

- Thí sinh chỉ cần làm 01 đề duy nhất

Đề số 01:

Read the text below and do the task that follows.

Some believe "clean eating" improves their health by reducing ultra-processed foods and encouraging mindful choices, ultimately raising awareness about nutrition and lifestyle-related diseases. However, others argue this often misleads followers about foods and into disordered eating, eventually setting unrealistic standards of physical and mental wellbeing.

Task: Deliver a five-minute talk to elaborate on and evaluate the ideas in the text. Use clear reasoning and specific examples in your response.

Đề số 02:

Read the text below and do the task that follows.

Some believe project-based assessment encourages the development of real-world skills like collaboration, research, and communication, enabling students to show deeper understanding than traditional exams, making learning more meaningful. However, others argue project-based assessment is unfair due to different parental support, groupwork free-riding, and subjective grading.

Task: Deliver a five-minute talk to elaborate on and evaluate the ideas in the text. Use clear reasoning and specific examples in your response.

Đề số 03:

Read the text below and do the task that follows.

Social network users and followers are familiar with short-form videos as a means of interaction. However, many have raised concern that this promotes shallow understanding, short attention spans, and addictive scrolling. They maintain this may spread misinformation faster and intensify social comparison – especially among teenagers.

Task: Deliver a five-minute talk to weigh the advantages that social network users and followers derive from short-form videos against the disadvantages mentioned in the text. Use clear reasoning and specific examples in your response.

Đề số 04:

Read the text below and do the task that follows.

Many parents are using tracking tools, shared passwords, and monitoring apps to supervise their children's online activities. However, this trend has faced the protest that constant overwatching significantly erodes parent-children trust, turns the home into a surveillance zone, and hinders the children's development of autonomy.

Task: Deliver a five-minute talk to weigh the advantages of parental monitoring using digital tools against the disadvantages mentioned in the text. Use clear reasoning and specific examples in your response.

Đề số 05:

Read the text below and do the task that follows.

Remote working is getting more and more popular, especially among the young generations. Supporters of the trend maintain remote work across countries offers cultural exposure, flexibility, and a better work-life balance. They argue that people become more adaptable and creative by living in different environments.

Task: Deliver a five-minute talk to weigh the disadvantages of the digital-nomad lifestyle against the advantages mentioned in the text. Use clear reasoning and specific examples in your response.

Đề số 06:

Read the text below and do the task that follows.

Many social activists highlight social-media-driven or "check-in" tourism raises visibility of heritage sites, attracting visitors who generate income for local businesses and preservation fund; user-generated content acts as free digital guides, promoting authentic experiences, cultural exchange, community pride, and attracts sponsorships for sustainable tourism projects.

Task: Deliver a five-minute talk to weigh the disadvantages of this form of tourism against the advantages mentioned in the text. Use clear reasoning and specific examples in your response.

Đề số 07:

Read the text below and do the task that follows.

A school kept a hybrid weekly schedule: onsite three days, the rest online. Surveys showed while 70% of students owned laptops, 30% used smartphones with limited data; 53% felt less pressured, yet average grades in online classes were 2.2 points lower than in face-to-face classes.

Task: Deliver a five-minute talk to discuss what this case may imply about the impact of the hybrid learning model. Use clear reasoning and specific examples in your response.

Đề số 08:

Read the text below and do the task that follows.

A family moves across countries every 3 to 6 months while the parents are working remotely. The children, accordingly, become confident with new languages and adaptable to new cultures, but they find it really hard to maintain long-term friendships and follow a consistent educational curriculum.

Task: Deliver a five-minute talk to discuss what this case may imply about "mobility" as a modern lifestyle. Use clear reasoning and specific examples in your response.

Đề số 09:

Read the text below and do the task that follows.

In many city centres, traffic congestion drives daily spikes in particulate matter (PM2.5) to exceed WHO guidelines, while overcrowded buses and trains discourage commuters from abandoning private cars, and low-income neighbourhoods often lack green spaces, depriving residents of natural air filtration and outdoor recreation opportunities.

Task: Deliver a five-minute talk to elaborate on and address the mentioned problems with proper corresponding solutions. Use clear reasoning and specific examples in your response.

Đề số 10:

Read the text below and do the task that follows.

Most households still rely heavily on single-use plastic packaging for groceries, contributing to land pollution; meat consumption remains high despite evidence that plant-based diets have a lower carbon footprint; and many families throw away leftovers instead of repurposing them, increasing landfill mass and greenhouse-gas emissions.

Task: Deliver a five-minute talk to elaborate on and address the mentioned problems with proper corresponding solutions. Use clear reasoning and specific examples in your response.

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