## Exercise 1: Listen and complete the text.

### VOLUNTEERING IS GOOD FOR YOUR MIND AND BODY

Volunteering provides many (1) ..... to both mental and (2) ..... health.

Volunteering combats (3) ..... . Volunteering keeps you in regular contact with others and helps you develop a solid support system, which (4) ..... you against depression.

Volunteering makes you happy. By measuring hormones and (5) ..... activity, researchers have discovered that being (6) ..... to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.

Volunteering increases (7)..... . You are doing good things for others and the community, which provides a natural sense ofaccomplishment. Your (8) ..... as a volunteer can also give you a sense of (9) ..... and identity. And the better you feel about yourself, the more likely you are to have a (10) ..... view of your life and future goals.

LIVEWORKSHEETS

## Exercise 2: Listen and complete the sentences with no more than 3 words.

1. The shop is called "Tinh Thuong .....”

2. If you do volunteer work at Tinh Thuong Charity, you can meet ..... and have .....

3. Tinh Thuong Charity has more than 10,000 .....

4. Tinh Thuong Charity has 500 .....

5. Tinh Thuong Charity fund is to help ..... and ..... children and young people.

6. Some volunteers do their volunteer work ..... hours a week, some do ..... hours a week.

7. One of the volunteer work at Tinh Thuong Charity is to ask and answer the phone for ..... questions.

8. As a volunteer of Tinh Thuong Charity, you can improve your ..... skills such as problem solving ability, and customer service skill.

LIVEWORKSHEETS