

**USING ARTIFICIAL INTELLIGENCE (AI) APPS TO
DESIGN ENGLISH LISTENING TASKS
FOR GRADE 11 GIFTED STUDENTS.**

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Part 1: INTRODUCTION

1. Rationale

Listening comprehension plays a vital role in prestigious English competitions such as provincial contests for gifted students, the Hung Vuong Summer Camp, regional elite school contests, national Olympiads, and international exams like IELTS or the English Olympiad. It is assessed both as a standalone skill and as a means to reinforce speaking, reading, and writing. Strong listening skills help students recognize vocabulary, pronunciation, intonation, and grammatical patterns—enhancing their overall language proficiency.

The English exams require candidates to process and retain spoken information quickly and accurately within strict time limits. This demands regular exposure to authentic sources such as podcasts, lectures, news reports, and conversations. Moreover, good listening abilities enable students to engage in self-study through online courses and global English learning platforms.

In today's globalized environment, mastering grammar alone is no longer enough. English learners must comprehend native speech and respond fluently. Therefore, consistent listening practice is key to success in both exams and real-life communication.

However, designing effective listening tasks for gifted students presents major challenges - especially limited access to suitable, authentic materials. High-quality audio sources, such as BBC Learning English, VOA, or official IELTS and TOEFL materials, are often copyrighted, behind paywalls, or mismatched with the specific levels and testing formats of gifted student exams.

Furthermore, online listening resources are usually generic and not structured in the formats common in gifted competitions, such as gap-filling, true/false, or multiple-choice questions based on specific details. Teachers, especially in mainstream schools, often have to create or adapt listening tasks manually, which is time-consuming and can lack consistency in quality and difficulty. Therefore, there is a strong need for a reliable source of authentic, well-structured listening materials that align with the goals and formats of gifted student exams. Such resources would greatly support teaching effectiveness and help students develop advanced listening skills tailored to academic excellence.

Meanwhile, the rapid development of Artificial Intelligence (AI) offers valuable support for teachers in designing teaching materials. With advanced tools, educators can quickly generate reading texts, listening scripts, quizzes, and visual aids tailored to students' levels and interests. AI applications like ChatGPT, Canva, and Quizlet help save time and increase creativity, allowing teachers to focus more on student engagement. As AI continues to evolve, it becomes an increasingly powerful assistant in lesson planning, especially for language teachers who require diverse and interactive materials.

In light of all the aforementioned reasons, I have decided to focus my research on the topic ***Using AI Applications to Design English Listening Tasks for Grade 11 Gifted Students.***

2. Aims of the study

This study aims to explore the application of AI in designing English listening tasks for 11th-grade students specializing in English. It also serves as a practical suggestion for other teachers seeking to incorporate these AI tools into their own teaching practices. By examining how AI can support the creation of targeted, level-appropriate listening materials, the study contributes to improving both the efficiency and the quality of listening instruction in specialized English programs.

3. Scope of the study

The study limits itself to investigate the use of **ChatGPT, TTSFree, and SpeechGen** to assist teachers in designing English listening tasks for 15 gifted students graded 11 taking part in provincial exam for excellent students.

Part 2: DEVELOPMENT

1. Literature review

1.1. AI tools for creating audio scripts

In order to create audio content, teachers need to write their own scripts first. Before diving into text-to-speech tools, here are some key tips for writing effective audio scripts:

Keep it natural: Start by looking at real spoken language. Transcripts from movies, TV shows, or spoken language corpora can provide authentic examples. Search for dialogues that include your target language structures and observe how they're used in context.

Don't aim for perfection: Spoken language is rarely perfect. It's completely fine if your script includes run-on sentences, contractions, repeated phrases, unfinished thoughts, or even small grammatical slips — all of which are typical in real conversations.

Keep it concise: A script that seems short on paper can feel long when listened to. Also, many text-to-speech tools have limits on how much text you can convert at one time, so aim for brevity.

Match the level of your learners: Use vocabulary and grammar structures that your students are ready to encounter and decode. Tools like the Hemingway Editor or Oxford Text Checker can help you assess the complexity of your script.

Make it engaging: Choose topics that are relevant, age-appropriate, and interesting to your learners. The more relatable the content, the more likely students are to stay focused and engaged.

Here are some AI apps which help teachers to write scripts. They should also consider the above tips when asking the apps to design the text:

ChatGPT is an advanced language model that can assist in generating dialogue, story ideas, and even entire script drafts.

ScriptBook uses AI to analyze scripts and provide insights on their potential success and areas for improvement.

WriterDuet is a collaborative screenwriting software enhanced with AI tools to improve the writing process.

Sudowrite is an AI tool designed to help writers brainstorm and expand their ideas.

Script Assistant is an AI-powered tool that helps you structure and refine your script.

1.2. AI tools for creating audio

Text-to-speech (TTS) AI empowers teachers to create their own audio materials instead of relying solely on coursebook recordings. But why choose to do this? Here are several reasons why language teachers might turn to TTS tools for their classrooms:

Fully customizable: You can tailor the audio to match the specific vocabulary, grammar structures, or themes your students are currently learning.

Variety of accents: Many TTS tools offer multiple accent options, giving learners exposure to different pronunciation styles and improving their listening comprehension.

Time-saving: Generating audio with AI is much faster than recording yourself or searching online for appropriate listening materials.

Adjustable speed: TTS software lets you control the pace of speech. You can slow it down for beginners or speed it up to challenge more advanced learners.

Easy to edit: AI-generated audio is simple to modify. You can easily insert pauses, edit or replace text, switch between speakers, or adjust the speed to suit your teaching needs.

There are several text-to-speech (TTS) AI tools available, though not as many as speech-to-text options. Here's an overview of some popular choices:

TTSFree is a leading website in the field of Text-to-Speech (TTS) services, providing you with the ability to quickly and easily convert text into automatic speech. With a combination of advanced technology and user-friendly interface, TTSFree.com is the perfect tool for creating high-quality audio files, serving the needs of both individuals and businesses.

SpeechGen is an online text-to-speech converter that brings words to life. It provides a wide range of voices in different languages and dialects, so you can choose the one that perfectly fits your needs. The text-to-speech tool can be used for various applications, such as marketing, content creation, and accessibility solutions. SpeechGen also offers a freemium plan so users can test the features of the AI voice generator before choosing the paid plan.

Natural Readers offers a wide selection of high-quality voices. Users can browse by country to select the appropriate accent, and sample each voice using default preview text. However, free users are limited to five minutes of audio generation per day. It's important to review your script carefully before generating audio, as mistakes could use up your daily allowance, forcing you to wait 24 hours before trying again.

TTS Maker also provides various voices and accents, though not as many as Natural Readers. The advantage is that it's completely free with no daily usage limit. The main restriction is a 1,000-character limit per file—roughly 150–200 words or about one minute of audio. If your script is longer, you can generate multiple files and merge them using free audio editing software like Audacity (more on this later).

Eleven Labs is known for producing some of the most natural-sounding voices. New users can generate up to 10,000 characters (around 10 minutes of audio) for free. After reaching this limit, you'll need to subscribe or register a new account.

CereProc specializes in regional UK accents and offers a paid service. However, their website includes a free demo feature, which teachers can use to create short audio samples.

Narakeet allows users to generate up to 100 words (about 45 seconds of audio) for free per file, up to 20 times before charges apply.

Murf AI also provides free access but limits each file to just 250 characters—approximately 15 seconds of audio. Unless your students have very short attention spans, this may not be the most practical option.

1.3. AI tools for designing tasks

Monsha gives you an iterative, end-to-end process for planning, creating, and adapting teaching materials. Everything you create stays connected and useful for what comes next.

ChatGPT can be used to generate various types of questions, including multiple-choice, fill-in-the-blank, essay, and research questions, using its ability to understand and process natural language. To generate questions, you can input text, a document, or even a video transcript, and ChatGPT will produce relevant questions based on the provided content.

Quillionz is an AI tool that generates multiple-choice, true/false, short answer, and other question types.

