

about the authors



Ms Linh Nguyễn luôn cháy bỏng đam mê đem phương pháp Language Art lan toả đến các bạn nhỏ. Cô có hơn 7 năm kinh nghiệm giảng dạy tại các trường quốc tế chuẩn IB và AP.

Nhiều kinh nghiệm đồng hành cùng học sinh cấp 2,3 đạt IELTS 6.5 và 7.0+. Nhiều học sinh đạt giải học sinh giỏi Tiếng Anh cấp quận. Đạt chứng nhận giáo viên dạy giỏi cấp Quận Hà Đông.

Ms Ngọc Trà với nhiều năm kinh nghiệm giảng dạy IELTS cho người đi làm và tốt nghiệp TOP 10% sinh viên xuất sắc nhất khoá của Khoa Anh Đại Học Hà Nội (HANU University - Đại học Ngoại Ngữ Thanh Xuân)



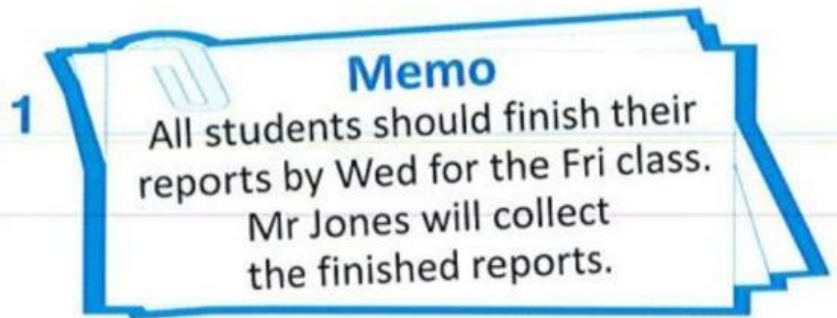
Tiếng Anh Sáng Tạo Ms Linh



Các kết quả của học sinh đạt IELTS điểm cao tại đây

Part 1
Questions 1 – 5

For each question, choose the correct answer.



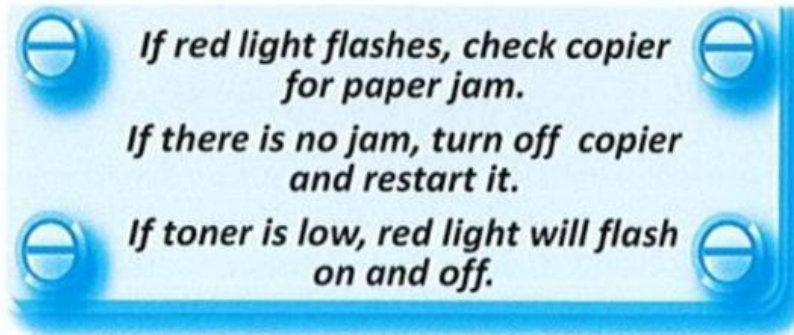
- A.** All reports must be collected at Friday's class.
- B.** All reports are needed before Friday's class.
- C.** Students will finish their reports at Friday's class.

2



- A. George is inviting Jane to Bob's wedding and he needs her camera.
- B. Sue will collect Jane's camera from George's place because he's very busy.
- C. Sue is letting Jane know that George is going to use his camera on Saturday.

3



- A. If paper is stuck in the copier, the red light will come on.
- B. If the red light flashes, you must turn on the copier.
- C. If the red light flashes, replace the toner and paper.

4

*Please do not park in front of drive. Access
required at all times for lorries making deliveries.*

The sign

- A. warns vehicle owners that parking is only allowed at certain times.
- B. informs drivers that deliveries must be left just in front of the driveway.
- C. prohibits parking in this specific location at any time of day.

5

Gift Voucher

Dear member,
introduce a friend to the gym and
receive a free health and beauty
session including massage.

Valid till 31st December.

- A. This is an offer for people who already belong to the gym.
- B. This is a special package for people joining the gym before the end of the year.
- C. If you and a friend join the gym now, your friend will get a free massage.

Part 2

Questions 6 – 10

For each question, choose the correct answer.

The people below all want to go on holiday. There are eight holiday reviews.
Decide which holiday would be the most suitable for the people below.



6. Jackie is 18 and wants to go on holiday with her best friend Sarah. They are starting university in September to study archaeology. They want to relax, swim and go on some excursions.

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7. John is retired. He loves birdwatching. He and his wife would like to go somewhere beautiful. They don't want to cook on holiday and they would prefer to stay in a place that is not noisy.

