

## Chapter 1: Talking about Daily Life

### Notes

| Meanings                     | Common language      | Academic language                        |
|------------------------------|----------------------|------------------------------------------|
| hàng năm                     | every year           | on a yearly basis, on an annual basis    |
| hàng 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 *mọt sách*

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

- 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.

- 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 *đi ngủ*

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

- 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.

★ nose n mũi

★ 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.

★ 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.

### 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**.

→ \_\_\_\_\_