

LEISURE TIME:

I don't have, Tôi không có nhiều thời gian rảnh
I oftenvùi đầu vào việc học
However, I stilltìm thời gian rảnh để thư giãn
I have a Sở thích đặc biệt vào cuối tuần
My friends and I go(đi ra công viên) or go to(trung tâm thư giãn ngoài trời)centers to play sports like (quần vợt, bóng chuyền, võ kungfu, hay bơi)
I occasionallychơi game online
but it's nothú vị hơn hoạt động ngoài trời
Sometimes we go on picnics in places with beautiful scenery,
..... with friends makes me(đi chơi với bạn bè làm tôi vui.)
Studying sometimeslàm tôi áp lực, so recreational activities
.....and study.....làm tôi thoải mái hơn và học hăng hái hơn.

READING :

Steve Cummins talks about starting his own business

I'd worked for the company for almost ten years. They were good employers and the money wasn't that bad. They trusted in my ability and always left me to get on with my work. And I shared an office and met some lovely people, so I certainly wasn't unhappy there. But I just couldn't stop wondering how better my life would be if I had my own business and could make my own decisions. And so one year ago this week I left my job.

We don't have a spare room at home, so the kitchen table has been my office. It was difficult to begin with, but I soon got used to working in this way. I started by visiting small businesses in the area to see if I could interest them in my services. My proudest moment was making my first sale, a website for a local cake shop. Soon after, I started getting calls from other people asking for help with websites of their own and I found myself getting quite busy.

Of course, there have been challenges. I'm not earning quite

- 1 Why did Steve leave his job?
 - A He didn't like attending meetings.
 - B He wanted more control of his work.
 - C He had a great idea for a product.
 - D He wanted to earn more money.
- 2 Steve's greatest pleasure so far has been
 - A getting his first customer.
 - B not having to drive to work.
 - C having his own office.
 - D not having to answer the telephone.
- 3 What does Steve say is the most difficult about working for himself?
 - A working hard enough
 - B not having a regular salary
 - C feeling lonely
 - D working at the weekend
- 4 In the next year, Steve thinks
 - A he will get an office job.

as much as before but it's enough. I don't have to pay for transport to work anymore so that means I'm not spending quite so much. My biggest problem has been managing my time. There's no boss to tell me what to do and I'm sometimes a little lazy. I have this rule that work stops on a Friday afternoon so I can spend time with the family at weekends, so I need to pay more attention to this. So, I wouldn't say it's been easy, but I don't regret my decision at all. I've enjoyed being my own boss and I'm quite hopeful about the future. During the next 12 months I plan to rent some office space as I'd like to be able to separate work from my home life. I'm going to need to earn more money to pay for it but I think it will help me to focus on my work.

- B** he will earn less money.
- C** he might not need to work in his kitchen.
- D** there will be much more competition.
- 5** What would be a good introduction to this article?
 - A** In this article, Steve Cummins explains the problems of starting your own business and dealing with difficult customers.
 - B** Thinking of starting your own business? Steve Cummins did just that and now wishes he had done it sooner.
 - C** Steve Cummins made a big decision last year to leave his job. Read on to find out about the ups and downs of being your own boss.
 - D** Steve Cummins explains below how he dealt with not enjoying his job by leaving his employer and starting his own business.

Robert Taylor talks about his new art show

Like all children, I was always getting myself and the kitchen table in a mess when I first took an interest in painting. Unlike many kids, who give up activities like art for other subjects when they go through school, I continued painting throughout my childhood. Now, after years of enjoyment, I've finally taken the scary decision to show off some of my favourite pieces of work by holding an exhibition at Glebe Street library. Inviting people to see my work is a new idea and one which I'm looking forward to. I've never had any formal art training. When I was trying to decide what I should study at university, art as a subject never entered my head. I always thought my parents wanted me to follow a subject that would be useful when I was

- 1** What does Robert say about art?
 - A** Children usually continue doing it at school.
 - B** He had to give it up to do other subjects.
 - C** The thought of showing off his work is a little frightening.
 - D** He has often thought about letting people see his work.
- 2** When deciding what to study at university
 - A** Robert didn't consider doing art.
 - B** his parents didn't want him to study art.
 - C** he thought he would need a job while he was studying.
 - D** Robert understood correctly what his parents wanted him to do.
- 3** What happened while Robert was at university?

looking for a job, so I ended up taking a business course. Looking back, my parents would probably have supported me whatever my decision, but I decided to do what I thought was best for everyone.

