

# Apps



1.3

## 1. What apps have you recently used?

→ I use a wide range of mobile apps. I think they have become an **integral** part of our daily life because they help to transform our phone into a **multifunctional** device. Recently, I've been using Skype, an app that allows me to connect with my coworkers.

- **integral** /ɪn'tegral/: không thể thiếu  
Ex: Music is an integral part of the school's curriculum.
- **multifunctional** /ˌmʌlti'fʌŋkʃənl/: đa chức năng  
Ex: This phone is a multifunctional device.

## 2. What kinds of apps are you usually interested in?

→ Any app that makes my life easier. Social media apps allow me to share more about my **day-to-day** life with my friends and family, while entertainment apps, such as online games, help me relax after a stressful day at work.

- **Day-to-day** /ˌdeɪ tə 'deɪ/: hàng ngày  
Ex: She has been looking after the day-to-day running of the school.

## 3. What was the first app used?

→ Facebook, I guess. It was **the in thing** a few years ago. All of my friends were on Facebook. I didn't want to miss out, so I **pestered** my parents to buy me a smartphone so that I could be on that social networking site.

- **the in thing (idiom)**: thứ thịnh hành nhất  
Ex: Deep V-necks are becoming the in thing for wedding dresses lately.
- **Pester** /'pes.tə/: làm phiền, nài nặc  
Ex: John has been pestering her to go out with him all month.

## 4. What kinds of apps would you like to use in the future?

→ There is a trend towards fitness apps as they help to define your lifestyle. As I'm getting **out of shape**, I guess I can **turn to** those apps for advice on my health.

- **out of shape (idiom)**: không khỏe mạnh  
Ex: I'm so out of shape that I get out of breath climbing the stairs.
- **turn to (phr.v)**: dựa vào, tin tưởng vào  
Ex: You should choose carefully who you turn to for advice.

# Boring things



1.4

## 1. What kinds of things are boring to you?

→ **Repetitive** tasks. I just can't stand doing the same thing **day in, day out**. Unfortunately, there are lots of repetitive things that you have to do on a daily basis.

- **Repetitive** /rɪ'petatɪv/ (**adj**): lặp lại

Ex: I really dislike the music young people listen to nowadays, it all sounds so repetitive.

- **day in, day out** /deɪ ɪn, deɪ aʊt/ (**idiom**): hàng ngày

Ex: Living on junk food day in day out is not good for you.

## 2. What do you do when you feel bored?

→ Anything that would help relieve the **boredom**. If I'm at work, I will stand up and walk around for a couple of minutes. After that, I can return to my work and have a better chance of staying focused on it.

- **Boredom** /'bɔːrdəm/ (**n**) sự chán chường

Ex: I started to eat too much out of sheer boredom.

## 3. What was the most boring thing you did when you were young?

→ Doing homework, of course. I think every kid has to experience such **dull** things when they are young. But it was **compulsory**, you know, so I still had to complete everything even though it really annoyed me.

- **Dull** /dʌl/ (**adj**): chán, không thú vị

Ex: Life in a small town can be very dull.

- **Compulsory** /kəm'pʌlsəri/ (**adj**): bắt buộc

Ex: English is a compulsory subject at school

## 4. Do you think school is boring?

→ Some parts of it are. Like when we had to stand in the schoolyard and listen to a meaningless speech from the **headmaster** every Monday. Things like that were absolutely **mind-numbing**.

- **Headmaster** /hed'mæstər/ (**n**) hiệu trưởng

Ex: He is a retired headmaster, living in Edinburgh.

- **Mind-numbing** /maɪnd,nʌm.ɪŋ/ (**adj**): đầu óc tê liệt

Ex: I find subjects like history and philosophy to be so mind-numbing.