

## Travel & Tourism - speaking practice

### Key Ideas (Read quickly)

- Tourism supports the economy
- Overcrowding causes problems
- Environmental impact is increasing
- Sustainable tourism is important

### Key Vocabulary

overcrowding • local economy • sustainable tourism • package holiday  
cultural experience • environmental impact • destination • independent travel

### Monologue Task (3 - 5 minutes)

Use this structure:

1. What are the advantages of tourism?
2. What are the disadvantages?
3. What is your opinion?

### Notes (max 4 bullet points only):

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### You MUST include:

- one example (a holiday, destination, or personal travel experience)
- one comparison (e.g. mass tourism vs sustainable tourism)
- one opinion

### Rescue Language (USE THIS!)

“Tourism is important because it helps to...”  
“Travelling allows people to...”  
“One advantage of tourism is that...”  
“One problem with tourism is that...”  
“Tourism can have a negative impact on...”  
“Compared to the past, travelling today is...”

## Learning & Education - speaking practice

### Key Ideas (Read quickly)

- Education is important for personal and professional development
- Different systems and methods exist
- Not all students learn in the same way

### Key Vocabulary

education system • skills • knowledge • compulsory education  
online learning • practical experience • qualification

### Monologue Task (3–5 minutes)

1. Why is education important?
2. What are the strengths and weaknesses of education systems?
3. How do people learn best?
4. Do you prefer traditional or modern learning methods? Why?

### Notes (max 4 bullet points only):

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### You MUST include:

- one example (school, course, personal experience)
- one comparison (past vs now / different systems)
- one opinion

### Rescue Language (USE THIS!)

“Education is important because it helps people to...”  
“Different students learn in different ways, for example...”  
“One problem with education systems is that...”  
“Compared to the past, education today is...”

## Fashion & Design - speaking practice

### Key Ideas (Read quickly)

- Fashion is a form of personal expression and identity
- Trends change quickly and are influenced by media and culture
- Fast fashion has environmental and ethical impacts

### Key Vocabulary

fashion industry • trends • personal style • fast fashion  
sustainable fashion • design • brand • consumer behaviour

### Monologue Task (3–5 minutes)

1. What is fashion and why is it important?
2. How do trends influence people?
3. What are the advantages and disadvantages of fast fashion?
4. Do you think fashion is important? Why or why not?

### Notes (max 4 bullet points only):

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### You MUST include:

- one example (clothing, brand, personal choice)
- one comparison (past vs now / cheap vs expensive / fast vs sustainable)
- one opinion

### Rescue Language (USE THIS!)

“Fashion is a way of expressing identity because...”  
“Fast fashion is popular, but it can cause problems such as...”  
“Trends change quickly because of...”  
“Compared to the past, fashion today is...”

## Food & Health - speaking practice

### Key Ideas (Read quickly)

- Food has a direct impact on health and well-being
- Modern lifestyles often lead to unhealthy eating habits
- A balanced diet and regular exercise are important

### Key Vocabulary

balanced diet • nutrients • processed food • lifestyle  
healthy habits • obesity • exercise • well-being

### Monologue Task (3–5 minutes)

1. Why is food important for health?
2. What are common unhealthy eating habits today?
3. What are the advantages of a healthy lifestyle?
4. What can people do to improve their health?

### Notes (max 4 bullet points only):

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### You MUST include:

- one example (daily diet, habits, personal experience)
- one comparison (healthy vs unhealthy / past vs now)
- one opinion

### Rescue Language (USE THIS!)

“A healthy lifestyle is important because...”  
“Many people today eat too much processed food, which...”  
“One problem with modern diets is that...”  
“Compared to the past, eating habits have changed because...”

## Communication & the Media - speaking practice

### Key Ideas (Read quickly)

- Communication is essential in personal and professional life
- Media influences opinions and spreads information quickly
- Digital media has changed how people communicate

### Key Vocabulary

communication • media • social media • information  
influence • fake news • digital communication • audience

### Monologue Task (3–5 minutes)

1. Why is communication important in daily life?
2. How does the media influence people?
3. What are the advantages and disadvantages of social media?
4. How is communication different now compared to the past?

### Notes (max 4 bullet points only):

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### You MUST include:

- one example (social media, news, personal experience)
- one comparison (past vs now / traditional vs digital media)
- one opinion

### Rescue Language (USE THIS!)

“The media has a strong influence on people because...”  
“Social media allows people to communicate more quickly, but...”  
“One problem with modern communication is that...”  
“Compared to the past, communication today is...”  
“It is sometimes difficult to know if information is reliable because...”