2. Research

To implement this study effectively, I adopted a systematic and collaborative approach. The process began with consultations with English and IT teachers to identify the most suitable AI tools for educational use. I then conducted a thorough analysis of exam matrices to determine the formats and requirements of listening tasks. Guided by these findings, I applied selected AI applications to generate listening scripts, convert

them into audio files, and create comprehension questions. Each task was carefully reviewed and refined to ensure linguistic accuracy, pedagogical relevance, and alignment with exam standards.

2.1. Exploring the Functionalities and Usage of ChatGPT, TTSFree, and SpeechGen

To enhance the development of listening materials, I collaborated with English and IT teachers within and beyond my school to explore the potential of AI in supporting this process. These discussions focused on identifying tools that could assist in:

- Generating listening scripts,
- Converting texts into audio recordings,
- Designing comprehension questions for different proficiency levels.

Through research and experimentation, I selected a combination of tools that proved most effective and accessible:

- **ChatGPT** (developed by OpenAI) was used to generate listening scripts based on specific topics and question types.
- **TTSFree** (<https://ttsfree.com/vn/>) and **SpeechGen** (<https://speechgen.io>) were used to convert those scripts into audio. These platforms allowed customization of voice (male/female, American/British accents), speed control, and realistic pronunciation—critical elements for effective student listening practice.

Together, these applications streamlined the process of creating engaging and pedagogically sound listening tasks.

- **ChatGPT (AI for creating listening scripts)**

How to use:

- Request the creation of a listening script based on a specific topic and level (e.g., B2, C1), along with multiple-choice questions, gap-filling exercises, or true/false statements.
- You can ask for adjustments in length and the use of academic vocabulary.

Advantages:

- Flexible customization of listening content.
- Ability to generate various types of questions with answer keys and full transcripts.
- Can be combined with text-to-speech tools.

- **TTSFree and SpeechGen (Text-to-Speech AI)**

How to use: Enter the listening script generated by ChatGPT → export an audio file using American, British, or other native English accents.

Advantages:

- Natural-sounding voices that meet international examiner standards.
- Options to select speaking speed and male/female voices.
- Suitable for creating realistic listening audio for contests such as national gifted student exams, IELTS,

- **ChatGPT (AI for Generating Questions)**

How to use: Input a passage (listening script or reading text) → AI automatically generates multiple-choice or fill-in-the-blank questions.

Advantages:

- Automatically creates test items, saving time.
- Difficulty level can be customized.

2.2. Studying the Exam Matrix for the 11th-Grade Provincial English Gifted Student Competition

To ensure alignment with real exam formats, I analyzed the listening task types outlined in the exam matrix for the 11th-grade provincial English gifted student competition. This helped identify common structures, question formats, and difficulty levels, allowing for the design of AI-generated materials that matched official standards.

THE EXAM MATRIX

ST T	Phần	Nội dung	Số câu	Số điểm / câu	Số điểm	Ghi chú
1	NGHE (30-33 phút) (5,0 điểm) - Mức độ B2-C1	1. Nghe và điền vào chỗ trống dạng bài IELTS (điền tên, số điện thoại, ngày giờ, tên chương trình, địa chỉ – không quá 2 từ & 1 số)	10	0,2	2,0	Tài liệu tham khảo FCE, CAE, TOEFL ,
		2. Nghe và trả lời câu hỏi đúng/sai	5	0,2	1,0	
		3. Nghe và lựa chọn câu trả lời đúng với 4 lựa chọn A, B, C, D	5	0,2	1,0	
		4. Nghe và điền từ vào chỗ trống–	5	0,2	1,0	

		không quá 3 từ (tin tức, bài phát biểu, diễn thuyết, bài giảng...)				IELTS
2	NGŨ PHÁP, TỪ VŨNG (4,0 điểm) -Mức độ B2-C1	1. Chọn từ/cụm từ điền vào chỗ trống trong các câu riêng lẻ (word choice, word form, phrasal verbs, preposition, collocation, idioms, language function, adverbial clauses,)	25	0,1	2,5	
		2. Viết dạng đúng của từ trong câu đơn/ đoạn văn khoảng 250 từ	10	0,1	1,0	
		3. Sửa lỗi sai trong đoạn văn khoảng 150 từ	5	0,1	0,5	
3	ĐỌC HIỂU (6,0 điểm) - Mức độ B2-C1	1.Chọn từ đúng điền vào chỗ trống trong đoạn văn khoảng 250 từ	10	0,1	1,0	
		2. Điền 1 từ thích hợp vào chỗ trống trong đoạn văn khoảng 200 từ.	10	0,1	1,0	
		3. Đọc và chọn câu thích hợp điền vào chỗ trống trong văn bản (Gap-text) khoảng 500 từ	5	0,2	1,0	
		4. Đọc bài văn tối đa 500 từ và chọn đáp án đúng cho mỗi câu hỏi.	10	0,1	1,0	
		5. Đọc bài văn tối đa 900 từ và thực hiện 2 yêu cầu kèm theo: ghép tiêu đề với mỗi đoạn; điền thông tin vào chỗ trống trong đoạn tóm tắt; hoặc xác định thông tin T/ F/ NG	10	0,2	2,0	
4	VIẾT (5,0 điểm) -Mức độ B2	1. Miêu tả biểu bảng khoảng 150 từ			2	
		2. Viết bài luận (ít nhất là 250 từ) dạng thuận lợi và bất lợi (advantage & disadvantage essay) hoặc tranh luận (argumentative essay)			3	
	Tổng		110		20	

2.3. Applying AI Tools to Design Listening Materials

With the selected AI tools, I created a wide range of listening tasks across various topics, levels, and formats. These included:

- Multiple choice,
- Gap-filling,
- True/ False exercises.

The tasks were tailored to align with the specific requirements of different competitions, including provincial and regional contests. Each listening script was generated using ChatGPT and then transformed into audio using TTSTFree or SpeechGen.

A rigorous review process was implemented to ensure:

- Grammatical accuracy and natural language use,
- Appropriate speech rate and accent,
- Clarity and relevance of comprehension questions,
- Alignment with students' proficiency levels.

This method ensured that the tasks were not only exam-oriented but also genuinely beneficial for developing listening comprehension. *(See **APPENDIX 1** for step-by-step design guidelines and **APPENDIX 2** for sample materials.)*

2.4. Using the Designed Materials in Classroom Practice

The AI-generated listening materials were piloted during classroom practice sessions to assess their effectiveness. These trials offered insights into:

- Student engagement and interaction with each task type,
- Levels of comprehension and accuracy,
- Feedback on difficulty and audio quality.

Based on observations and student input, necessary revisions were made to improve clarity, relevance, and overall quality. These refinements ensured that the materials met learners' needs more effectively.

Regular integration of these tasks allowed students to:

- Practice listening more frequently and purposefully,
- Familiarize themselves with various exam question formats,
- Build confidence in approaching listening sections.

Ultimately, these efforts contributed significantly to students' success in English competitions.

2.5. Evaluating the Outcomes

In addition to the official curriculum, teachers actively developed a variety of supplementary listening exercises to enhance student performance in multiple assessment contexts, including:

- Midterm and final exams,
- Provincial gifted student contests,
- IELTS and other regional competitions.

By offering well-structured and targeted listening tasks, students improved not only their comprehension skills but also their exam strategies and test-taking confidence.

Results in the 2024–2025 Academic Year:

- Provincial English Gifted Student Contest: 1 First Prize, 6 Second Prizes, 7 Third Prizes, and 1 Consolation Prize.
- Coastal Region Gifted English Contest: 1 Silver Medal, 1 Bronze Medal, and 1 Consolation Prize.

These achievements reflect the dedication and resilience of students from a mountainous specialized high school, who successfully competed with peers from highly reputed schools. The results serve as a testament to the transformative role of AI-assisted instruction in fostering academic excellence and competitiveness.

Part 3: CONCLUSION

1. Significance

The use of artificial intelligence in compiling learning materials for gifted students brings about clear economic benefits. Firstly, AI significantly reduces the time and cost of material development thanks to its ability to quickly and accurately synthesize information from various sources. Secondly, AI can personalize learning content according to the students' abilities and needs, thereby enhancing teaching effectiveness and saving teachers' resources. With its ability to stay constantly updated, AI-assisted materials remain fresh and aligned with educational trends, avoiding resource waste. In summary, artificial intelligence not only improves the quality of learning materials for gifted students but also helps optimize costs and resources in education, creating sustainable long-term economic value.

