

**MULTILEVEL  
SPEAKING**

# PART 1.1

## 1) DESCRIBE YOUR HOUSE.

MY HOUSE IS A COZY RETREAT FILLED WITH WARMTH AND COMFORT. THE BRIGHT LIVING ROOM WELCOMES SUNLIGHT, AND MY FAVORITE KITCHEN HAS PLENTY OF SPACE FOR FAMILY MEALS. A SMALL GARDEN BLOOMS WITH FLOWERS AND HERBS, ADDING CHARM. EACH ROOM REFLECTS MY PERSONALITY, MAKING IT A HAPPY PLACE TO RELAX AND SPEND TIME WITH LOVED ONES.

---

# PART 1.1

## 2) DO YOU GET UP EARLY OR LATE?

I PREFER GETTING UP EARLY! THERE'S SOMETHING SPECIAL ABOUT THE QUIET MORNING HOURS. WAKING UP EARLY GIVES ME A CHANCE TO ENJOY A PEACEFUL START TO THE DAY. I CAN SIP MY COFFEE, TAKE A MOMENT TO PLAN MY TASKS, AND EVEN FIT IN A LITTLE EXERCISE OR READING. THE WORLD FEELS FRESH AND FULL OF POSSIBILITIES IN THE MORNING. PLUS, IT ALLOWS ME TO BE MORE PRODUCTIVE THROUGHOUT THE DAY. SO, IF YOU EVER FEEL OVERWHELMED, TRY WAKING UP A BIT EARLIER—IT MIGHT JUST CHANGE YOUR WHOLE DAY FOR THE BETTER!

# PART 1.1

## 3) WHAT IS YOUR FAVOURITE DRINK?

IF I HAD TO PICK A FAVORITE DRINK, IT WOULD BE LEMONADE. IT'S REFRESHING, SWEET, AND A LITTLE TANGY—PERFECT FOR A HOT DAY! LEMONADE BRINGS BACK MEMORIES OF SUMMER PICNICS AND TIME SPENT WITH FRIENDS AND FAMILY. JUST A FEW SIMPLE INGREDIENTS—LEMONS, WATER, AND SUGAR—MAKE IT SO EASY TO PREPARE. PLUS, IT'S VERSATILE! YOU CAN ADD STRAWBERRIES OR MINT FOR A FUN TWIST. SO, NEXT TIME YOU NEED A COOL DRINK, GRAB A GLASS OF LEMONADE AND ENJOY THE BRIGHT, SUNNY FLAVOR! CHEERS!

---

# PART 1.2



- WHAT DO YOU SEE IN THESE PICTURES?
- WHAT ARE SOME ADVANTAGES OF EXERCISING OUTDOORS COMPARED TO EXERCISING INDOORS?
- DO PEOPLE IN YOUR COUNTRY EXERCISE REGULARLY?

# PART 1.2



WHAT DO YOU SEE IN THESE PICTURES?

IN THE FIRST PICTURE, A GIRL IS RUNNING OUTSIDE, ENJOYING THE FRESH AIR AND THE BEAUTY OF NATURE. SHE LOOKS HAPPY AND ENERGETIC, SHOWING HOW REFRESHING OUTDOOR EXERCISE CAN BE.

IN THE SECOND PICTURE, GIRL IS INSIDE A GYM, FOCUSED AND WORKING HARD WITH EQUIPMENT. THIS CONTRAST HIGHLIGHTS TWO WAYS TO STAY ACTIVE—ONE IN NATURE AND ONE INDOORS. BOTH ENVIRONMENTS ARE IMPORTANT FOR FITNESS AND REMIND US THAT WE CAN FIND JOY IN MOVEMENT ANYWHERE!

---

# PART 1.2



WHAT ARE SOME ADVANTAGES OF EXERCISING OUTDOORS COMPARED TO EXERCISING INDOORS?

EXERCISING OUTDOORS HAS SOME GREAT BENEFITS! FIRST, YOU GET FRESH AIR AND SUNLIGHT, WHICH CAN BOOST YOUR MOOD AND ENERGY. BEING IN NATURE HELPS REDUCE STRESS AND IMPROVE MENTAL WELL-BEING.

SECOND, OUTDOOR WORKOUTS OFFER VARIED TERRAIN, MAKING YOUR ROUTINE MORE INTERESTING AND MOTIVATING. PLUS, YOU CAN INCREASE YOUR VITAMIN D LEVELS, WHICH IS ESSENTIAL FOR HEALTH. SO WHETHER IT'S A RUN IN THE PARK OR A HIKE, OUTDOOR EXERCISE IS REFRESHING AND INVIGORATING!

# PART 1.2



DO PEOPLE IN YOUR COUNTRY EXERCISE REGULARLY?

IN MY COUNTRY, MANY PEOPLE TRY TO EXERCISE REGULARLY, THOUGH HABITS VARY. IN CITIES, YOU'LL OFTEN SEE PEOPLE JOGGING IN PARKS OR ATTENDING GYM CLASSES, LIKE YOGA OR DANCE, ESPECIALLY AFTER WORK.

