

**MULTILEVEL
SPEAKING**

PART 1.1

1) WHERE IS YOUR HOMETOWN?

MY HOMETOWN IS SAMARKAND, A BEAUTIFUL CITY IN UZBEKISTAN. I SPENT MY CHILDHOOD THERE, PLAYING WITH MY COUSINS IN THE PARKS AND EXPLORING THE COLORFUL MARKETS. OUR NEIGHBORHOOD WAS FRIENDLY, WITH LOTS OF FAMILIES LIVING CLOSE TOGETHER. WE ENJOYED DELICIOUS FOOD, LIKE PLOV, AND CELEBRATED MANY LOCAL TRADITIONS. SAMARKAND'S STUNNING SIGHTS, LIKE REGISTAN SQUARE, MADE IT A WONDERFUL PLACE TO GROW UP. IT'S A SPECIAL CITY FILLED WITH MEMORIES I CHERISH.

PART 1.1

2) TELL ME ABOUT YOUR SCHOOL.

MY SCHOOL IS A SPECIALIZED SCHOOL FOR MATH AND COMPUTER SCIENCE. WE FOCUS ON SUBJECTS LIKE ADVANCED MATH, PROGRAMMING, AND TECHNOLOGY, WHICH HELPS US DEVELOP STRONG SKILLS FOR THE FUTURE. THE TEACHERS ARE REALLY KNOWLEDGEABLE AND SUPPORTIVE, MAKING LEARNING EXCITING. WE ALSO HAVE COOL PROJECTS, LIKE CODING COMPETITIONS AND MATH CHALLENGES, THAT LET US APPLY WHAT WE LEARN. AFTER SCHOOL, MANY STUDENTS JOIN CLUBS WHERE WE CAN WORK ON TECH PROJECTS TOGETHER. OVERALL, IT'S A GREAT PLACE FOR STUDENTS WHO LOVE MATH AND COMPUTERS, AND IT PREPARES US WELL FOR OUR FUTURE CAREERS!

PART 1.1

3) DO YOU THINK YOU COULD BE A TEACHER?

I THINK I COULD BE A TEACHER! I ENJOY SHARING KNOWLEDGE AND HELPING OTHERS LEARN. TEACHING ALLOWS YOU TO MAKE A POSITIVE IMPACT ON STUDENTS' LIVES, AND I FIND THAT VERY REWARDING. I LIKE THE IDEA OF CREATING ENGAGING LESSONS AND INSPIRING CURIOSITY IN STUDENTS. OF COURSE, TEACHING COMES WITH CHALLENGES, BUT I BELIEVE THAT BEING PATIENT AND ADAPTABLE ARE KEY QUALITIES. OVERALL, I WOULD LOVE THE OPPORTUNITY TO GUIDE OTHERS AND SHARE MY PASSION FOR LEARNING!

PART 1.2



- WHAT DO YOU SEE IN THESE PICTURES?
- WHAT CHALLENGES MIGHT ARISE DURING SOLO TRAVEL?
- WHAT ARE SOME BENEFITS OF TRAVELING SOLO COMPARED TO TRAVELING WITH FAMILY?

PART 1.2



WHAT DO YOU SEE
IN THESE PICTURES?

IN THE FIRST PICTURE, WE SEE A FAMILY TRAVELING TOGETHER, SHOWING THE JOY OF SHARED ADVENTURES AND THE CONNECTIONS THEY BUILD. THEIR SMILES REFLECT THE EXCITEMENT OF DISCOVERING NEW PLACES AS A FAMILY.

IN THE SECOND PICTURE, A SOLO TRAVELER STANDS ALONE, REPRESENTING INTROSPECTION AND INDEPENDENCE. TRAVELING SOLO ALLOWS FOR PERSONAL GROWTH AND SELF-DISCOVERY, GIVING ONE THE CHANCE TO EXPLORE FREELY.

TOGETHER, THESE IMAGES HIGHLIGHT TWO IMPORTANT SIDES OF TRAVEL: THE WARMTH OF FAMILY EXPERIENCES AND THE ENRICHING SOLITUDE OF INDIVIDUAL JOURNEYS, REMINDING US OF THE MANY WAYS WE CAN CONNECT WITH OURSELVES AND OTHERS.

PART 1.2



WHAT CHALLENGES MIGHT ARISE DURING SOLO TRAVEL

SOLO TRAVEL CAN BE REWARDING, BUT IT ALSO PRESENTS CHALLENGES. NAVIGATING UNFAMILIAR PLACES ALONE MAY LEAD TO FEELINGS OF ISOLATION AND UNCERTAINTY, AND LANGUAGE BARRIERS CAN BE DAUNTING.

SAFETY IS A CONCERN, REQUIRING YOU TO STAY ALERT AND AWARE, ESPECIALLY IN CROWDED AREAS. YOU MIGHT ALSO MISS THE SHARED EXPERIENCES OF TRAVELING WITH FAMILY OR FRIENDS, WHICH CAN LEAD TO LONELINESS.

HOWEVER, SOLO TRAVEL PROMOTES INDEPENDENCE AND PERSONAL GROWTH, HELPING YOU LEARN MORE ABOUT YOURSELF. IT'S ABOUT FINDING A BALANCE BETWEEN THESE CHALLENGES AND THE REWARDS OF STEPPING OUTSIDE YOUR COMFORT ZONE.

PART 1.2



WHAT ARE SOME BENEFITS OF TRAVELING SOLO COMPARED TO TRAVELING WITH FAMILY?