The outcome of this research is a valuable reference source for high school teachers in teaching Grade 11 gifted students. It also serves as a convenient self-study resource for students. In addition, the research encourages teachers to be creative in designing teaching materials, thereby improving the overall quality of gifted education in general and English language teaching in particular at the high school level.

The design of instructional materials helps enhance teachers' sense of responsibility and creativity in applying information technology in teaching, in accordance with active teaching methods. This meets the requirements of the 2018 General Education Curriculum.

2. Recommendation

The research aims to provide guidance on designing and developing thematic teaching units, followed by the construction of a system of exercises aligned with the matrix used in provincial-level competitions for 11th-grade gifted students. However, teachers can apply AI in a similar manner to design learning materials for any type of listening task in the general education curriculum, meeting the diverse proficiency levels of students and the requirements of various exams that include listening skill assessments. Therefore, the research has the potential for wide application by all teachers in using AI to design teaching materials across all educational levels and student abilities.

Moreover, there are numerous other AI tools with comparable functionalities and effectiveness that are worth exploring and integrating into teaching practices. For

example, *ScriptBook*, *WriterDuet*, *Sudowrite*, *Script Assistant by ScriptHop*, etc. can be used to generate educational content efficiently. In addition, text-to-speech tools such as *Murf.ai*, *NaturalReader*, *TTS Maker*, *CereProc*, *Narakeet*, *ElevenLabs*, etc. offer diverse voice options and features. These resources enable teachers to convert written materials into audio format, making it easier to design engaging and accessible instructional content. *Monsha*, *Quillionz* are also effective tools that teachers can take advantage of to create listening tests for students.

APPENDICES

APPENDIX 1: GUIDELINES FOR CREATING LISTENING MATERIALS USING AI APPLICATIONS

1. Listening Task Type 1 in the Provincial Grade 11 English Gifted Student Exam Format (You will hear a conversation and complete the notes below with NO MORE THAN TWO WORDS AND/OR A NUMBER.)

Step 1: Use ChatGPT to Generate Listening Script

Prompt for ChatGPT to Generate Listening Script: *"Create an English conversation between two people (around 500 words) discussing information about registering for a distance learning course at B2 level. The dialogue should be realistic and suitable for a listening task where the listener is asked to complete notes with NO MORE THAN TWO WORDS AND/OR A NUMBER."*

Anna: Hi James, I heard you're taking an online course in Business Communication. How's it going?

James: Hey Anna! Yes, I just started last week. It's going pretty well so far. I'm enjoying the flexibility of studying from home.

Anna: That sounds great! I've been thinking about signing up for an online course too. Could you tell me more about how to register?

James: Sure! First, you need to choose a course that suits your needs. I found mine on the university's website under the "Distance Learning" section. They offer several options depending on your interests and goals.

Anna: I'm interested in improving my professional writing skills. Are there courses focused on that?

James: Definitely. There's one called "Effective Business Writing." It covers emails, reports, and even social media content. I think it would be perfect for you.

Anna: That sounds exactly like what I need. What's the registration process like?

James: It's quite simple. After you choose the course, you fill out an online application form. Then, you need to upload a copy of your ID and proof of your English level. B2 is usually the minimum requirement.

Anna: I have a B2 certificate from Cambridge. Would that work?

James: Yes, that's accepted. I submitted mine too. After that, you pay the tuition fee, and once it's confirmed, you'll get access to the learning platform.

Anna: How much does the course cost?

James: Mine was around \$250 for a 6-week course. But prices vary depending on the course length and provider.

Anna: Do they offer any kind of support during the course?

James: Yes, they assign you a tutor who gives feedback on your assignments. There are also weekly webinars where you can ask questions and interact with other students.

Anna: That's good to know. How do you manage your time? I'm worried I might fall behind.

James: It helps to set a schedule. I study about 5 to 7 hours a week. The platform also sends reminders about deadlines, which is helpful.

Anna: That's encouraging. One last thing—can I get a certificate after finishing the course?

James: Absolutely. If you complete all the assignments and pass the final assessment, they'll email you a certificate of completion. You can also request a printed version if needed.

Anna: Thanks, James! You've really helped me make up my mind. I'll look into it this weekend.

James: You're welcome, Anna. Let me know if you need help with the application. Good luck!

Step 2: Use <https://ttsfree.com/vn> or <https://speechgen.io> to convert the generated script into audio.

LISTENING SOURCE: *Sample 1*

<https://drive.google.com/drive/folders/1PPIStr8ecRTaE5T7atsQsP5mEzPumt26>

Step 3: Use ChatGPT to generate questions.

Prompt for ChatGPT to generate questions: *Create a listening comprehension task with 10 gaps in the form of a note completion activity, where students fill in missing information (NO MORE THAN TWO WORDS AND/OR A NUMBER) based on the audio script.*

ENGLISH ONLINE COURSE REGISTRATION FORM

DETAILS

Name: James 1. _____

Email address: 2. _____

Type of course: Business 3. _____

Start date: 4. _____

Level of English: 5. _____

COURSE STRUCTURE

Duration: 6. _____ weeks

Study hours per week: 7. _____

Includes weekly 8. _____

Tutor provides 9. _____

PAYMENT

Total fee: 10. _____

ANSWER:

DETAILS

1. Taylor
2. james.taylor@email.com
3. Communication
4. May 5th
5. B2 (Upper-Intermediate)

COURSE STRUCTURE

6. 6
7. 5 to 7
8. webinars
9. feedback on assignments

PAYMENT

10. \$250

2. Listening Task Type 2 in the Provincial Grade 11 English Gifted Student Exam Format
(You will hear a conversation and decide whether the following statements are True or False)

Step 1: Use ChatGPT to Generate Listening Script

Prompt for ChatGPT to Generate Listening Script: *"Create an English dialogue of around 450 words at B2 level between two people discussing the development of local ecotourism. The conversation should include details such as benefits, challenges, and suggestions, and be suitable for a listening comprehension task."*

Maria: Hey Tom, have you heard about the new ecotourism project in our area?

Tom: Yeah, I read something about it last week. They're planning to develop an eco-resort near the national forest, right?

Maria: That's right. The idea is to promote sustainable tourism and help protect the local environment while attracting visitors.

Tom: Sounds like a great plan. Our region has so much natural beauty—forests, rivers, and wildlife. It's perfect for ecotourism.

Maria: Exactly. And the best part is, they're working closely with local communities. People can offer homestays, become tour guides, or sell local products.

Tom: That could really boost the local economy. Do you know when it's going to start?

Maria: The first phase begins next month. They'll start with building eco-friendly cabins and setting up walking trails through the forest.

Tom: I just hope they stick to the eco-friendly promise. Sometimes, projects like this end up harming the environment instead of protecting it.

Maria: True. But the organizers say they're using sustainable materials, and no trees will be cut down during construction. They also plan to limit the number of tourists.

Tom: That's good to hear. Are they offering any educational programs?

Maria: Yes, they're planning workshops on conservation and biodiversity for both visitors and locals. It's part of their goal to raise awareness.

Tom: I think it's a great opportunity for students too. Schools could organize field trips and get students involved in environmental activities.

Maria: Definitely. I also read that they want to promote cycling and hiking instead of using cars in the area. That'll reduce pollution.

Tom: Nice! Do you think they'll need volunteers?

Maria: I think so. There will be clean-up events, tree planting, and helping with trail maintenance. We could sign up!

Tom: I'd love to. It feels good to support something that helps the environment and benefits our community at the same time.

Maria: Agreed. If this project succeeds, it might become a model for other regions to follow.

Tom: Let's keep an eye on it. Maybe we can even get involved in spreading the word.

Maria: Great idea! Let's talk to our school about organizing an information session or a visit.

Step 2: Use <https://ttsfree.com/vn> or <https://speechgen.io> to convert the generated script into audio.

