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Why students should get good results in exams



Personal satisfaction



Rewards



Family



Scholarship



Competition



Further studies

PART 3 • SUGGESTED POINTS

Why students should get good results in exams

Personal satisfaction



- Doing well can make students feel proud of their effort.
- For example, we may feel pleased after improving our English marks.

Rewards



- Rewards can encourage students to keep trying.
- For example, parents may celebrate progress with a family outing.

Family



- Doing our best is one way to appreciate our family's support.
- For example, we can work hard after our parents help us revise.

Scholarship



- Good results may help students qualify for scholarships.
- For example, we can apply for financial support when we meet the requirements.

Competition



- Friendly competition can encourage students to improve.
- For example, we can challenge ourselves to beat our previous score.

Further studies



- Good results can give students more study options.
- For example, we may qualify for a course we want to take.



PART 3 • SUGGESTED POINTS



Advantages of travelling to other countries

Happiness



- Visiting a new place can bring us joy and happy memories.
- For example, we can enjoy exploring a new town with our family.

Culture



- Travelling helps us learn about different customs.
- For example, we can see how people celebrate a local festival.

Language



- Travelling gives us a chance to practise another language.
- For example, we can use a local greeting when meeting someone.

Experience



- Trying unfamiliar things gives us new experiences.
- For example, we can learn to use a different public transport system.

Networking



- Meeting people while travelling can help us build connections.
- For example, we can make a friend during a student exchange.

Independent



- Planning a trip helps us learn to make our own decisions.
- For example, we can manage a small travel budget with adult guidance.



Advantages of travelling to other countries



Happiness



Culture



Language



Experience



Networking



Independent





Why students should get good results in exams



ROUND 1 • DISCUSS TOGETHER



Candidate A

Hi! Let's talk about why students should get good results in exams. I think there are many reasons. What do you think?



Candidate B

That's an interesting topic. What do you think is the first reason?



Candidate A

First of all, I think personal satisfaction is important. Good results can make students feel proud of their effort because they see their hard work pay off. For example, we can feel pleased after improving our English test score. Do you agree?



Candidate B

Yes, I agree. Moreover, rewards can also be a reason. A reward may recognise our effort and encourage further practice because it motivates us to keep going. For example, we can receive a simple family outing after making progress. What do you think?



Candidate A

Yes, you're right. Furthermore, family is another reason. Doing our best can show appreciation for their support because they always help us. For example, we can thank our parents for creating a quiet study space at home. Do you agree?



Candidate B

That's true. Another point is scholarship. Good results may help students apply for financial study support because it can reduce the cost of education. For example, we can apply for a scholarship after meeting its entry requirements. What do you think?



Candidate A

Yes. In addition, competition can also help. A friendly challenge can encourage us to improve because we want to do better. For example, we can try to improve our own score rather than insult others. Do you agree?



Candidate B

Finally, further studies is also an important reason. Good results can open more choices for future courses because we can meet the entry requirements. For example, we can get into a course we enjoy. That's all from us. Thank you.



ROUND 2 • AGREE ON ONE POINT



Candidate A

We both agree that personal satisfaction is the most important benefit because it can make students feel proud and more confident. What do you think?



Candidate B

I agree with you because it helps students stay motivated to keep studying and try their best. Shall we end our discussion here?



Candidate A

Yes, thank you.



Candidate B

Thank you.





Advantages of travelling to other countries



ROUND 1 • DISCUSS TOGETHER

A



First of all, let's talk about the advantages of travelling to **other countries**. I think travelling can bring **happiness** because a new experience can give us enjoyment and pleasant memories. For example, we can enjoy a holiday walk with our family in a new town. Do you agree?

B



Yes, I agree. Moreover, travelling helps us understand a different **culture** because we can see customs that are different from our own. For example, we can learn how people celebrate a local festival. What do you think?

A



Yes, you're right. Furthermore, travelling is a good way to learn a new **language** because we may hear and practise words in another language. For example, we can learn a polite greeting before visiting a country. Do you agree?

B



I agree. Another point is that travelling gives us valuable **experience** because we learn by doing things outside our usual routine. For example, we can use a different public transport system for the first time. What do you think?

A



That's true. In addition, travelling can help us with **networking** because meeting people may help us build useful connections. For example, we can make a friend during a student exchange activity. Do you agree?

B



Yes. Finally, travelling can make us more **independent** because planning and making choices helps us rely less on others. For example, we can manage a small travel budget with adult guidance. That's all from us. Thank you.

ROUND 2 • AGREE ON ONE POINT

A



We both agree that **happiness** is the most important benefit of travelling because it gives us enjoyment and pleasant memories. What do you think?

B



I agree with you because happy memories can last for a long time and make our life more positive. Shall we end our discussion here?