IN RURAL AREAS, EXERCISE OFTEN COMES FROM DAILY ACTIVITIES, LIKE FARMING OR WALKING. WHILE SOME ARE VERY ACTIVE, OTHERS FIND IT HARD TO STAY MOTIVATED.

OVERALL, THERE'S A GROWING AWARENESS OF THE IMPORTANCE OF FITNESS, AND MORE PEOPLE ARE WORKING TO INCORPORATE EXERCISE INTO THEIR LIVES FOR BETTER PHYSICAL AND MENTAL HEALTH.

# PART 2



- DESCRIBE A TIME WHEN YOU TOOK A RISK.
- WHAT WERE THE POSSIBLE CONSEQUENCES OF THIS RISK?
- DO YOU THINK THE RISK WAS WORTH IT?

# PART 2

ONE TIME I TOOK A SIGNIFICANT RISK WAS WHEN I DECIDED TO SWITCH MY CAREER PATH. I HAD BEEN IN A STABLE JOB FOR SEVERAL YEARS, BUT I FELT UNFULFILLED AND WANTED TO PURSUE SOMETHING I WAS PASSIONATE ABOUT—WRITING.

THE POSSIBLE CONSEQUENCES OF THIS RISK WERE CONSIDERABLE. I COULD HAVE FACED FINANCIAL INSTABILITY, ESPECIALLY SINCE STARTING A NEW CAREER OFTEN MEANS STARTING AT THE BOTTOM. THERE WAS ALSO THE FEAR OF FAILURE. WHAT IF I WASN'T GOOD ENOUGH? WHAT IF I STRUGGLED TO FIND WORK? LEAVING A SECURE JOB FOR SOMETHING UNCERTAIN WAS DEFINITELY DAUNTING.

DESPITE THESE FEARS, I DECIDED TO GO FOR IT. I TOOK SOME WRITING CLASSES, STARTED FREELANCING, AND GRADUALLY BUILT UP MY PORTFOLIO. THERE WERE TOUGH MOMENTS, LIKE WHEN I FACED REJECTION OR STRUGGLED TO MEET DEADLINES. HOWEVER, I ALSO EXPERIENCED INCREDIBLE GROWTH AND MET AMAZING PEOPLE ALONG THE WAY.

LOOKING BACK, I BELIEVE THE RISK WAS WORTH IT. I'M NOW DOING SOMETHING I LOVE AND FEEL MORE FULFILLED IN MY WORK. THE JOURNEY HAS TAUGHT ME RESILIENCE AND HAS OPENED UP NEW OPPORTUNITIES I NEVER IMAGINED. TAKING THAT LEAP OF FAITH CHANGED MY LIFE FOR THE BETTER, AND I'M GRATEFUL I TOOK THE CHANCE.

# PART 3

Single use plastics should be banned.

For

- They harm wildlife and pollute oceans.
- Banning them can decrease the amount of waste we produce.
- It promotes the use of reusable products.

Against

- They are easy to use and make life simpler.
- Alternatives can be more expensive for consumers and businesses.
- Some industries rely on single-use plastics for safety and hygiene.

# PART 3

TODAY, I WANT TO DISCUSS WHETHER SINGLE-USE PLASTICS SHOULD BE BANNED. THERE ARE STRONG ARGUMENTS ON BOTH SIDES.

ON ONE HAND, BANNING SINGLE-USE PLASTICS IS IMPORTANT FOR SEVERAL REASONS. FIRST, THEY SERIOUSLY HARM WILDLIFE AND POLLUTE OUR OCEANS. ANIMALS OFTEN MISTAKE PLASTIC FOR FOOD, WHICH CAN BE DEADLY. SECOND, IF WE BAN THESE PLASTICS, WE CAN SIGNIFICANTLY REDUCE THE AMOUNT OF WASTE WE PRODUCE. LESS PLASTIC MEANS CLEANER STREETS AND HEALTHIER ECOSYSTEMS. FINALLY, A BAN WOULD ENCOURAGE PEOPLE TO USE REUSABLE PRODUCTS, WHICH IS A MUCH MORE SUSTAINABLE OPTION FOR OUR PLANET.

ON THE OTHER HAND, THERE ARE VALID CONCERNS ABOUT SUCH A BAN. FOR MANY PEOPLE, SINGLE-USE PLASTICS ARE INCREDIBLY CONVENIENT. THEY MAKE LIFE SIMPLER, ESPECIALLY FOR THOSE WHO ARE ALWAYS ON THE GO. ALSO, ALTERNATIVES TO SINGLE-USE PLASTICS CAN BE MORE EXPENSIVE, PUTTING EXTRA STRAIN ON CONSUMERS AND BUSINESSES. LASTLY, CERTAIN INDUSTRIES, LIKE HEALTHCARE, RELY ON SINGLE-USE PLASTICS FOR SAFETY AND HYGIENE. THESE PRODUCTS ARE CRUCIAL IN PREVENTING INFECTIONS AND PROTECTING PATIENTS.