

Taking a rest



1.1

1. How often do you take a rest?

→ Well, if we're talking about resting after work, then I rest every day. You know, we all need some time to **blow off some steam**⁽¹⁾ and **recharge our batteries**⁽²⁾. No one can work for days without rest.

⁽¹⁾**Blow off some steam**: nghỉ xả hơi

Blow /bləʊ/: thổi

steam /sti:m/: hơi, hơi nước

Ví dụ: *Call me anytime you need to blow off some steam.*

⁽²⁾**Recharge the batteries**: Nạp lại năng lượng

Recharge /,ri:tʃə:dʒ/: Sạc lại, nạp lại

battery /'bæt.ər.i/: pin, năng lượng

Ví dụ: *Now I have time to recharge the batteries.*

2. What do you usually do when you are resting?

→ Usually, I will grab a book to read, as I love learning new stuff and reading is the best way to do so. Sometimes I watch a movie or play video games, but only the ones that leave me thinking a lot, like a movie that involves time travel or a **puzzle game**⁽³⁾.

⁽³⁾**Puzzle game** /'paz.al geim/: trò chơi giải đố

Ví dụ: *You can't keep a good puzzle game down.*

3. Do you take a nap when you are taking your rest?

→ Rarely, I would say. Having a nap in the afternoon can make me feel tired after waking up, so I usually don't do that.

4. How do you feel after taking a nap?

→ Usually tired, as I said. A nap is usually very short, and I often feel a bit **dizzy**⁽⁴⁾ after waking up. I usually can't fully concentrate on whatever I have to do afterwards.

⁽⁴⁾**dizzy** /'diz.i/ (adj): hoa mắt, chóng mặt

Ví dụ: *I felt dizzy with excitement as I went up to collect the award.*

Reading



1.2

1. Do you like reading?

→ I sure do. I read a lot every day as it's one of the best ways to learn new things. Some people call me a **bookworm**⁽¹⁾, because according to them, they've never seen me without a book in my hand.

⁽¹⁾**A bookworm** /'buk.wɜ:m/: một sách

Ví dụ: *She was a bookworm, and an over-achiever in high school.*

2. Do you like to read at home or in other places?

→ I prefer reading at home since it's quiet and I can **pay full attention**⁽²⁾ to the book. I live alone, so there's no one there to **interrupt**⁽²⁾ me. Some of my friends like going out to a coffee shop to read, but it's just not my thing. Those places are too noisy, you know.

⁽²⁾**Pay full attention to something**: tập trung hoàn toàn vào một thứ gì đó

attention /ə'ten.ʃən/: chú ý

Ví dụ: *You can't pay full attention to both music and a book at the same time.*

⁽³⁾**Interrupt** /,ɪn.tə'ræpt/: can thiệp, làm gián đoạn

Ví dụ: *I wish you'd stop interrupting.*

3. In what place do you think it is difficult to read?

→ Any crowded or noisy place like a bus stop, a cinema, or a coffee shop. I can't concentrate when there's too much noise around. I get a bit nervous, or even anxious, in crowded places, so when I want to read, I just choose a place where there's nobody else around.

4. Do you like to read by yourself or with other people?

→ By myself, of course. Personally, I see no point in "reading with other people". Reading isn't some kind of group activity, so it's better if we do it alone.

TV program



1.3

1. Do you often watch programs on the TV or on your cell phone?

→ On my mobile phone and sometimes my laptop. My TV has been **unplugged**⁽¹⁾ for nearly a year already. It's much more convenient to watch things on a phone since I can do it anywhere and watch whatever I want. Now with the internet, I don't want to be tied up on the sofa at home just to watch some TV shows broadcast on schedule.

⁽¹⁾**Unplugged** /ʌn'plʌgd/: rút phích cắm

Ví dụ: *I unplugged the TV.*

2. What kind of TV programs do you like?

→ I don't **have a preference for**⁽²⁾ any particular type. But if I had to choose, I'd say Indian TV series. I know the stories in those films are completely **illogical**⁽³⁾, and some action scenes even defy the **laws of physics**⁽⁴⁾. But the thing is that they're entertaining, and that's all I expect from a TV show.

⁽²⁾**Have a preference for something**: Có sự ưu ái cho một thứ gì đó

preference /'prefərəns/: sự ưu thích

Ví dụ: *Do you have a preference for red or white wine?*

⁽³⁾**Illogical** /ɪ'lɒdʒɪ.kal/: phi logic

Ví dụ: *It was an illogical decision, but I was in love.*

⁽⁴⁾**Laws of physics**: định luật vật lý

Laws /lɔ:s/: luật

physics /'fɪz.ɪks/: vật lý

Ví dụ: *Everything existing on Earth follows the laws of physics.*

3. Do you like watching the same kind of program all the time?

→ No. It's boring to watch the same thing over and over again. Sometimes I do look for something unusual on Netflix, such as a **mind-bending**⁽⁵⁾ series like Dark or Alice in Borderland.

⁽⁵⁾**Mind-bending** /maɪnd bENDING/: xoắn não

Ví dụ: *The world is full of mind-bending substances.*

4. Do you talk with your friends about the program you watched?

→ Sometimes. We talk about a bunch of things when we see each other, and TV or internet programs are just some of them. The most recent program that I discussed with my friends was Dark – a German TV series. It really with a time-travel theory called Bootstrap Paradox. I won't explain that here since it's too long.

Getting up early



1.4

1. Do you often get up early in the morning?

→ Yes, almost every day. I'm trying to **maintain a healthy lifestyle**⁽¹⁾, so I usually get up at 6 to do some exercise before having breakfast and going to work.

⁽¹⁾**Maintain a healthy lifestyle**: duy trì một lối sống lành mạnh

Maintain /meɪn'teɪn/: duy trì
healthy /'hel.θi/: lành mạnh

lifestyle /'laɪf.staɪl/: lối sống, phong cách sống

Ví dụ: I eat fruit and vegetables to maintain a healthy lifestyle.

2. What do you usually do when you get up early?

→ Do exercise, as I said. Then if there's still plenty of time left, I'll make my own breakfast and a coffee. Sometimes I get up a bit later, say 6.30 am, and I have to eat out since cooking breakfast can be quite time-consuming. I don't want to be late for work.

3. Do you get up early on weekends?

→ Yes. Some people choose to **indulge themselves**⁽²⁾ on Sunday by staying in bed until 9 or even 10 am, but not me. I try to keep the same habits every day, even on weekends, since it's a way to **discipline myself**⁽³⁾.

⁽²⁾**Indulge oneself**: nuông chiều bản thân

Indulge /ɪn'duldʒ/: nuông chiều

Ví dụ: I love champagne but I don't often indulge myself.

⁽³⁾**Discipline myself**: tự kỷ luật bản thân

Discipline /'dɪs.ə.plɪn/: kỷ luật

Ví dụ: I'm trying to discipline myself to eat less chocolate.

4. Which morning do you like best in a week?

→ I'd say Sunday morning because I don't have to go to work on Sunday. After breakfast, I can take some time to clean up the house or do some shopping to buy food for the whole week.