



SPEAKING CHALLENGE

TOPIC: HOBBY

Let's practice with these questions, use the Topic-specific vocab list in section IV to enhance your answer. Good luck 💕

I. SPEAKING PART 1 – HOBBIES & LEISURE (15 QUESTIONS)

1. What do you usually do in your free time?
2. Do you have any hobbies?
3. How much free time do you usually have?
4. Do you prefer spending time alone or with others?
5. What do you usually do to relax after a busy day?
6. Do you enjoy indoor or outdoor activities more?
7. Did you have any hobbies when you were a child?
8. Do you think you have enough time for your hobbies?
9. Do you usually spend your free time at home or outside?
10. Do you enjoy watching movies or TV shows?
11. Do you like listening to music in your free time?
12. How often do you try new activities?
13. Do you enjoy doing the same hobbies every week?
14. Do your hobbies change depending on your mood?
15. Do you think hobbies are important to you?

II. SPEAKING PART 2 – HOBBIES & LEISURE (5 CUE CARDS)

1. Describe a hobby you enjoy.
2. Describe a hobby you had when you were a child.
3. Describe a leisure activity you usually do on weekends.
4. Describe a hobby you would like to start in the future.
5. Describe someone you know who has an interesting hobby.

III. SPEAKING PART 3 – HOBBIES & LEISURE (10 QUESTIONS)

1. Why are hobbies important for people's mental health?
2. Do people today have less free time than in the past?
3. How do hobbies differ between generations?
4. Should schools encourage students to have hobbies?

5. Are hobbies different for men and women nowadays?
6. How can hobbies help people reduce stress?
7. Can hobbies help people develop useful skills?
8. Do you think technology has changed the way people spend their free time?
9. Can a hobby become a career?
10. How do cultural differences influence people's hobbies?

IV. TOPIC-SPECIFIC VOCAB (BAND 8–9)

Vocab	Pronunciation	POS	Nghĩa	Example for speaking	Synonym	Antonym
leisure time	/ˈleɪzə taɪm/	n	thời gian rảnh	I use my leisure time to relax.	free time	working time
hobby	/ˈhɒbi/	n	sở thích	Reading is my favorite hobby.	pastime	duty
unwind	/ʌnˈwaɪnd/	v	thư giãn	Music helps me unwind.	relax	stress
recharge	/ˌriːˈtʃɑːdʒ/	v	nạp năng lượng	I need time alone to recharge.	refresh	exhaust
blow off steam	/bləʊ ɒf stiːm/	idiom	xả stress	I exercise to blow off steam.	relieve stress	bottle up
pick up (a hobby)	/pɪk ʌp/	phrasal v	bắt đầu học	I picked up photography last year.	start	give up
me-time	/ˈmiː taɪm/	n	thời gian cho bản thân	Me-time helps my mental health.	personal time	social time
creative outlet	/kriˈeɪtɪv ˈaʊtlet/	n	kênh sáng tạo	Drawing is my creative outlet.	expression	suppression
work-life balance	/ˌwɜːk laɪf ˈbæləns/	n	cân bằng CV-CS	Hobbies improve work-life balance.	harmony	imbalance
monotonous	/məˈnɒtənəs/	adj	đơn điệu	Life feels monotonous	boring	exciting

Vocab	Pronunciation	POS	Nghĩa	Example for speaking	Synonym	Antonym
				without hobbies.		
page-turner	/ˈpeɪdʒ ˌtɜːnə/	n	sách hấp dẫn	This novel is a real page-turner.	gripping book	dull book
therapeutic	/ˌθerəˈpiːtɪk/	adj	mang tính thư giãn	Cooking is therapeutic for me.	healing	stressful
outdoor activity	/ˈaʊtdɔːr ækˈtɪvəti/	n	hoạt động ngoài trời	I enjoy outdoor activities like cycling.	open-air activity	indoor activity
quality time	/ˈkwɒləti taɪm/	n	thời gian chất lượng	I spend quality time on my hobbies.	meaningful time	wasted time
switch off	/swɪtʃ ɒf/	phrasal v	ngắt suy nghĩ	Reading helps me switch off.	disconnect	overthink
fulfill	/fʊlˈfɪl/	v	làm thỏa mãn	My hobby fulfills me emotionally.	satisfy	disappoint
stimulating	/ˈstɪmjələtɪŋ/	adj	kích thích	Photography is mentally stimulating.	engaging	dull
routine	/ruːˈtiːn/	n	thói quen	Hobbies break my routine.	habit	novelty
go the extra mile	/gəʊ ði ˈekstrə maɪl/	idiom	nỗ lực hơn mức cần	Passionate people go the extra mile.	make extra effort	do minimum
fulfilling hobby	/fʊlˈfɪlɪŋ ˈhɒbi/	n	sở thích ý nghĩa	Gardening is a fulfilling hobby.	rewarding hobby	meaningless activity