

# Taking a rest



1.1

## 1. How often do you take a rest?

→ Well, if we're talking about resting after work, then I rest every day. You know, we all need some time to **blow off some steam**<sup>(1)</sup> and **recharge our batteries**<sup>(2)</sup>. No one can work for days without rest.

<sup>(1)</sup>**Blow off some steam:** nghỉ xả hơi

**Blow** /bləʊ/: thổi

**steam** /sti:m/: hơi, hơi nước

Ví dụ: *Call me anytime you need to blow off some steam.*

<sup>(2)</sup>**Recharge the batteries:** Nạp lại năng lượng

**Recharge** /ˌriːtʃɑːdʒ/: Sạc lại, nạp lại

**battery** /ˈbæt.ər.i/: pin, năng lượng

Ví dụ: *Now I have time to recharge the batteries.*

## 2. What do you usually do when you are resting?

→ Usually, I will grab a book to read, as I love learning new stuff and reading is the best way to do so. Sometimes I watch a movie or play video games, but only the ones that leave me thinking a lot, like a movie that involves time travel or a **puzzle game**<sup>(3)</sup>.

<sup>(3)</sup>**Puzzle game** /ˈpʌz.əl geɪm/: trò chơi giải đố

Ví dụ: *You can't keep a good puzzle game down.*

## 3. Do you take a nap when you are taking your rest?

→ Rarely, I would say. Having a nap in the afternoon can make me feel tired after waking up, so I usually don't do that.

## 4. How do you feel after taking a nap?

→ Usually tired, as I said. A nap is usually very short, and I often feel a bit **dizzy**<sup>(4)</sup> after waking up. I usually can't fully concentrate on whatever I have to do afterwards.

<sup>(4)</sup>**dizzy** /ˈdɪz.i/ (adj): hoa mắt, chóng mặt

Ví dụ: *I felt dizzy with excitement as I went up to collect the award.*



1.2

## 1. Do you like reading?

→ I sure do. I read a lot every day as it's one of the best ways to learn new things. Some people call me a **bookworm**<sup>(1)</sup>, because according to them, they've never seen me without a book in my hand.

<sup>(1)</sup> **A bookworm** /'buk.wɜ:m/: một sách

Ví dụ: *She was a bookworm, and an over-achiever in high school.*

## 2. Do you like to read at home or in other places?

→ I prefer reading at home since it's quiet and I can **pay full attention**<sup>(2)</sup> to the book. I live alone, so there's no one there to **interrupt**<sup>(3)</sup> me. Some of my friends like going out to a coffee shop to read, but it's just not my thing. Those places are too noisy, you know.

<sup>(2)</sup> **Pay full attention to something**: tập trung hoàn toàn vào một thứ gì đó

**attention** /ə'ten.ʃən/: chú ý

Ví dụ: *You can't pay full attention to both music and a book at the same time.*

<sup>(3)</sup> **Interrupt** /,ɪn.tə'rʌpt/: can thiệp, làm gián đoạn

Ví dụ: *I wish you'd stop interrupting.*

## 3. In what place do you think it is difficult to read?

→ Any crowded or noisy place like a bus stop, a cinema, or a coffee shop. I can't concentrate when there's too much noise around. I get a bit nervous, or even anxious, in crowded places, so when I want to read, I just choose a place where there's nobody else around.

## 4. Do you like to read by yourself or with other people?

→ By myself, of course. Personally, I see no point in "reading with other people". Reading isn't some kind of group activity, so it's better if we do it alone.

# TV program



1.3

## 1. Do you often watch programs on the TV or on your cell phone?

→ On my mobile phone and sometimes my laptop. My TV has been **unplugged**<sup>(1)</sup> for nearly a year already. It's much more convenient to watch things on a phone since I can do it anywhere and watch whatever I want. Now with the internet, I don't want to be tied up on the sofa at home just to watch some TV shows broadcast on schedule.

<sup>(1)</sup>**Unplugged** /ʌnˈplʌgd/: rút phích cắm

Ví dụ: I unplugged the TV.

## 2. What kind of TV programs do you like?

→ I don't **have a preference for**<sup>(2)</sup> any particular type. But if I had to choose, I'd say Indian TV series. I know the stories in those films are completely **illogical**<sup>(3)</sup>, and some action scenes even defy the **laws of physics**<sup>(4)</sup>. But the thing is that they're entertaining, and that's all I expect from a TV show.

<sup>(2)</sup>**Have a preference for something**: Có sự ưu ái cho một thứ gì đó

**preference** /ˈpref.ər.əns/: sự ưa thích

Ví dụ: Do you have a preference for red or white wine?

<sup>(3)</sup>**Illogical** /ɪˈlɒdʒ.ɪ.kəl/: phi logic

Ví dụ: It was an illogical decision, but I was in love.

<sup>(4)</sup>**Laws of physics**: định luật vật lý

**Laws** /lɔːs/: luật

**physics** /ˈfɪz.ɪks/: vật lý

Ví dụ: Everything existing on Earth follows the laws of physics.

## 3. Do you like watching the same kind of program all the time?

→ No. It's boring to watch the same thing over and over again. Sometimes I do look for something unusual on Netflix, such as a **mind-bending**<sup>(5)</sup> series like Dark or Alice in Borderland.

<sup>(5)</sup>**Mind-bending** /maɪnd ˈbendɪŋ/: xoắn não

Ví dụ: The world is full of mind-bending substances.

## 4. Do you talk with your friends about the program you watched?

→ Sometimes. We talk about a bunch of things when we see each other, and TV or internet programs are just some of them. The most recent program that I discussed with my friends was Dark – a German TV series. It really with a time-travel theory called Bootstrap Paradox. I won't explain that here since it's too long.



# Getting up early



## 1. Do you often get up early in the morning?

→ Yes, almost every day. I'm trying to **maintain a healthy lifestyle**<sup>(1)</sup>, so I usually get up at 6 to do some exercise before having breakfast and going to work.

<sup>(1)</sup>**Maintain a healthy lifestyle:** duy trì một lối sống lành mạnh

**Maintain** /meɪn'teɪn/: duy trì

**healthy** /'hel.ði/: lành mạnh

**lifestyle** /'laɪf.staɪl/: lối sống, phong cách sống

Ví dụ: *I eat fruit and vegetables to maintain a healthy lifestyle.*

## 2. What do you usually do when you get up early?

→ Do exercise, as I said. Then if there's still plenty of time left, I'll make my own breakfast and a coffee. Sometimes I get up a bit later, say 6.30 am, and I have to eat out since cooking breakfast can be quite time-consuming. I don't want to be late for work.

## 3. Do you get up early on weekends?

→ Yes. Some people choose to **indulge themselves**<sup>(2)</sup> on Sunday by staying in bed until 9 or even 10 am, but not me. I try to keep the same habits every day, even on weekends, since it's a way to **discipline myself**<sup>(3)</sup>.

<sup>(2)</sup>**Indulge oneself:** nuông chiều bản thân

**Indulge** /ɪn'dʌldʒ/: nuông chiều

Ví dụ: *I love champagne but I don't often indulge myself.*

<sup>(3)</sup>**Discipline myself:** tự kỷ luật bản thân

**Discipline** /'dɪs.ə.plɪn/: kỷ luật

Ví dụ: *I'm trying to discipline myself to eat less chocolate.*

## 4. Which morning do you like best in a week?

→ I'd say Sunday morning because I don't have to go to work on Sunday. After breakfast, I can take some time to clean up the house or do some shopping to buy food for the whole week.