TRAVELING SOLO HAS SOME GREAT BENEFITS COMPARED TO TRAVELING WITH FAMILY. FIRST, YOU HAVE COMPLETE FREEDOM TO CHOOSE WHERE TO GO AND WHAT TO DO. YOU CAN EXPLORE AT YOUR OWN PACE AND MAKE SPONTANEOUS PLANS WITHOUT NEEDING TO COORDINATE WITH OTHERS.

SECOND, SOLO TRAVEL HELPS YOU LEARN MORE ABOUT YOURSELF. IT'S A CHANCE TO REFLECT AND GROW AS YOU NAVIGATE NEW EXPERIENCES ON YOUR OWN.

YOU ALSO HAVE MORE OPPORTUNITIES TO MEET NEW PEOPLE. WHEN YOU TRAVEL ALONE, YOU'RE OFTEN MORE OPEN TO MAKING CONNECTIONS WITH FELLOW TRAVELERS.

PART 2



DESCRIBE A TIME WHEN YOU ACHIEVED A GOAL.

WHAT OBSTACLES DID YOU FACE ALONG THE WAY, AND HOW DID YOU OVERCOME THEM?

HOW DID ACHIEVING THIS GOAL AFFECT YOU, AND WHAT DID YOU LEARN FROM THE EXPERIENCE?

PART 2

A TIME WHEN I ACHIEVED A GOAL WAS WHEN I DECIDED TO LEARN HOW TO PLAY THE GUITAR. I HAD ALWAYS WANTED TO PLAY MUSIC, BUT I DIDN'T KNOW WHERE TO START.

ONE OF THE BIGGEST OBSTACLES I FACED WAS MY LACK OF EXPERIENCE. AT FIRST, MY FINGERS STRUGGLED TO PRESS THE STRINGS CORRECTLY, AND I FELT FRUSTRATED. TO OVERCOME THIS, I FOUND ONLINE TUTORIALS AND STARTED PRACTICING FOR JUST A FEW MINUTES EVERY DAY. I SET SMALL GOALS, LIKE LEARNING ONE CHORD AT A TIME, WHICH MADE IT FEEL MORE MANAGEABLE.

ANOTHER CHALLENGE WAS STAYING MOTIVATED. SOME DAYS, I FELT LIKE I WASN'T MAKING ANY PROGRESS, AND I THOUGHT ABOUT GIVING UP. TO KEEP MYSELF INSPIRED, I LISTENED TO MY FAVORITE SONGS THAT FEATURED GUITAR. I EVEN JOINED A LOCAL GROUP WHERE BEGINNERS COULD SHARE THEIR PROGRESS, WHICH HELPED ME STAY ACCOUNTABLE AND CONNECT WITH OTHERS WHO WERE LEARNING TOO.

WHEN I FINALLY PLAYED MY FIRST COMPLETE SONG, I FELT AN INCREDIBLE SENSE OF ACCOMPLISHMENT. ACHIEVING THIS GOAL BOOSTED MY CONFIDENCE AND SHOWED ME THAT HARD WORK REALLY PAYS OFF.

FROM THIS EXPERIENCE, I LEARNED THE IMPORTANCE OF PATIENCE AND PERSEVERANCE. IT TAUGHT ME THAT BREAKING A BIG GOAL INTO SMALLER STEPS MAKES IT EASIER TO ACHIEVE. MOST IMPORTANTLY, I DISCOVERED THAT WITH DEDICATION, I CAN ACCOMPLISH THINGS I ONCE THOUGHT WERE IMPOSSIBLE. THIS EXPERIENCE INSPIRED ME TO SET NEW GOALS, WHETHER IN MUSIC OR OTHER AREAS OF MY LIFE.

PART 3

Fast food should be banned in schools

For

- Fast food contributes to obesity and poor health in children.
- It often lacks essential nutrients needed for growth.
- Serving fast food encourages unhealthy eating habits.

Against

- Students should have the freedom to choose what they eat.
- Fast food is quick and easy for busy students.
- Offering fast food provides more options in school meals.

PART 3

TODAY, I WANT TO DISCUSS WHY FAST FOOD SHOULD BE BANNED IN SCHOOLS.

FIRST, FAST FOOD CONTRIBUTES TO OBESITY AND POOR HEALTH IN CHILDREN. WITH EASY ACCESS, MANY KIDS CHOOSE UNHEALTHY MEALS, LEADING TO SERIOUS HEALTH ISSUES LIKE DIABETES AND HEART DISEASE. SECOND, FAST FOOD OFTEN LACKS ESSENTIAL NUTRIENTS NEEDED FOR GROWTH. THESE MEALS ARE HIGH IN CALORIES AND SUGARS BUT LOW IN VITAMINS AND MINERALS, WHICH KIDS NEED FOR DEVELOPMENT. ADDITIONALLY, SERVING FAST FOOD ENCOURAGES UNHEALTHY EATING HABITS. IF CHILDREN REGULARLY EAT FAST FOOD, THEY MAY NOT LEARN TO APPRECIATE HEALTHIER OPTIONS.

ON THE OTHER HAND, SOME ARGUE THAT STUDENTS SHOULD HAVE THE FREEDOM TO CHOOSE WHAT THEY EAT AND THAT FAST FOOD IS QUICK AND CONVENIENT FOR BUSY SCHEDULES. WHILE CHOICE IS IMPORTANT, SCHOOLS SHOULD PRIORITIZE HEALTH. FINALLY, WHILE FAST FOOD OFFERS VARIETY, WE CAN PROVIDE HEALTHY, TASTY OPTIONS THAT FIT INTO STUDENTS' LIVES WITHOUT SACRIFICING THEIR WELL-BEING.

IN CONCLUSION, BANNING FAST FOOD IN SCHOOLS IS ESSENTIAL FOR PROMOTING BETTER HEALTH AND ENCOURAGING LIFELONG HEALTHY HABITS. THANK YOU!