A



Yes, thank you.

B



Thank you.





Effects of social media overuse



ROUND 1 • DISCUSS TOGETHER



A

Hi! Today let's talk about the effects of social media overuse. What do you think?



B

That's an interesting topic. What do you think are the effects of social media overuse?



A

First of all, it can affect our **social life** because we may spend too much time online and less time with people nearby. For example, we can ignore a family conversation while scrolling on a phone. Do you agree?



B

Yes, I agree. Moreover, it can lead to **cyberbullying** because some people use social media to spread hurtful messages. For example, we can see someone share a rude comment about a classmate. What do you think?



A

Yes, you're right. Furthermore, it can lower our **self-esteem** because we often compare ourselves with perfect-looking posts. For example, we can feel bad because another person's photos seem more popular. Do you agree?



B

I agree. Another point is that it can make us **waste money** because repeated online offers may encourage us to buy things we don't really need. For example, we can buy an item only because an influencer promotes it. What do you think?



A

That's true. In addition, it can affect our **health** because long screen time can disturb our sleep and daily activity. For example, we can stay up late checking posts instead of sleeping. Do you agree?



B

Yes. **Finally**, it can take attention away from our **studies** because we may keep checking notifications instead of focusing on schoolwork. For example, we can keep checking our phone during a revision session. That's all from us. Thank you.

ROUND 2 • AGREE ON ONE POINT



A

We both agree that the effect on our **studies** is the most serious effect because it can take our attention away from schoolwork. What do you think?



B

I agree with you because it can lead to lower grades and we may not reach our goals. Shall we end our discussion here?



A

Yes, thank you.



B

Thank you.





Effects of social media overuse

Social life



- Too much screen time can leave less time for people around us.
- For example, someone may ignore a family conversation while scrolling.

Cyberbullying



- Online platforms can expose users to hurtful behaviour.
- For example, someone may post a rude comment about a classmate.

Self-esteem



- Comparing ourselves with perfect-looking posts can lower our confidence.
- For example, we may feel unhappy when other people's photos get more likes.

Wasting money



- Online offers can tempt us to buy things we do not need.
- For example, we may buy something just because an influencer promotes it.

Health



- Too much screen time can disrupt sleep and daily activity.
- For example, someone may stay up late checking posts.

Studies



- Constant notifications can distract students from schoolwork.
- For example, we may keep checking our phone instead of revising.

Effects of social media overuse



Social life



Cyberbullying



Self-esteem



Wasting money



Health



Studies

PART 3 • PAIRED DISCUSSION

15/20

Issues of living in big cities



Traffic jams



Cost of living



Flash flood



Social issues



Overcrowding



Pollution

PART 3 • SUGGESTED POINTS

Issues of living in big cities

Traffic jams



- Busy city roads can make journeys take much longer.
- For example, students may spend a long time travelling home from school.

Cost of living



- Housing and daily needs can be expensive in cities.
- For example, a family may pay high rent for a small flat.

Flash flood



- Heavy rain can flood roads when drains cannot carry water away.
- For example, a road may become covered with water after a storm.

Social issues



- Some city residents face difficulties and need community support.
- For example, a neighbourhood may help people who have no home.

Overcrowding



- Too many people in a small space can make life uncomfortable.
- For example, passengers may stand close together on a packed train.

Pollution



- Traffic and other activities can make city surroundings dirty or noisy.
- For example, busy roads may have exhaust fumes and traffic noise.



ROUND 1 • DISCUSS TOGETHER



Candidate A

Hi! Today, let's talk about the issues of living in big cities.

First of all, traffic jams are a big problem because many vehicles use the same roads, especially at busy times. For example, we can spend a long time on the journey home from school. Do you agree?



Candidate B

Yes, I agree. **Moreover, the cost of living** can be high in a big city because housing and daily needs may be expensive. For example, a family pays a high rent for a small flat. What do you think?



Candidate A

Yes, you're right. **Furthermore, flash floods** can happen in big cities because heavy rain can collect quickly when drains cannot carry it away. For example, we can see a road become covered with water after a storm. Do you agree?



Candidate B

I agree. **Another point** is social issues. Crowded cities may face problems that need community support. For example, a neighbourhood works together to help people without homes. What do you think?



Candidate A

That's true. **In addition, overcrowding** can reduce comfort in big cities because too many people are in a small space. For example, we can see passengers stand close together on a packed train. Do you agree?



Candidate B

Yes. **Finally, pollution** is also an issue in big cities because traffic and other activity can make the air, water or surroundings dirty. For example, we can see busy roads with more exhaust smoke and noise. That's all from us. Thank you.



ROUND 2 • AGREE ON ONE POINT



Candidate A

We both agree that **pollution** is the most serious effect because it can make the air unhealthy for everyone. What do you think?



