time and I've read his novel from cover to cover in 2 days... I was truly captivated by the characters and the unravelling of the plot.

How often do you go to the cinema with your friends?

Quite often, to be honest... I like catching the latest movies with my friends, so we go to the cinema almost every week. I especially like action movies and sci-fi films.

### Part 2

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

Describe a book or a film that had a strong impact on you. You should say:

* What was it
* When you read or saw it
* How it influenced you

And say if you liked it and why.

A book that I'd like to talk about is called "Flowers for Algernon" written by Daniel Keyes. You won't believe, but I picked up this novel from a shelf in a bookstore because it had a beautiful cover! Although a proverb says "don't judge a book by its cover", I did exactly the opposite... and the book turned out to be one of the greatest things I've ever read... In fact, this novel is very intense and thought-provoking... It is set in form of diary entries of the protagonist - mentally-disabled man Charlie, whose IQ changes after brain surgery... It drastically changed the way I looked at how intelligence influences people's attitude to others and to the world in general. Also, I had to overthink how many boundaries does new knowledge open and how mentally disabled people are treated in the society... In general, the book was somewhat tear-jerking for me, but I still highly enjoyed it and would recommend it to anyone looking for a powerful and inspirational read.

### Part 3

Why do you think cinemas are still popular nowadays, even though people can watch movies in their homes?

I believe that there are several reasons for it... First of all, watching a film on a big screen is a lot more fun than watching it at home... Not to mention the fact that you won't be able to see the movie on the DVD as soon as in the movie theater... You'll have to wait a couple of months for the DVD release of the movie... Moreover, a lot of people like the atmosphere of cinema with its half-light halls, popcorn and sound effects.

What do you think about e-books?

In my opinion, a paperback or hardback books are much better... Reading a book from an e-reader just doesn't feel the same for me - I adore the sensation of turning pages and that special smell of paper. I think that the look and feel of a book can never be replaced by an e-reader... But I do understand usefulness of electronic books. It is very convenient to be able to carry hundreds of books in your pocket and have a possibility to read them at any time... Also, e-readers support keyword search, which paperbacks obviously do not.

# 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 broked 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 opnion 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 affort 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...