

Chapter 1: Talking about Daily Life

Notes

Meanings	Common language	Academic language
hằng năm	every year	on a yearly basis, on an annual basis
hằng tháng	every month	on a monthly basis
mỗi hai tuần	every two weeks	once a fortnight, on a fortnightly basis
mỗi hai ngày, cách ngày	every two days	every other day
mỗi ngày	every day	on a daily basis
đều đặn	regularly	on a regular basis
thường xuyên	often	frequently
thỉnh thoảng	sometimes	when / whenever I can, every so often
bất cứ khi nào tôi có cơ hội	when I have a chance	whenever I have the opportunity
ít khi	seldom	every now and then
hiếm khi	rarely	on rare occasions
hầu như không bao giờ	almost never	once in a blue moon

★ a fortnight = two weeks hai tuần
e.g. I'm going to Spain for a fortnight.

Meanings	Common language	Academic language
Nấu nướng	to cook	to try out new recipes
Đi du lịch	to travel	to explore new places
Đi bộ đường trường	to hike	to trek in the mountains
Đọc sách	to read	to read for pleasure, to have one's nose in a book
Đi mua sắm	to shop	to go window-shopping, browse around the shops
Tụ tập cùng bạn bè	to spend time with friends	to hang out with friends

► Common expressions to talk about daily life

01-02

• a bookworm *một sách*

My father is a real bookworm. He always has his nose in a book.

* nose *nose*

• to have green fingers *có tay trồng trọt*

My mother has green fingers, so the garden always looks beautiful in the summer.

• a workaholic *người mê công việc*

My father works for at least 12 hours every day. My mother says he's a workaholic.

* The suffix *-aholic* added to a noun or a verb to form a noun which means someone who likes something a lot or who is unable to stop doing something.

• a shopaholic *người mê mua sắm*

My mother goes to the department store every day. My father says she is a shopaholic!

• to hit the hay *di ngủ*

I usually work until 10 pm, so when I get home it's time to hit the hay.

* hay *n* = dried grass. It is said that people in the old time used to lie on the hay while sleeping to keep them warm.

• to be stuck in a rut *bị chôn chặt ở một vị trí/công việc*

I don't like my job. I don't think I have a future with this company. I feel like I am stuck in a rut.

• a dead-end job *công việc không có tương lai*

I work at a fast food restaurant. It's a dead-end job, so I am looking for another job which is more challenging and has better chances for promotion.

• to put my feet up *gác chân lên nghỉ ngơi*

At the end of the day, I like to put my feet up with a glass of wine and watch television.

Exercise 1

Choose the correct option from the underlined part in each sentence.

Example:

I enjoy having online games / afternoon tea / a routine with my mother at the weekend.

1. I usually get up / tidy up / wash my room at the weekend because I don't have enough time during the week.
2. The household chore / assignment / deadline I hate the most is doing the washing up. It takes ages.

3. My **habit/ routine/ hobby** is travelling. I've been to lots of countries and I am always planning my next trip.

4. I usually **sweep/ check/ turn on** my emails while I am eating my lunch.

5. I **attend/ get up/ check** classes at the weekend because I am concentrating on my exams right now.

6. I usually listen to music when I need to **concentrate on/ volunteer/ turn off** my work.

7. I **get dressed/ wear/ get up** in my bedroom before I go out.

8. After I finish my homework, I **tidy up/ turn on/ turn off** my computer and play online games.

9. I **commute/ get up/ attend** to work by bus every morning.

10. My job is pretty **schedule/ routine/ habit**. I find it quite boring.

Exercise 2

Rewrite the sentences. Using the language you have learned to produce better expressions.

Example:

My father likes reading → My father is a real bookworm.

1. My mother **is good at gardening.**

→ _____

2. I go hiking **every two weeks.**

→ _____

3. I like to **cook** at the weekend.

→ _____

4. My brother **words too much.**

→ _____

5. I go to the library **every two days.**

→ _____

6. I like to **spend time** with friends.

→ _____

7. I **go to bed** at midnight.

→ _____

8. I watch movies **sometimes**.

→ _____

9. I have a **boring job**.

→ _____

10. I go shopping **seldom**.

→ _____