LISTENING SOURCE: *Sample 2*

<https://drive.google.com/drive/folders/1PPIStr8ecRTaE5T7atsQsP5mEzPumt26>

Step 3: Use ChatGPT to generate questions.

Prompt for ChatGPT to Generate Questions: *Create 5 True/False questions with answer key based on the listening script, suitable for B2 level learners.*

QUESTIONS AND ANSWERS:

True / False Questions

1. The ecotourism project aims to attract visitors without harming the local environment. → **True**
2. The project will involve cutting down trees to build cabins. → **False**
3. Local people will have opportunities to benefit from the project through tourism-related work. → **True**
4. Only tourists will attend the environmental education workshops. → **False**
5. Maria and Tom are not interested in taking part in the ecotourism project.
→ **False**

- 3. Listening Task Type 3 in the Provincial Grade 11 English Gifted Student Exam Format**
(You will hear part of a discussion and choose the answer A, B, C or D which fits best according to what you hear)

Step 1: Use ChatGPT to Generate Listening Script

Prompt for ChatGPT to Generate Listening Script: *"Create an English monologue (speech) of around 600 words at C1 level in which a speaker discusses the challenges of studying abroad. The tone should be reflective and informative, suitable for a listening comprehension task."*

Good morning everyone,

Thank you for giving me the opportunity to speak today. I'd like to talk about something that many students dream of, but few truly prepare for—the challenges of studying abroad.

When we think about studying in a foreign country, we often imagine exciting adventures, cultural experiences, and personal growth. And while all of that is true, the reality is that studying abroad also comes with significant difficulties, both emotional and practical.

One of the first and most obvious challenges is culture shock. Arriving in a new country means adjusting to unfamiliar customs, values, and ways of thinking. Even simple things like greetings, food, or social norms can be very different from what we're used to. This can make us feel confused or even isolated in the beginning. Over time, most people adapt, but the adjustment period can be emotionally exhausting.

Closely related to this is language barrier. Even if you've studied the language for years, using it every day in real-life situations is very different. Understanding lectures, writing essays, or even having casual conversations can be difficult. This often leads to misunderstandings, lower confidence, and even academic struggles.

Another major challenge is homesickness. Being away from family, friends, and everything familiar can be extremely tough—especially during holidays or when you're sick or stressed. While technology helps us stay connected, it can't replace physical presence or emotional support. For some students, this can lead to loneliness or even depression.

Let's not forget the academic pressure. Different countries have different teaching styles and expectations. In some places, students are expected to be more independent or critical. This may feel overwhelming if you're used to a more structured or guided approach. Additionally, the pressure to maintain scholarships or high grades can increase stress levels.

Financial stress is another serious issue. Studying abroad is expensive, and in many cases, students also need to work part-time to support themselves. Balancing studies and work can be difficult, and financial uncertainty may cause constant worry.

Social integration can also be a struggle. Making new friends in a foreign culture takes time and effort. You may find yourself sticking to people from your own country simply because it's easier. But this can limit your experience and personal growth. Learning to connect with people from different backgrounds is a challenge, but it's also one of the most rewarding parts of studying abroad.

Lastly, let me mention legal and bureaucratic issues. Dealing with visas, residence permits, insurance, and unfamiliar systems can be confusing and time-consuming. A single mistake in paperwork can cause major problems, and not every school offers enough support in this area.

Despite all these difficulties, I don't want to discourage anyone. On the contrary, overcoming these challenges is what makes the experience so meaningful. You become stronger, more adaptable, and more open-minded. But it's important to talk honestly about the obstacles, so future students can prepare better, both mentally and practically.

To sum up, studying abroad is an amazing opportunity—but it's not always easy. If you're planning to do it, be ready not just for the fun and adventure, but also for the hard work, patience, and resilience it requires.

Thank you for listening.

Step 2: Use <https://ttsfree.com/vn> or <https://speechgen.io> to convert the generated script into audio.

LISTENING SOURCE: *Sample 3*

<https://drive.google.com/drive/folders/1PPIStr8ecRTaE5T7atsQsP5mEzPumt26>

Step 3: Use ChatGPT to generate questions.

Prompt for ChatGPT to Generate Questions: *Create 5 multiple-choice questions (each with 4 options and only one correct answer), based on the listening script. The questions should be appropriate for C1 level learners.*

QUESTIONS AND ANSWERS:

1. What is one of the first emotional challenges students may face when studying abroad?

- A. Financial debt
- B. Culture shock 
- C. Language fluency
- D. Lack of internet access

2. Why might students struggle with language even if they have studied it before?

- A. The vocabulary is completely different abroad
- B. Grammar rules change in real life
- C. Real-life usage is harder than classroom learning 
- D. Teachers in foreign countries speak too slowly

3. According to the speaker, what can increase feelings of loneliness while abroad?

- A. Having too many friends
- B. Lack of communication tools
- C. Spending too much money
- D. Being away from loved ones during holidays 

4. How can academic systems in other countries be challenging for international students?

- A. Lectures are often canceled
- B. Students are required to work full-time
- C. Expectations for independence and critical thinking may be unfamiliar 
- D. Exams are all in Latin

5. What is the speaker's final message about studying abroad?

- A. It's only suitable for wealthy students
- B. It's exciting but not worth the trouble
- C. It should be avoided because of the paperwork
- D. It is valuable, but students must be prepared for real challenges 

4. Listening Task Type 4 in the Provincial Grade 11 English Gifted Student Exam Format
(Listen to a recording and fill in each gap with NO MORE THAN THREE WORDS)

Step 1: Use ChatGPT to Generate Listening Script

Prompt for ChatGPT to Generate Listening Script

"Create an English discussion of around 600 words at C1 level about Vietnam's participation in international organizations. The discussion should involve two speakers exchanging ideas and opinions in an academic or semi-formal tone. The content should be suitable for a listening task."

Vietnam's Participation in International Organizations: Opportunities and Responsibilities

Over the past few decades, Vietnam has increasingly become an active member of the international community. Its participation in international organizations such as the United Nations (UN), the World Trade Organization (WTO), the Association of Southeast Asian Nations (ASEAN), and the World Health Organization (WHO) has not only elevated the country's global profile but also brought a wide range of benefits and responsibilities. This essay discusses the significance of Vietnam's involvement in these organizations, as well as the challenges it faces in maintaining its role.

One of the most important turning points for Vietnam was its admission to the United Nations in 1977. Since then, the country has actively contributed to peacekeeping missions, climate change discussions, and sustainable development goals. Notably, Vietnam served as a non-permanent member of the UN Security Council for the 2020–2021 term, where it played a constructive role in promoting peace and security in the Asia-Pacific region. This demonstrates Vietnam's growing diplomatic maturity and its willingness to shoulder international responsibilities.

Vietnam's membership in the World Trade Organization since 2007 marked a milestone in the country's economic integration. Through this platform, Vietnam has been able to expand its trade relations, attract foreign investment, and reform its domestic policies to align with international standards. As a result, the country has experienced significant economic growth and poverty reduction. However, WTO membership also requires Vietnam to adhere to strict regulations on trade and intellectual property, which can be challenging for developing industries.

As a founding member of ASEAN, Vietnam has played a crucial role in strengthening regional cooperation. It has actively promoted initiatives related to economic integration, disaster management, and cultural exchange. By hosting key ASEAN summits and promoting a rules-based order in the South China Sea, Vietnam has proven itself to be a proactive and responsible member. Regional cooperation within ASEAN also helps Vietnam enhance its voice in larger international forums and balance its relations with major powers.

Moreover, during global health crises such as the COVID-19 pandemic, Vietnam's collaboration with the World Health Organization and other partners demonstrated the importance of international cooperation. By sharing data, receiving vaccine support through COVAX, and contributing medical supplies to other countries, Vietnam showed that even developing nations can contribute meaningfully to global efforts.

Nevertheless, Vietnam's growing international role also comes with greater responsibilities. It must continue to improve governance, ensure transparency, and protect human rights in accordance with global expectations. Furthermore, Vietnam needs to invest more in education and technological innovation in order to compete effectively in the global economy.