And during my time at university, I rarely did much in the way of painting. It wouldn't have been easy to paint anyway as I lived in university accommodation and had very little space. I kept an interest in art though and visited local exhibitions whenever I could, but that was about it. It was later in my thirties while I was working that I discovered my love of the activity again. Since then I've made a point of spending at least one evening a week painting.

However, my works have only ever been seen by trusted friends and relatives. They've always given me plenty of support and encouraged me to continue with my art. But I've always wondered what people who I didn't know would think, people who could give me an honest opinion of my ability. The library have been very helpful and offered me a room for the show. They've asked me to supply questionnaires about the event and I've included a section for visitors' comments about the works. I'm very much looking forward to reading these opinions.

- A** He didn't do any painting.
 - B** He discovered his love of painting again.
 - C** He was still keen on art.
 - D** He painted at least one evening a week.
- 4** Robert is holding the exhibition because
- A** his friends and relatives encouraged him to do this.
 - B** the library asked him to.
 - C** he is interested in getting opinions from friends and relatives.
 - D** he wants to know what strangers think of his work.
- 5** What would be a good introduction to this article?
- A** Robert Taylor tells us how a love of art can lead to a change of career.
 - B** If your child shows an interest in art, Robert Taylor will explain how to support this activity.
 - C** After years in the shadows, Robert Taylor is about to face the public with his works.
 - D** If you're keen on developing your artistic skills, Robert Taylor explains how to get support from friends and relatives.

Karina Moore – teenage high diver!

Several times a week, teenager Karina Moore trains at her local pool to jump from the high-diving board into the water – in an attempt to become a national diving champion.

Karina first learned about diving during a family break in Spain, where the resort's pool had a high-diving board.

- 1** What made Karina keen to take up diving?
- A** She wanted to repeat her holiday experience.
 - B** She found out her athletics hero had taken it up.
 - C** She'd visited a pool where some teenagers were doing it.
 - D** She wanted a new challenge after her success at swimming.

Young people were diving off it, and it looked fun, but Karina didn't join in, even though she was a strong swimmer. Then after returning home, she discovered a long-distance runner she'd always admired had started diving for relaxation – so she became more interested.

Karina joined a beginners' diving class at her local pool. They had several sessions jumping onto soft materials before trying the high board. 'The water looked a long way down,' says Karina, 'but after our training, I felt I'd handle it – without injuring myself? They'd warned me I'd land in the water fast – at around 60 kph – but I was prepared. I couldn't wait to get started – although the others weren't so keen! Anyway, I wasn't disappointed by the experience.'

In Karina's area, there's now lots of interest in high diving, but it's sometimes difficult for swimmers to find suitable practice facilities. Although the pools are deep enough, they're in use so often by diving clubs that other people don't get opportunities to practise. Fortunately, though, Karina's coach noticed her talent and helped her develop her techniques. After also two years, she's winning competitions in her area.

But what's it like to concentrate so much on diving? 'I train 20 hours a week' says Karina, 'and I won't pretend it's easy – you have to enjoy it to spend so much time doing it! It's

2 How did Karina feel the first time she used the high board?

- A** worried about how fat it was above the pool
- B** pleased to experience it with other beginners
- C** confident that she wouldn't get hurt
- D** shocked to hit the water at such speed

3 What does the writer suggest about diving facilities in Karina's area?

- A** They're not used as much as they could be.
- B** There aren't enough coaches teaching people to use them.
- C** There aren't as many boards as there used to be.
- D** They're not available to the public for long enough each day.

4 How does Karina feel about spending so much time diving?

- A** surprised by one effect it has had on her
- B** sorry she no longer sees her friends so much
- C** anxious about the amount of money it costs
- D** grateful to be able to focus on something she loves

5 What would the writer say about Karina?

- A** She's a young girl who's achieved a lot by becoming a national diving champion – and all with very little support.
- B** She's made enormous progress in a very short time – after only a couple of years, she's already showing great signs of success.
- C** She has a lot of natural talent, but she's already

not easy for my parents either, though – they drive me to training sessions early in the morning, and that costs money. But they’re had financial help from sports organisations, luckily. And my schoolwork and social life are good. I still meet my mates – and there’s always the phone! The only thing I hadn’t realised was that the pool water would damage my hair – I used to love my long hair, but I’ve had to cut it short because it looked awful! But I’ll definitely keep on diving!’

thinking of having a break from the high board for a while.

D She’s sad that she’s given up almost everything for her sport – and her lifestyle really sounds quite hard.

Answer