Candidate B

I agree with you because pollution can also cause health problems in the long term. Shall we end our discussion here?



Candidate A

Yes, thank you.



Candidate B

Thank you.



The benefits of going on a trip



ROUND 1 • DISCUSS TOGETHER



Hi! Today, let's talk about the benefits of going on a trip. What do you think about it?



That's an interesting topic. What do you think? How can a trip be good for us?



First of all, a trip gives us **memories** to remember with people we care about because we have special experiences together. For example, we can look back at family photos from a beach visit. Do you agree?



Yes, I agree. Moreover, a trip can bring **happiness** because enjoying a new place can lift our mood. For example, we can feel cheerful while exploring a town with friends. What do you think?



Yes, you're right. Furthermore, a trip can give us **motivation** because a break helps us return to daily tasks with fresh energy. For example, we can feel more ready to study after a relaxing weekend. Do you agree?



I agree. Another point is **knowledge** because we can learn about places, people and history during a trip. For example, we can read about an old building while visiting a museum. What do you think?



That's true. In addition, a trip can be good for our **health** because some trips give us time to rest and be active. For example, we can walk outdoors instead of sitting at a screen all day. Do you agree?



Yes. Finally, a trip gives us a **break** because a change of surroundings can help us pause our usual routine. For example, we can spend a short holiday away from schoolwork and deadlines. That's all from us. Thank you.

ROUND 2 • AGREE ON ONE POINT



We both agree that making happy **memories** is the most important benefit of a trip because we can share special experiences with people we care about. What do you think?



I agree with you because these memories can make us feel happy even after the trip, and we can look back on them in the future. Shall we end our discussion here?



Yes, thank you.



Thank you.





PART 3 • SUGGESTED POINTS

The benefits of going on a trip

Memories



- Trips give us special moments to remember.
- For example, we can look back at family photos from a beach visit.

Happiness



- Exploring a new place can lift our mood.
- For example, we may feel cheerful while walking around a town with friends.

Motivation



- A break can help us return with fresh energy.
- For example, we may feel more ready to study after a relaxing weekend.

Knowledge



- Travelling helps us learn about places, people and history.
- For example, we can learn about old buildings at a museum.

Health



- Some trips give us time to rest and be active.
- For example, we can walk outdoors instead of sitting at a screen.

Break



- A change of surroundings gives us a break from our routine.
- For example, we can spend a short holiday away from schoolwork.

PART 3 • PAIRED DISCUSSION

16/20

The benefits of going on a trip



Memories



Happiness



Motivation



Knowledge



Health



Break

**Benefits of using technology in education****ROUND 1 • DISCUSS TOGETHER****A**

Hello! Today, let's talk about the benefits of using technology in education. **First of all**, I think it can **save time** because digital tools give quick access to learning materials. For example, we can open class notes without searching through many books. What do you think?

B

That's an interesting point. What do you think about this? Yes, I agree. **Moreover**, it helps us get **information** because we can find explanations and examples on many topics. For example, we can look up a word on a trusted dictionary website. Do you agree?

A

Yes, you're right. **Furthermore**, it supports **independent learning** because we can review materials at a pace that suits us. For example, we can replay a lesson at home until a step is clear. What do you think?

B

I agree. **Another point** is that it can help us learn **new skills** because technology can teach abilities useful beyond one lesson. For example, we can learn to make a simple presentation for a school project. Do you agree?

A

That's true. **In addition**, it can make learning more **creative** because digital tools let us show ideas in different ways. For example, we can make a short animation to explain a story. What do you think?

B

Yes. **Finally**, it can be more **fun** because interactive activities make practice more enjoyable. For example, we can answer a quiz with classmates after learning new vocabulary. That's all from us. Thank you.

ROUND 2 • AGREE ON ONE POINT**A**

We both agree that **easy access to information** is the most important benefit because we can find useful explanations on many topics. What do you think?

B

I agree with you because it helps us understand difficult topics more easily, and we can learn by ourselves anytime. Shall we end our discussion here?

A

Yes, thank you.

B

Thank you.



PART 3 • SUGGESTED POINTS

Benefits of using technology in education

Save time



- Digital tools help students find learning materials quickly.
- For example, we can open class notes without searching through books.

Information



- The internet gives us access to useful explanations and examples.
- For example, we can look up a word in an online dictionary.

Independent learning



- Technology lets students learn at their own pace.
- For example, we can replay a lesson until we understand it.

New skills



- Using digital tools helps us develop practical skills.
- For example, we can learn to make a presentation for a school project.

Creative



- Digital tools give us different ways to express ideas.
- For example, we can make a short animation to explain a story.

Fun



- Interactive activities can make learning more enjoyable.
- For example, we can answer an online quiz with classmates.