In conclusion, Vietnam's active participation in international organizations has significantly benefited the country in terms of diplomacy, trade, and development. While challenges remain, especially in balancing national interests with international obligations, the overall impact has been positive. By maintaining its commitment to multilateralism, Vietnam can continue to contribute to global peace, cooperation, and sustainable development.

Step 2: Use <https://ttsfree.com/vn> or <https://speechgen.io> to convert the generated script into audio.

LISTENING SOURCE: *Sample 4*

<https://drive.google.com/drive/folders/1PPIStr8ecRTaE5T7atsQsP5mEzPumt26>

Step 3: Use ChatGPT to generate questions.

Prompt for ChatGPT to Generate Questions: *Create a 170-word summary of the listening script with 5 gaps. Each gap should require NO MORE THAN THREE WORDS. The task should be suitable for C1 level learners. Include the answer key.*

Vietnam has become an increasingly active player on the global stage through its involvement in various (1)_____ such as the UN, WTO, ASEAN, and WHO. Joining the United Nations in 1977 allowed Vietnam to engage in peacekeeping and sustainable development efforts. The country's term as a (2)_____ in the UN Security Council from 2020 to 2021 reflected its diplomatic progress.

Its membership in the WTO since 2007 helped Vietnam boost foreign trade and investment, though it also brought regulatory challenges. Within (3)_____, Vietnam has supported regional initiatives and played a stabilizing role in Southeast Asia, especially concerning maritime issues.

During the COVID-19 pandemic, Vietnam collaborated with the WHO and contributed medical aid to several countries, showing that developing nations can make a (4)_____. Despite these achievements, Vietnam still faces expectations to improve governance and align more closely with (5)_____.

By maintaining its commitment to multilateralism, Vietnam strengthens both its international reputation and its internal development goals.

ANSWERS:

- | | |
|--------------------------------|------------------------|
| 1. international organizations | 4. global contribution |
| 2. non-permanent member | 5. global standards |
| 3. ASEAN cooperation | |

APPENDIX 2: ENGLISH LISTENING TASKS CREATED WITH THE SUPPORT OF AI

Task 1. You will hear a conversation and complete the notes below with NO MORE THAN TWO WORDS AND/OR A NUMBER.

LISTENING SOURCE: <https://drive.google.com/drive/folders/1PPIStr8ecRTaEST7atsQsP5mEzPumt26>

INTERNATIONAL TRAVEL PLANNING FORM	
TRAVELLER INFORMATION	
Name of traveller:	1. _____
Destination country:	2. _____
Cities to visit:	3. _____
Departure city:	4. _____
Length of stay:	5. _____
TRAVEL ARRANGEMENTS	
Flight type:	6. _____
Preferred airline:	7. _____
Accommodation preference:	8. _____
Booking method:	9. _____
OTHER DETAILS	
Needs visa assistance:	10. _____

ANSWERS: 1. Mark 2. Italy 3. Rome, Venice, Florence 4. Ho Chi Minh city 5. 2 weeks 6. Long 7. Qatar Airway 8. Hotels 9. Phone 10. Travel agent

Scripts:

Booking an Overseas Trip

Anna: Hi Mark! I heard you're planning a trip abroad this summer. Where are you thinking of going?

Mark: Hey Anna! Yeah, I've been thinking about it for a while. I'm planning to visit Italy, actually. I've always wanted to see Rome, Venice, and Florence.

Anna: That sounds amazing! Italy is definitely on my bucket list too. Have you booked your tickets yet?

Mark: Not yet. I've been comparing prices on different travel websites. I'm trying to find a good deal for both the flight and accommodation.

Anna: Have you tried using package deals? Sometimes booking a flight and hotel together can save a lot of money.

Mark: I've looked into a few. Some packages are cheaper, but I'm not sure if the hotels are in good locations. I want to stay somewhere central so I can walk to most of the tourist spots.

Anna: That makes sense. Location is really important. Are you flying directly to Rome?

Mark: Yes, I'm planning to fly from Ho Chi Minh City to Rome. It's a long flight, but I found a direct one with Qatar Airways that seems comfortable.

Anna: Nice! How long are you staying?

Mark: I'll be there for two weeks. I want to take my time exploring each city. Have you ever used a travel agent, by the way?

Anna: Actually, I did last year when I went to Japan. They helped with everything—flights, hotels, and even travel insurance. It was more expensive, but it saved me a lot of time.

Mark: That's what I'm thinking. I'm a bit worried about the visa process too. Did the agent help you with that?

Anna: Yes, they guided me through the whole visa application. They even checked my documents before I submitted them.

Mark: That sounds helpful. Maybe I should look for a good travel agency. Do you remember the name of the one you used?

Anna: Sure, it was called "Global Wings Travel." They have an office downtown. I'll send you their contact info later.

Mark: Thanks, Anna. That would be great. I'm really looking forward to this trip, but I just want to make sure I don't miss anything important.

Anna: Totally understandable. Just make a checklist: passport, visa, flight tickets, hotel bookings, travel insurance, and maybe a few Italian phrases!

Mark: Good idea! I've already started learning some basic Italian. "Buongiorno" and "Grazie" at least.

Anna: That's a great start! I'm sure you'll have an amazing time. Let me know if you need help planning anything else.

Mark: Will do. Thanks a lot, Anna!

Task 2. You will hear a conversation and complete the notes below with NO MORE THAN TWO WORDS AND/OR A NUMBER.

LISTENING SOURCE: <https://drive.google.com/drive/folders/1PPIStr8ecRTaE5T7atsQsP5mEzPumt26>

CITY BASKETBALL CLUB REGISTRATION FORM PERSONAL INFORMATION Name: Liam 1. _____ Experience level: 2. _____ Preferred training days: 3. _____ Training location: 4. _____ Training group: 5. _____ CLUB DETAILS Monthly fee: 6. _____ Facilities included: 7. _____ Provided equipment: 8. _____ Own equipment needed: 9. _____ EXTRAS Friendly matches: 10. _____

ANSWERS:

PERSONAL INFORMATION

- | | |
|-------------------------|--------------------------------------|
| 1. Liam | 4. City Sports Center on Park Avenue |
| 2. Beginner | 5. Beginner group |
| 3. Tuesday and Thursday | |

CLUB DETAILS

- | | |
|--------------------------------|---------------------------|
| 6. \$40 | 8. Balls and jerseys |
| 7. Coaching, court rental, gym | 9. Shoes and water bottle |

EXTRAS

10. Every two months

Scripts

Joining a City Basketball Club

Liam: Hey Ben, I heard you recently joined the city's basketball club. Is that true?

Ben: Yeah, I did! I signed up last week. It's been great so far. I thought you might be interested too—you still play, right?

Liam: Definitely. I've been thinking about getting back into it. How do you register?

Ben: It's pretty simple. You just go to their website and fill out an online registration form. They ask for your basic details, experience level, and your preferred training times.

Liam: Do they accept beginners? I mean, I've played before, but it's been a while.

Ben: Absolutely. They have different groups based on skill level. There's a beginner group, an intermediate one, and even a competitive team if you want to take it more seriously later.

Liam: Sounds perfect. What days do they train?

Ben: Training sessions are usually on Tuesdays and Thursdays in the evening. But if you join the weekend group, it's Saturday mornings. I chose the weekday group because it fits better with my schedule.

Liam: Where do the practices take place?

Ben: At the City Sports Center on Park Avenue. The courts are really good, and there's even a gym next to them.

Liam: That's not far from where I live. How much does it cost?

Ben: The monthly fee is around \$40. That includes coaching, court rental, and even a jersey once you're officially registered.

Liam: That's reasonable. Do they do any matches or competitions?

Ben: Yes! Every two months they organize friendly games with clubs from nearby towns. And once a year, there's a city tournament. It's a great way to meet new people and improve your game.

Liam: That sounds fun. Is there an age limit?

Ben: Not really. Most players are between 18 and 35, but they're open to anyone over 16. The atmosphere is really friendly and welcoming.

Liam: Nice! Do I need to bring my own gear?

Ben: You just need your own shoes and water bottle. They provide balls and all the other equipment.