## Marketing & Advertising - speaking practice

### Key Ideas (Read quickly)

- Marketing helps companies promote products and attract customers
- Advertising influences consumer behaviour and decision-making
- Modern marketing often uses digital media and social platforms

### Key Vocabulary

marketing • advertising • target audience • brand  
consumer behaviour • social media marketing • advertisement • influence

### Monologue Task (3–5 minutes)

1. How does advertising influence people?
2. What are the advantages and disadvantages of advertising?
3. How has advertising changed in recent years?

### Notes (max 4 bullet points only):

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### You MUST include:

- one example (advertisement, brand, personal experience)
- one comparison (past vs now / traditional vs digital advertising)
- one opinion

### Rescue Language (USE THIS!)

“Marketing is important because it helps companies to...”  
“Advertising is designed to attract customers by...”  
“One advantage of advertising is that...”  
“One problem with advertising is that...”  
“Advertising can influence people to...”  
“Compared to the past, advertising today is...”  
“Social media marketing is popular because...”  
“In my opinion, advertising is...”

## Worlds of Work - speaking practice

### Key Ideas (Read quickly)

- Work is important for income, independence, and personal development
- Job satisfaction depends on working conditions, salary, and environment
- The world of work is changing due to technology and globalisation

### Key Vocabulary

job • career • salary • working conditions

job satisfaction • skills • experience • workplace

### Monologue Task (3–5 minutes)

1. Why is work important in people's lives?
2. What makes a good job?
3. What problems can people experience at work?
4. How might the world of work change in the future?

### Notes (max 4 bullet points only):

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### You MUST include:

- one example (job, workplace, personal experience)
- one comparison (past vs now / different jobs / good vs bad job)
- one opinion

### Rescue Language (USE THIS!)

"Work is important because it allows people to..."

"A good job should include..."

"One problem in the workplace is that..."

"Job satisfaction depends on..."

"Compared to the past, the world of work today is..."

"In the future, many jobs might..."

"In my opinion, a successful career is..."

## Globalisation & International Trade - speaking practice

### Key Ideas (Read quickly)

- Globalisation connects countries through trade, communication, & technology
- International trade allows countries to exchange goods and services
- Globalisation has both positive and negative effects

### Key Vocabulary

globalisation • international trade • economy • import • export

global market • products • companies • supply chain

### Monologue Task (3–5 minutes)

1. What is globalisation and why is it important?
2. What are the advantages of international trade?
3. What are the disadvantages of globalisation?
4. How does globalisation affect everyday life?

### Notes (max 4 bullet points only):

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### You MUST include:

- one example (product, company, personal experience)
- one comparison (past vs now / local vs global products)
- one opinion

### Rescue Language (USE THIS!)

"Globalisation means that countries are connected through..."

"International trade allows countries to..."

"One advantage of globalisation is that..."

"One disadvantage of globalisation is that..."

"Many products today are made in different countries because..."

"Compared to the past, globalisation today is..."

"In my opinion, globalisation is..."

## Environment & Pollution - Speaking Practice

### Key Ideas (Read quickly)

- The environment includes natural systems like air, water, and land
- Pollution is mainly caused by human activity
- Environmental problems affect health, nature, and future generations

### Key Vocabulary

environment • pollution • climate change • waste  
recycling • emissions • natural resources • sustainability

### Monologue Task (3–5 minutes)

1. What is the environment and why is it important?
2. What causes pollution?
3. What are the effects of environmental problems?
4. What can people and governments do to protect the environment?

### Notes (max 4 bullet points only):

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### You MUST include:

- one example (pollution, daily habits, real situation)
- one comparison (past vs now / clean vs polluted environments)
- one opinion (e.g. how serious the problem is or what should change)

### Rescue Language (USE THIS!)

“The environment is important because it provides...”  
“Pollution is mainly caused by...”  
“One major environmental problem is...”  
“The effects of pollution include...”  
“Compared to the past, the environment today is...”  
“People can reduce pollution by...”  
“In my opinion, climate change is...”

## Stand Up for Your Rights - Speaking Practice

### Key Ideas (Read quickly)

- Human rights protect people’s freedom, safety, and dignity
- Rights must be respected and protected in society
- People sometimes need to speak up to defend their rights

### Key Vocabulary

human rights • freedom • equality • discrimination  
law • justice • protection • responsibility

### Monologue Task (3–5 minutes)

1. What are human rights and why are they important?
2. What are some examples of basic rights?
3. Why do people sometimes need to stand up for their rights?
4. What can individuals or governments do to protect rights?

### Notes (max 4 bullet points only):

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### You MUST include:

- one example (real situation, news, or personal experience)
- one comparison (past vs now / different countries / fair vs unfair situations)
- one opinion (e.g. how important rights are or what should change)

### Rescue Language (USE THIS!)

“Human rights are important because they protect...”  
“Everyone should have the right to...”  
“One example of a basic right is...”  
“One problem in society is that some people...”  
“Compared to the past, human rights today are...”  
“People can stand up for their rights by...”  
“In my opinion, it is important that...”