7	
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8. Stephen is very sporty. He doesn't enjoy sitting on the beach all day. He likes meeting new people on holiday and enjoys lively, late nights out. He'd prefer accommodation without meals included.

8	
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9. Sandra and Dave have two young children aged six and eight. They like to go to places where there are facilities for children. Dave quite enjoys short trips but Sandra prefers to play on the beach with the children.

9	
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10. Mary is 68. She's travelling alone. She is very interested in history, art and culture. She doesn't want to cook on holiday and likes to meet new people. She doesn't enjoy being in warm countries.

10	
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Holiday Choices

A. Oceanview Village

Our beautiful holiday village offers self-catering accommodation in beautiful surroundings close to the beach. There is evening entertainment every night and an afternoon kids' club which is run by our team of trained staff. Excursions are available three times a week.

B. Oaktree Park Hotel

Situated in beautiful grounds in the countryside, Oaktree Park offers first-class accommodation with a delicious menu offered by our award-winning chef. The landscaped grounds include a stunning lake and nature reserve. A beautiful retreat for anyone who wants to get away from it all for a while.

C. Kidsland Adventure Park

A child's heaven, Kidsland caters for children aged 11 to 18. Accommodation is in ten-bed chalets with adult supervision. We offer sport, art and craft, computer technology, music, cookery lessons and lots more. Leave your children with us for a week or two and they will make friends for life. All meals included and entertainment provided every night.

D. Bob's Diving Centre

We offer courses for both beginners and more advanced divers. Also on offer are various watersport activities including jetskis, surfing and water volleyball. Self-catering accommodation at affordable prices with a handy shop on-site for all your supplies. Evening entertainment arranged every night plus a weekly barbecue.

E. Sandybeach Hotel

Sandybeach Hotel is only a two-minute walk from the beach. There are plenty of bars and restaurants nearby and a nightclub where you can dance until the early hours of the morning. Breakfast and evening meal are included in the price and two-day trips to local places of interest and historical sights are offered too.

F. Desert Walking Holidays

Give yourself a challenge this year and cross a desert. Organised trips (camels to carry your bags, included). Professional guides will lead you through the sand. Campfire cooking and fantastic landscapes. Trek all day and enjoy quiet nights round the campfire under starry skies.

G. Scandinavian Cruises

Experience the beauty of the north. Watch the amazing Northern Lights in the Scandinavian sky. Double or single cabins available with full-board catering. Don't forget to bring your winter coat for those romantic walks on deck in the snow!

H. Woodside House

A beautiful hotel in the heart of the city but surrounded by lovely gardens. Come and enjoy a relaxing holiday in luxury. Within walking distance of the main sights and places of culture. We also offer art classes and talks on cultural issues. Learn to make a ceramic pot or improve your painting or photography skills.

Part 3

Questions 11 – 15

For each question, choose the correct answer.

Getting fit and slim

I know that many people, myself included, each year make a promise to themselves to get fit and slim, join a gym and start a diet. But what happens to these gym visits and the lettuce diet? At least half of us who try to get fit and thinner give up after less than a month. Many people seem to blame their failure on lack of time. Lack of willpower is even more important, though.

Much of this has to do with the fact that we set unrealistic fitness goals - a flat stomach in eight weeks and a celebrity diet plan - instead of doing what we know will have the best results in the long term: exercising a bit more and eating a bit less. Most fitness clubs get many new members from January to March, but their use of the gym tends to decline after that. So how can someone beat the temptation to give up? First, no one should expect to fail as soon as they start; we must stay positive, even if we've failed before.

Many people are fooled into believing that they really need to follow an expensive fitness and eating plan. But this is simply not true. The only correct answer seems to be to search for the thing that really interests and motivates you. It's fine to have many small motivations, but you should write them down and put them together to make a list of things to keep you going.

You also need to change the way you think about things. Women, for example, feel particularly guilty about exercising two or three hours a week, thinking this is 'selfish time' that takes them away from responsibilities to family and friends. But it is much better to see this as vital 'self-care' time. Many people also think that three hours is a lot of time out of their ordinary week, but as we spend around 98 hours a week awake, that leaves us nearly 95 hours to do everything else that we need to do.



11. What is true of most people at the start of the year?
 - A. They have already given up getting fit.
 - B. They are not sure whether they'll continue exercising.
 - C. They decide to make an effort to get fit.
 - D. They are too bored to start exercising.
12. What is the main reason why people give up exercising?
 - A. They haven't got enough time.
 - B. They have no one to exercise with them.
 - C. They do not really want to do it.
 - D. They have tried too many times before.
13. Another reason why people quit a fitness programme is that
 - A. they have achieved their goals.
 - B. they expect too much of themselves.
 - C. they become too tired.
 - D. they can't afford to continue.
14. In order to continue a successful fitness programme
 - A. you need to find a strong and lasting reason.
 - B. you need a friend to exercise with.
 - C. you can't avoid suffering for many hours.
 - D. your friends and family will have to suffer.