Liam: Cool. I think I'll register tonight. What's the website again?

Ben: It's www.cityhoopsclub.com. If you have any trouble with the form, I can help you out.

Liam: Thanks, Ben. I really appreciate it. Looking forward to playing again!

Ben: Anytime! Let me know once you register. Maybe we'll be in the same group.

Task 3. You will hear a conversation and decide whether the following statements are True or False

LISTENING SOURCE: <https://drive.google.com/drive/folders/1PPIStr8ecRTaE5T7atsQsP5mEzPumt26>

QUESTIONS AND ANSWERS:

1. The clean-up campaign is scheduled to start at 8:00 a.m. tomorrow.
→ **False**
2. Volunteers will collect trash, clean the area, and put up signs to discourage littering.
→ **True**
3. All cleaning supplies, including gloves and water bottles, will be provided by the club.
→ **False**
4. The clean-up is expected to last no more than three and a half hours.
→ **True**
5. Some volunteers will help educate the public by distributing informative flyers.
→ **True**

Scripts:

Post-Festival Clean-Up Campaign at Nguyen Tat Thanh Square

Mai: Hey Nam, did you go to the street festival in Tuyen Quang last weekend?

Nam: Hi Mai! Yes, I did. It was amazing—so colorful and lively! But I noticed the square was a real mess the next morning.

Mai: Yeah, I saw that too. That's why our youth club is organizing a clean-up campaign at Nguyen Tat Thanh Square tomorrow.

Nam: Oh really? That's a great idea. How many people are joining?

Mai: So far, we have around 30 volunteers, including students and a few local residents. We'll meet at the square at 7:30 a.m.

Nam: That's early, but totally worth it. What exactly will we be doing?

Mai: We'll collect trash, separate recyclables, sweep the walkways, and clean up around the stage area. We'll also put up signs to encourage people not to litter.

Nam: Sounds organized. Do we need to bring anything?

Mai: Just gloves, a hat, and a water bottle. The club will provide trash bags and cleaning tools. We'll also get T-shirts for the campaign.

Nam: Cool! How long will the clean-up last?

Mai: Probably until 11 a.m. If we have enough people, we might finish earlier.

Nam: Great. It's important to keep the square clean, especially since it's a central spot for both locals and tourists.

Mai: Exactly. After the festival, the amount of waste was overwhelming—plastic bottles, food wrappers, even decorations left behind.

Nam: Yeah, people often enjoy the events but forget to clean up after themselves.

Mai: That's why we're also planning to raise awareness. Some volunteers will hand out flyers about responsible public behavior.

Nam: I like that idea. Maybe next time, people will be more careful.

Mai: Hopefully! Would you like to join us?

Nam: Of course! Count me in. It'll be good to help out and also meet new people.

Mai: Awesome! I'll send you the details in our volunteer group chat.

Nam: Thanks, Mai. Looking forward to it!

Task 4. You will hear a conversation and decide whether the following statements are True or False

LISTENING SOURCE: <https://drive.google.com/drive/folders/1PPIStr8ecRTaE5T7atsQsP5mEzPumt26>

QUESTIONS AND ANSWERS:

1. Smart traffic lights in the future could help reduce traffic congestion.
→ **True**

2. Minh believes that smart homes will use more energy than traditional homes.
→ **False**
3. Linh is concerned that smart city technology might not be affordable for everyone.
→ **True**
4. Both speakers think cybersecurity will not be a major issue in smart cities.
→ **False**
5. Linh and Minh agree that smart cities, if managed properly, can improve people's lives.
→ **True**

Scripts:

Discussing Smart Cities in the Future

Linh: Hey Minh, have you ever thought about what cities will look like in the future?

Minh: Definitely. With all the new technology, I think we'll see more smart cities very soon.

Linh: Yeah, I read that smart cities will use advanced systems to manage traffic, reduce pollution, and save energy.

Minh: That's right. For example, smart traffic lights could reduce traffic jams by adjusting signals based on real-time traffic flow.

Linh: I love that idea. I always waste so much time sitting in traffic. Smart systems could make everything more efficient.

Minh: And not just traffic. Buildings could also be more energy-efficient. Smart homes might automatically turn off lights or air conditioning when no one's home.

Linh: That would save a lot of electricity. I also think waste management will improve. Like using sensors in trash bins to tell when they're full.

Minh: Exactly. It would help the environment and reduce costs for the city. Plus, public transport could be more connected—maybe even driverless buses!

Linh: That sounds futuristic. But don't you think there might be challenges too?

Minh: Of course. One big issue is privacy. With so many sensors and data being collected, people might feel uncomfortable.

Linh: True. And not everyone will be able to afford smart technology. It could increase the gap between rich and poor citizens.

Minh: That's a real concern. Cities will have to make sure smart solutions are available to everyone, not just the wealthy.

Linh: Also, the government will need strong cybersecurity systems to protect all that data.

Minh: Definitely. If someone hacked into the city's systems, it could cause serious problems.

Linh: But overall, I think smart cities are a great idea. If done correctly, they could make life more convenient and sustainable.

Minh: I agree. I hope in the future, cities like Hanoi or Ho Chi Minh City will become smart cities too.

Linh: That would be amazing. Imagine clean streets, smooth traffic, and lower energy use. A better quality of life for everyone.

Minh: Let's just hope technology keeps moving in the right direction—and that governments invest wisely.

Linh: For sure. The future sounds exciting!

Task 5. You will hear part of a discussion and choose the answer A, B, C or D which fits best according to what you hear.

LISTENING SOURCE: <https://drive.google.com/drive/folders/1PPIStr8ecRTaE5T7atsQsP5mEzPumt26>

QUESTIONS AND ANSWERS:

1. According to the speaker, what was a fundamental value in traditional Vietnamese families?

- | | |
|--|---------------------------------|
| A. Freedom of expression | B. Equality between generations |
| C. Strong hierarchy and respect for elders | D. Open communication |

Answer: C. Strong hierarchy and respect for elders

2. What is the main factor contributing to the generation gap in Vietnamese families today?

- | | |
|------------------------------------|---------------------------------------|
| A. Differences in financial status | B. Advances in technology |
| C. Different parenting styles | D. Disagreements about career choices |

Answer: B. Advances in technology

3. How do the younger generation and older generation in Vietnamese families differ in terms of communication?

- A. The younger generation prefers face-to-face communication, while the older generation prefers digital platforms.
- B. The younger generation prefers digital communication, while the older generation favors face-to-face communication.
- C. Both generations prefer the same communication methods.
- D. The older generation uses instant messaging, while the younger generation prefers traditional methods.

Answer: B. The younger generation prefers digital communication, while the older generation favors face-to-face communication.

4. What was considered the most prestigious career choice for Vietnamese children in the past?

- A. Entrepreneurship B. Technology C. Medicine and law D. Art and design

Answer: C. Medicine and law

5. What does the speaker suggest is important for bridging the generation gap?

- A. Avoiding technology in family communication
- B. Prioritizing individualism over family unity
- C. Embracing both traditional values and modern perspectives
- D. Discouraging unconventional career choices

Answer: C. Embracing both traditional values and modern perspectives

Scripts:

The Generation Gap in Vietnamese Families

Good evening, ladies and gentlemen,

Today, I want to discuss an important issue that is increasingly becoming a topic of conversation in modern Vietnamese society: the generation gap in Vietnamese families. As Vietnam continues to grow and evolve, especially with rapid globalization and the integration of technology, the relationship between different generations in families is being reshaped in ways that we might not have anticipated a few decades ago.

In traditional Vietnamese families, the generational divide was not as prominent. The family structure was based on strong hierarchies where the eldest member was respected and looked up to. Children were taught to respect their parents and elders without question, and the family's authority structure was clear. This was part of the broader

Confucian values that deeply influenced Vietnamese culture. However, in today's world, especially with the influence of Western ideas, modern education, and technological advancements, there is a noticeable shift.

