Part 1: Vocabulary Matching Exercise

Vocabulary	Definition
1. Crave	h) help people or groups become friendly or do something together
2. Left out	a) a feeling of being alone
3. Turn to	d) seek help or support from someone
4. Guy	e) informal term for a man
5. Free time	f) leisure time when not working or studying
6. Bring together	b) to have a strong desire for something
7. Loneliness	c) unhappy because excluded from something
8. Epidemic	g) a widespread occurrence

Part 2: Fill-in-the-Blank Sentences Exercise

1. Feeling lonely is not necessarily the same as being _____.
2. Bep de Bruin's death shocked the whole country because she had been dead for _____ years.
3. Oma's Soup project aims to bring together lonely elderly people with _____ and students to make soup.
4. Max and Martijn wanted to involve their student friends because they had lots of _____ time.
5. If you feel _____, you're unhappy because you've been excluded from something.
6. Lonely individuals often _____ people's company and find it hard to connect.
7. _____ is a feeling associated with a higher risk of depression, dementia, or heart disease.
8. Loneliness has been described as the 'modern _____'.

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Part 3: Discussion Questions Exercise

1. How does loneliness affect individuals' health?

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2. What inspired the Oma's Soup project in the Netherlands?

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3. Explain the significance of Max and Martijn's involvement in the Oma's Soup project.

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4. Why is it important to address the issue of loneliness in society?

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5. What are some strategies you can suggest to combat loneliness in your community?

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New Word	Word Form	Vietnamese Translation	Example Sentence
Crave	Verb	Khao khát	After fasting all day, I crave a hearty meal.
Left out	Phrase	Bị bỏ rơi	She felt left out when her friends didn't invite her.
Turn to	Phrase	Nhờ vả	In times of trouble, I always turn to my family for help.
Guy	Noun	Chàng trai	He's a nice guy; always willing to help others.
Free time	Noun Phrase	Thời gian rảnh rỗi	I like to spend my free time reading books.
Bring together	Phrase	Kết nối	The event aims to bring together people from different cultures.
Loneliness	Noun	Sự cô đơn	Loneliness can have serious effects on mental health.
Epidemic	Noun	Dịch bệnh	The pandemic was declared an epidemic by

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