15. What would the writer say about exercise?

A. It isn't actually worth of all this effort because of how slow the results are.

C. Going to the gym is a waste of time and very boring.

B. No one should overtire themselves because it does not make much difference.

D. If you really want to get fit, you need to find the time and a reason why and then commit to it.

Part 4

Questions 16 – 20

For each question, choose the correct answer.

Five sentences have been removed from the text below.

There are **three** extra sentences which you do not need to use.

Don't drink the water!



People often don't think about the water they drink. However, it's a very different story if we are travelling abroad. In some countries the water is simply not safe to drink. **16**

Try to learn anything you can about the water situation of the place where you are travelling.

The health problems from drinking unsafe water can often be really serious if you don't.

The water you need to worry about is water that could be dirty. Unsafe water does not actually mean it will kill you.

Local people can drink the water where they live and are fine because their bodies are used to it. **17**

Even a tiny amount can have unpleasant results. On your travels it's best to ask the locals about the quality of the tap water. These are the people who are living there, so they are your best guide.

18 If the water is unsafe, there will usually be a notice in your room. This also means you should not clean your teeth with tap water. And, of course, don't take any pills with it. Use bottled water instead.

Another danger, of course, could be swimming. Check that natural water lakes and rivers are safe before you swim. And don't open your mouth when swimming! **19** It's the same tap water!

What many people don't consider until it's too late is food which has not been cooked; salad or fruit, for example.

20 So only eat food which has been cooked or that has an outside peel or skin (like an orange or banana) which you can remove. And finally, don't have ice in your drinks! Remember, before it became ice, it was tap water!

- A. It will have been washed in water.
- B. Of course, food in other countries can be delicious.
- C. So you must get all the relevant information.
- D. They can't eat and drink without worrying.
- E. Of course, your hotel will let you know if the water isn't safe to drink.
- F. Also remember to keep it closed in the shower, too.
- G. Drinking from rivers and lakes by mistake cannot cause any serious harm.
- H. But yours is not, so you could get seriously ill.

Part 5

Questions 21 – 26

For each question, choose the correct answer.

Tomatoes - the whole truth



Leading scientists have (21)..... that tomatoes can be of great benefit to our health. A lot of (22)..... has been done in recent years, trying to understand why that is. It now seems that it's the whole tomato that may lower cancer risks, not parts of it, according to some new studies.

Experts have (23)..... that simply taking the antioxidant lycopene - a substance which is found in tomatoes but is highly popular as a health food supplement because of its link to a(n) (24)..... risk of cancer - did not work as well as eating whole tomatoes.

This is why scientists today believe that people should eat tomatoes in pastas, salads, tomato juice and pizza, rather than take supplements. Recent findings suggest that the risks of poor eating (25)..... cannot simply be reversed with a pill.

We shouldn't (26)..... easy solutions to a complex problem.

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|-----|---------------|------------------|----------------|---------------|
| 21. | A. announced | B. promoted | C. considered | D. convinced |
| 22. | A. approach | B. investigation | C. improvement | D. research |
| 23. | A. discovered | B. invented | C. developed | D. inspired |
| 24. | A. increased | B. divided | C. reduced | D. measured |
| 25. | A. customs | B. habits | C. manners | D. procedures |
| 26. | A. insist | B. agree | C. expect | D. mention |

Part 6

Questions 27 – 32

For each question, write the correct answer.
Write **one** word for each gap.

Changing attitudes



Every culture has its own traditional ways of celebrating the birth of a child. In the Indian village of Piplantri, for instance, baby girls are an opportunity to plant 111 trees.

In most Indian villages, daughters (27)..... considered a problem. There still exists an old marriage system: this means the parents of the girl must give a 'dowry' when the time comes for a girl to marry. In (28)..... words, property or money. This means the marriage of a girl costs a lot.

However, the practice of planting trees completely goes against this idea. (29)..... celebrating girls in this way, the villagers hope to change attitudes. When born, daughters are given money by the villagers (30)..... that they can be independent when they grow up.

The parents (31)..... to agree that the girls will be educated and that they will not get married (32)..... they are eighteen. And of course, the 111 trees have to be cared for! So, both the women of tomorrow and the local environment benefit to a great extent.