One of the key factors driving this generation gap is the rapid advancement of technology. The younger generation, particularly those born after the 1990s, has grown up in a digital world. They have smartphones, social media, and access to a wealth of information at their fingertips. On the other hand, the older generation, including parents and grandparents, often struggle to keep up with these changes. While the younger generation is adept at navigating the digital landscape, the older generation may feel alienated or left behind.

This technological divide affects communication, too. Young people are more likely to use instant messaging, social media platforms, or even video calls, whereas the older generation often prefers face-to-face conversations or traditional methods of communication. This discrepancy can sometimes lead to misunderstandings, as the older generation might view the younger generation's preference for digital communication as impersonal or even disrespectful. At the same time, younger people may find the older generation's communication style to be outdated or overly formal.

Another area where the generation gap manifests is in the expectations surrounding career and personal life. In the past, Vietnamese parents placed a strong emphasis on stability, such as pursuing a career in law, medicine, or engineering—fields that were seen as secure and prestigious. Today, however, the younger generation is more likely to pursue creative or unconventional careers, such as in technology, design, or entrepreneurship. Parents, who were raised with a different set of values and priorities, often struggle to understand or support these career choices.

Perhaps most importantly, the generational divide has also impacted family values. While respect for elders and the importance of family unity remain fundamental in Vietnamese culture, younger people are increasingly prioritizing personal freedom and individualism. This shift can create tension, as older family members may see it as a sign of disobedience or a breakdown in traditional values. On the other hand, the younger generation often feels the pressure of expectations from their parents, which can lead to a sense of frustration or resentment.

In conclusion, while the generation gap in Vietnamese families is real and sometimes challenging, it is also an inevitable part of societal progress. It is essential for both

generations to find common ground—whether that means embracing technology together, having open conversations, or respecting each other’s values and choices. As Vietnam continues to evolve, it is crucial that we bridge this gap, ensuring that both generations can coexist harmoniously and learn from one another.

Thank you for your attention.

Task 6. You will hear part of a discussion and choose the answer A, B, C or D which fits best according to what you hear.

LISTENING SOURCE: <https://drive.google.com/drive/folders/1PPIStr8ecRTaE5T7atsQsP5mEzPumt26>

QUESTIONS AND ANSWERS:

1. What is the main purpose of adopting a healthy lifestyle, according to the speaker?

- A. To look younger and more attractive
- B. To increase productivity at work
- C. To improve physical, mental, and emotional well-being
- D. To follow popular trends

Answer: C. To improve physical, mental, and emotional well-being

2. According to the speaker, what is one benefit of regular physical activity?

- A. It makes us lose weight without any dietary changes
- B. It reduces stress and releases endorphins
- C. It can replace the need for proper nutrition
- D. It prevents mental health problems

Answer: B. It reduces stress and releases endorphins

3. Why does the speaker emphasize the importance of proper nutrition?

- A. To prevent weight gain
- B. To provide the necessary vitamins and minerals for bodily functions
- C. To reduce the need for exercise
- D. To avoid the consumption of processed food

Answer: B. To provide the necessary vitamins and minerals for bodily functions

4. What is mentioned as a way to manage stress and maintain mental health?

- A. Working longer hours
- B. Practicing mindfulness and meditation

- C. Ignoring personal issues
- D. Constantly setting new career goals

Answer: B. Practicing mindfulness and meditation

5. What does the speaker suggest is essential for achieving a balanced lifestyle?

- A. Focusing exclusively on physical health
- B. Setting unrealistic goals
- C. Cultivating positive relationships and practicing gratitude
- D. Prioritizing work over personal life

Answer: C. Cultivating positive relationships and practicing gratitude

Scripts:

The Importance of a Healthy Lifestyle

Good evening, everyone,

Today, I would like to discuss a topic that has gained increasing attention in recent years: the importance of maintaining a healthy lifestyle. As the pace of life accelerates, especially in urban areas, many of us have found ourselves caught up in a cycle of stress, unhealthy habits, and a lack of balance. However, adopting a healthy lifestyle is not just a trend—it is essential for our physical, mental, and emotional well-being.

To begin with, physical health is often the most obvious component of a healthy lifestyle. In today's fast-paced world, we are constantly bombarded by the temptation of fast food, sedentary routines, and long hours of work. This lifestyle can lead to a range of health issues, such as obesity, heart disease, and diabetes. However, making small, deliberate changes to our habits can yield significant results. For instance, regular physical activity, whether it's a morning jog, a yoga class, or even a short walk after dinner, can help prevent many of these chronic conditions. Exercise not only strengthens the body but also releases endorphins, which are known to improve mood and reduce stress.

In addition to exercise, nutrition plays a crucial role in maintaining a healthy lifestyle. The food we eat provides the energy and nutrients our bodies need to function properly. Yet, in a world of processed foods and convenience, many people struggle to make healthy choices. A balanced diet that includes fruits, vegetables, whole grains, and lean proteins is essential for providing our bodies with the necessary vitamins and minerals. Moreover, staying hydrated is just as important. Drinking sufficient water helps regulate body temperature, supports digestion, and keeps our skin healthy. It is clear that good

nutrition is not only a matter of weight control but also an investment in our long-term health.

Mental health, often overlooked, is equally critical to a healthy lifestyle. In recent years, there has been a growing recognition of the importance of mental well-being. A healthy mind is just as vital as a healthy body, and the two are intricately connected. Stress, anxiety, and depression can have a significant impact on physical health, leading to conditions like high blood pressure and insomnia. To maintain mental health, it is crucial to find ways to manage stress. Practices such as mindfulness, meditation, and even engaging in hobbies or spending time with loved ones can help keep stress at bay. Furthermore, setting aside time for self-care and ensuring adequate rest are essential for recharging both physically and mentally.

Finally, a healthy lifestyle also involves adopting habits that foster balance in life. This includes cultivating positive relationships, setting realistic goals, and practicing gratitude. Surrounding ourselves with supportive people can offer emotional stability and improve our overall outlook on life. Setting goals that align with our values and passions not only provides a sense of purpose but also encourages personal growth and fulfillment. It is this balance between the mind, body, and spirit that defines a truly healthy lifestyle.

In conclusion, living a healthy lifestyle is not about following a strict regimen or achieving perfection. It is about making conscious choices every day that promote our well-being. By focusing on physical activity, proper nutrition, mental health, and life balance, we can significantly improve the quality of our lives. It's never too late to start making positive changes, and even small steps can lead to lasting, meaningful improvements in our health.

Thank you for your attention.

Task 7. Listen to a recording and fill in each gap with NO MORE THAN THREE WORDS

LISTENING SOURCE: <https://drive.google.com/drive/folders/1PPIStr8ecRTaE5T7atsQsP5mEzPumt26>

Vietnam has a rich cultural heritage, with historical sites like the ancient town of Hoi An and Ha Long Bay, and intangible traditions such as folk music and festivals. Preserving these heritage sites is important for national identity, tourism, and education. However, Vietnam faces challenges in this area, including rapid (1)___ in major cities and the

destruction of historical buildings. Many local communities are unaware of the value of their cultural heritage, and illegal activities such as (2)___ and mining also threaten natural heritage sites. Balancing modernization with preservation is crucial, as economic growth often takes precedence over (3)____. Nonetheless, the Vietnamese government has taken steps to protect cultural heritage through laws like the Law on Cultural Heritage. International organizations like (4)_____ have played a key role in supporting these efforts. Local initiatives and global attention have also helped restore sites and traditions. In conclusion, preserving heritage is a (5)_____ responsibility that requires cooperation between governments, communities, and individuals to ensure a vibrant cultural legacy for future generations.

ANSWERS:

- | | | |
|--------------------|-----------------|-----------|
| 1. urbanization | 3. conservation | 5. shared |
| 2. illegal logging | 4. UNESCO | |

Scripts:

Preserving Heritage in Vietnam: A Shared Responsibility

Good morning, everyone,

Today, I want to discuss an issue of great importance—preserving heritage in Vietnam. The country boasts a rich cultural and historical heritage, from ancient monuments and temples to vibrant traditions and art forms. However, as Vietnam continues to modernize, preserving these invaluable treasures becomes increasingly challenging. In this discussion, I will address the significance of heritage preservation, the challenges Vietnam faces in this regard, and the efforts being made to safeguard its cultural legacy.