Benefits of using technology in education



Save time



Information



Independent learning



New skills



Creative



Fun

Ways to learn about healthy food choices



Professionals



Family members



Food label



Health apps



School



Social media

PART 3 • SUGGESTED POINTS

Ways to learn about healthy food choices

Professionals



- Trained health professionals can explain suitable food choices.
- For example, we can ask a dietitian about balanced meals.

Family members



- Family members can share useful cooking knowledge and habits.
- For example, we can learn to prepare vegetables with a parent.

Food label



- Food labels tell us about ingredients and nutrients.
- For example, we can check the sugar content on a drink bottle.

Health apps



- Some apps help us keep track of our eating habits.
- For example, we can use an app as a simple food diary.

School



- School lessons can help us understand healthy food choices.
- For example, we can discuss what makes a balanced lunch.

Social media



- Reliable posts can give us useful meal ideas.
- For example, we can try a recipe from a trusted health source.



Ways to learn about healthy food choices



ROUND 1 • DISCUSS TOGETHER



Hi! Today, let's talk about ways to learn about healthy food choices. **First of all**, we can get advice from health professionals because they are trained to give suitable advice. For example, we can ask a dietitian a question about balanced meals. What do you think?



Yes, I agree. Moreover, we can learn from our family members because they can share useful food habits and cooking knowledge. For example, we can learn to prepare vegetables with a parent. Do you agree?



Furthermore, we can read **food labels** because they give information about ingredients and nutrients. For example, we can check the sugar listed on a drink bottle. What do you think?



That's true. Another point is health apps because some apps help people record their habits and learn general information. For example, we can use an app to keep a simple food diary. Do you agree?



In addition, we can learn at **school** because the lessons can explain healthy choices in clear ways. For example, we can discuss a balanced lunch during a health activity. What do you think?



Finally, we can learn from social media because useful posts can give ideas if the information is checked carefully. For example, we can try a simple recipe from a reliable health source. That's all from us. Thank you.

ROUND 2 • AGREE ON ONE POINT



We both agree that advice from health professionals is the best way to learn about healthy food choices because they have the right knowledge and can give advice that suits our needs. What do you think?



I agree with you because they can explain things clearly and answer our questions, so we can make safer and healthier choices. Shall we end our discussion here?



Yes, thank you.



Thank you.



How to be safe in our neighbourhood



ROUND 1 • DISCUSS TOGETHER



A Hi! Today, let's talk about how to be safe in our neighbourhood. What do you think we can do?



B That's a great topic. What do you think about neighbourhood watch?



A First of all, neighbourhood watch can help a lot because neighbours can notice problems and share concerns safely. For example, we can report suspicious activity to the proper authorities. Do you agree?



B Yes, I agree. Moreover, CCTV can also make our neighbourhood safer because cameras may record events and help an investigation. For example, we can use a shop's footage to explain what happened outside. What do you think?



A Furthermore, group walk is useful because going with others can make a journey feel safer. For example, we can walk home with trusted friends on a familiar route. Do you agree?



B I agree. Another point is awareness programmes. People need to know simple ways to protect themselves. For example, we can attend a talk about emergency contacts and safe routes. What do you think?



A In addition, proper lighting is important because well-lit areas help people see hazards and feel safer. For example, we can use a bright, familiar path after sunset. Do you agree?



B Yes. Finally, emergency contacts are very important because knowing whom to call helps people get help quickly. For example, we can keep an adult's contact and local emergency details available. That's all from us. Thank you.

ROUND 2 • AGREE ON ONE POINT



A We both agree that proper lighting is the best way to make our neighbourhood safer because well-lit areas help people see hazards and feel safer. What do you think?



B I agree with you because proper lighting can also discourage bad people from doing something wrong. Shall we end our discussion here?



A Yes, thank you.



B Thank you.



PART 3 • SUGGESTED POINTS

How to be safe in our neighbourhood

Neighbourhood watch



- Neighbours can look out for one another and report concerns.
- For example, they can report suspicious activity to the proper authorities.

CCTV



- Cameras can record events and help with investigations.
- For example, shop footage may help show what happened outside.

Group walk



- Walking with trusted people can help us feel safer.
- For example, we can walk home with friends along a familiar route.

Awareness programmes



- Safety programmes teach people how to protect themselves.
- For example, we can attend a talk about safe routes and getting help.

Proper lighting



- Good lighting helps people see hazards after dark.
- For example, we can choose a well-lit path when walking home.

Emergency contacts



- Keeping important contacts ready helps us get help quickly.
- For example, we can save a trusted adult's contact on our phone.

How to be safe in our neighbourhood



Neighbourhood watch



CCTV



Group walk



Awareness programmes



Proper lighting



Emergency contacts