Vietnam's cultural heritage is a reflection of its long history and diverse ethnic communities. With thousands of years of history, the country is home to a wealth of ancient sites, including UNESCO World Heritage Sites like the complex of monuments in Hue, the ancient town of Hoi An, and the majestic Ha Long Bay. These sites are not only important for their historical value but also for their symbolic meaning, representing the identity and collective memory of the Vietnamese people. In addition to physical landmarks, Vietnam has a vast array of intangible heritage, including folk music, traditional festivals, and artisanal crafts that have been passed down through generations.

The preservation of these cultural treasures is essential for several reasons. First, heritage provides a sense of identity and belonging. For many Vietnamese people, their culture

and traditions are an integral part of who they are. Preserving heritage allows future generations to connect with their ancestors' values, practices, and way of life. Second, heritage contributes to the country's tourism industry, attracting millions of visitors each year who come to admire Vietnam's historical sites and cultural practices. This not only boosts the economy but also fosters international understanding and appreciation of Vietnamese culture. Finally, safeguarding heritage is vital for educating young people about the importance of history and culture. As Vietnam becomes increasingly globalized, it is crucial to ensure that its traditions and values are not lost to modernity.

Despite its importance, the preservation of heritage in Vietnam faces significant challenges. Rapid urbanization is one of the primary threats. In major cities like Hanoi and Ho Chi Minh City, old neighborhoods and traditional buildings are often demolished to make way for new developments. While modernization is necessary for economic growth, the loss of historical architecture and neighborhoods means the erasure of cultural landmarks that tell the story of Vietnam's past. Furthermore, some local communities lack awareness of the value of their heritage, which can result in the destruction or neglect of important cultural sites. For example, illegal logging and mining in protected areas such as national parks threaten the preservation of natural heritage, including unique ecosystems and endangered species.

In addition to these challenges, there is also the issue of balancing development with preservation. The government must find ways to promote economic growth while ensuring that cultural heritage is protected. In some cases, economic interests have taken precedence over conservation efforts, leading to the degradation of historical sites. However, Vietnam has made significant strides in recent years in addressing these challenges. The government has established legal frameworks and policies aimed at protecting cultural and natural heritage, including the Law on Cultural Heritage, which mandates the preservation of monuments, artifacts, and intangible cultural heritage.

Local communities, non-governmental organizations, and international partnerships have also played a crucial role in heritage preservation efforts. For instance, the restoration of ancient buildings in Hoi An and the revitalization of traditional crafts have been supported by both the government and local initiatives. Moreover, UNESCO's involvement in safeguarding intangible cultural heritage, such as Vietnamese water puppetry and folk music, has brought greater global attention to the importance of preserving these traditions.

In conclusion, the preservation of Vietnam's heritage is a shared responsibility that requires the cooperation of government, local communities, and individuals. While the challenges are significant, the benefits of protecting cultural and natural heritage are immeasurable. By taking proactive steps to safeguard the past, Vietnam can ensure that future generations inherit a rich and vibrant cultural legacy. Let us all contribute to this important endeavor, so that the story of Vietnam, with all its beauty and complexity, continues to be told for generations to come.

Thank you for your attention.

Task 8. Listen to a recording and fill in each gap with NO MORE THAN THREE WORDS

LISTENING SOURCE: <https://drive.google.com/drive/folders/1PPIStr8ecRTaE5T7atsQsP5mEzPumt26>

Global warming refers to the long-term increase in Earth's average surface temperature due to human activities, particularly the (1)____greenhouse gases such as carbon dioxide and methane. These gases trap heat in the atmosphere, causing a "greenhouse effect." The consequences of global warming are (2)____. One major impact is the rise in global temperatures, which has led to the melting of polar ice caps and glaciers, contributing to rising (3)____. This poses a significant threat to coastal cities, leading to potential flooding and displacement. Another effect is the increase in extreme weather events, such as heatwaves and droughts, which disrupt agriculture and water supplies. The loss of biodiversity is also a significant issue, with ecosystems (4)____ by rising temperatures and habitat loss. To combat global warming, actions must be taken at both individual and collective levels, including reducing (5) _____ emissions, transitioning to renewable energy, and promoting sustainable practices. International cooperation is also essential for addressing this global issue.

ANSWERS:

- | | | |
|----------------|------------------|-------------------|
| 1. emission of | 3. sea levels | 5. greenhouse gas |
| 2. severe | 4. being damaged | |

Scripts:

Global Warming: An Urgent Challenge for Humanity

Good evening, everyone,

Today, I would like to address one of the most pressing issues facing our planet: global warming. The impact of climate change has become undeniable, and the effects are being felt across every continent. From rising temperatures and melting polar ice to more frequent extreme weather events, global warming is threatening the future of both human and ecological systems. It is no longer a distant issue for future generations but a pressing challenge for us today.

Global warming refers to the long-term increase in Earth's average surface temperature due to human activities, primarily the emission of greenhouse gases such as carbon dioxide, methane, and nitrous oxide. These gases trap heat in the atmosphere, creating a "greenhouse effect" that warms the planet. The burning of fossil fuels for energy, deforestation, and agricultural practices are the primary drivers of these emissions. The industrial revolution marked the beginning of a significant rise in greenhouse gas concentrations, and since then, human activities have accelerated the process.

One of the most alarming consequences of global warming is the rise in global temperatures. Over the past century, the Earth's average temperature has increased by approximately 1.2°C, with the rate of warming accelerating in recent decades. While this may seem like a small change, it has profound implications for our planet. The warming climate has led to the melting of polar ice caps and glaciers, which contribute to rising sea levels. Coastal cities around the world are facing the threat of flooding, and millions of people living in low-lying areas are at risk of displacement.

In addition to rising sea levels, global warming is causing more frequent and intense extreme weather events. Heatwaves, droughts, and heavy rainfall are becoming more common, disrupting agriculture, water supplies, and infrastructure. These extreme weather patterns also exacerbate other global challenges such as poverty and food insecurity. For example, droughts in regions like Sub-Saharan Africa have led to crop failures, which in turn drive up food prices and deepen poverty.

Another significant consequence of global warming is the loss of biodiversity. As temperatures rise, many species struggle to adapt to the changing environment. Habitats are being destroyed by rising temperatures, deforestation, and ocean acidification. Coral reefs, which are among the most biodiverse ecosystems on Earth, are being devastated by warmer oceans and acidification. This loss of biodiversity not only threatens ecosystems but also reduces the resources available to humans, such as food, medicine, and clean water.

Addressing global warming requires urgent action at both the individual and collective levels. The first step in combating climate change is reducing greenhouse gas emissions. This can be achieved by transitioning to renewable energy sources such as solar, wind, and hydropower, and moving away from fossil fuels. Governments and industries must also implement energy-efficient technologies and promote sustainable agricultural practices. Reforestation efforts are equally critical, as forests act as carbon sinks, absorbing carbon dioxide from the atmosphere.

In addition to mitigation efforts, it is essential to focus on adaptation strategies. Since some effects of global warming are already irreversible, we must invest in infrastructure that can withstand extreme weather events and rising sea levels. Cities need to be designed to cope with flooding, and communities must be prepared for heatwaves and droughts. International cooperation is also crucial, as climate change is a global issue that requires a unified response. The Paris Agreement, which aims to limit global warming to well below 2°C above pre-industrial levels, is a step in the right direction, but much more needs to be done.

Moreover, individuals can play a role in combating global warming by adopting more sustainable lifestyles. This includes reducing energy consumption, driving less, supporting eco-friendly products, and minimizing waste. While individual actions alone will not solve the problem, they can contribute to a broader cultural shift towards environmental responsibility.

In conclusion, global warming is one of the greatest challenges of our time. Its consequences are far-reaching, affecting not only the environment but also social, economic, and political systems. Addressing this issue requires a coordinated, global effort that involves governments, businesses, and individuals. If we act now, we can still mitigate the worst effects of global warming and create a sustainable future for generations to come. However, the window of opportunity is rapidly closing, and we must act with urgency and determination.

Thank you for your attention.

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