

UNIT 4. FOR A BETTER COMMUNITY

A. LÝ THUYẾT

I. VOCABULARY

1. VOCABULARY

No.	Word	Part of speech	Pronunciation	Meaning
1.	announcement	(n)	/ə'naʊnsmənt/	thông báo
2.	deadline	(n)	/'dedlaɪn/	hạn cuối
3.	disaster	(n)	/dɪ'zɑːstə/	thảm họa
4.	hardship	(n)	/'hɑːdʃɪp/	khó khăn
5.	suffering	(n)	/'sʌfərɪŋ/	sự đau khổ
6.	benefit	(n/v)	/'benɪfɪt/	lợi ích, có lợi ích
7.	appreciate	(v)	/ə'priːʃiət/	đánh giá cao, trân trọng
8.	deliver	(v)	/dɪ'lvɪə/	giao hàng, phân phát
9.	offer	(v)	/'ɒfə/	tặng
10.	sort	(v)	/sɔːt/	sắp xếp
11.	train	(v)	/treɪn/	đào tạo
12.	available	(adj)	/ə'veɪləbəl/	sẵn sàng, có sẵn
13.	cheerful	(adj)	/'tʃɪəfʊl/	vui vẻ
14.	confused	(adj)	/kən'fjuːzd/	bối rối, khó hiểu
15.	endless	(adj)	/'endləs/	vô vãn
16.	experienced	(adj)	/ɪks'piəriənst/	có kinh nghiệm
17.	flooded	(adj)	/'flʌdɪd/	ngập nước
18.	grateful	(adj)	/'ɡreɪtfʊl/	biết ơn
19.	homeless	(adj)	/'həʊmləs/	vô gia cư
20.	life-saving	(adj)	/'laɪf'seɪvɪŋ/	cứu nạn, cứu sống
21.	reliable	(adj)	/rɪ'laɪəbəl/	đáng tin cậy
22.	remote	(adj)	/rɪ'məʊt/	xa xôi, hẻo lánh
23.	stressed	(adj)	/strest/	căng thẳng
24.	successful	(adj)	/sək'sesfʊl/	thành công
25.	thankful	(adj)	/'θæŋkfʊl/	biết ơn
26.	unused	(adj)	/ʌn'juːst/	không sử dụng
27.	unwanted	(adj)	/ʌn'wɒntɪd/	không mong muốn
28.	upset	(adj)	/ʌp'set/	buồn bã
29.	willing	(adj)	/'wɪlɪŋ/	sẵn sàng
30.	currently	(adv)	/'kʌrəntli/	hiện tại

2. COLLOCATIONS/ PHRASES

No.	Word	Part of speech	Pronunciation	Meaning
31.	community development	(np)	/kə'mjuːnəti/ dɪ'veləpmənt/	phát triển cộng đồng
32.	community work	(np)	/kə'mjuːnəti/ wɜːk/	công việc cộng đồng
33.	community centre	(np)	/kə'mjuːnəti/ 'sentə/	trung tâm cộng đồng
34.	community service	(np)	/kə'mjuːnəti/ 'sɜːvɪs/	dịch vụ cộng đồng
35.	employment opportunity	(np)	/ɪm'plɔɪmənt/ /, ɒpə'tjuːnəti/	cơ hội việc làm
36.	non-governmental organisation	(adj, n)	/nɒn-/ , ɡʌvə'n'mentəl/ / , ɔːɡənəɪ'zeɪʃən/	tổ chức phi chính phủ

37.	non-profit organisation	(adj, n)	/nɒn-/ 'prɒfɪt/ / ˌɔːgənaɪ 'zeɪʃən/	tổ chức phi lợi nhuận
38.	food bank	(np)	/fuːd/ /bæŋk/	ngân hàng thực phẩm
39.	handmade item	(adj, n)	/hænd' meɪd/ / 'aɪtəm/	đồ thủ công
40.	communication skill	(np)	/kəˌmjuːnɪ'keɪʃən/ /skɪl/	kỹ năng giao tiếp
41.	time management skill	(np)	/taɪm/ / 'mænɪdʒmənt/ /skɪl/	kỹ năng quản lý thời gian
42.	life-saving skill	(adj, n)	/ 'laɪf 'seɪvɪŋ/ /skɪl/	kỹ năng sinh tồn
43.	a sense of purpose	(phrase)	/ə/ /sens/ /ɒv/ / 'pɜːpəs/	ý thức về mục đích
44.	job training course	(np)	/dʒɒb/ / 'treɪnɪŋ/ /kɔːs/	khóa đào tạo nghề
45.	head office	(np)	/hed/ / 'ɒfɪs/	trụ sở chính
46.	job duty	(np)	/dʒɒb/ / 'djuːti/	trách nhiệm trong công việc
47.	volunteer trip	(np)	/ˌvɒlən'tɪə/ /trɪp/	chuyến đi tình nguyện
48.	guest speaker	(np)	/ges/ / 'spiːkə/	diễn giả khách mời
49.	boost confidence	(v, n)	/buːst/ / 'kɒnfɪdəns/	nâng cao sự tự tin
50.	give a speech	(v, n)	/ɡɪv/ /ə/ /spiːtʃ/	phát biểu
51.	get involved	(v, adj)	/get/ /ɪn'vɒlvəd/	tham gia
52.	fill in	(vp)	/fɪl/ /ɪn/	điền vào
53.	send in	(vp)	/send/ /ɪn/	gửi đi
54.	keep a record	(v, n)	/kiːp/ /ə/ /'rekɔːd/	lưu thông tin
55.	increase one's interest in	(phrase)	/ɪn'kriːs/ /wʌnz/ / 'ɪntrest/ /ɪn/	thu hút sự quan tâm, chú ý của ai đó tới
56.	raise money	(v, n)	/reɪz/ / 'mʌni/	quyên góp tiền
57.	come into contact with	(phrase)	/kʌm/ / 'ɪntuː/ / 'kɒntækt/ /wɪð/	liên hệ với
58.	share common interests	(v, n)	/ʃeə/ / 'kɒmən/ / 'ɪntrests/	có chung sở thích
59.	get support from	(phrase)	/get/ /sə'pɔːt/ /frɒm/	nhận hỗ trợ từ
60.	have access to	(phrase)	/hæv/ / 'ækses/ /tuː/	tiếp cận với

3. WORD FORMATION

No.	Word	Part of speech	Pronunciation	Meaning
61.	advert	(n)	/əd'vɜːt/	quảng cáo
62.	advertisement	(n)	/əd'vɜːtɪsmənt/	quảng cáo
63.	application	(n)	/ˌæplɪ'keɪʃən/	hồ sơ ứng tuyển
64.	apply	(v)	/ə'plaɪ/	ứng tuyển
65.	careful	(adj)	/ 'keəfəl/	cẩn thận
66.	careless	(adj)	/ 'keələs/	cẩu thả
67.	charitable	(adj)	/ 'tʃærɪtəbəl/	từ thiện
68.	charity	(n)	/ 'tʃærəti/	từ thiện
69.	donate	(v)	/dəʊ'neɪt/	cho, hiến tặng
70.	donation	(n)	/dəʊ'neɪʃən/	đồ mang cho, đồ hiến tặng
71.	hopeful	(adj)	/ 'həʊpfəl/	hy vọng
72.	hopeless	(adj)	/ 'həʊpləs/	vô vọng
73.	organisation	(n)	/ˌɔːgənaɪ'zeɪʃən/	tổ chức
74.	organise	(v)	/ˌɔːgənaɪz/	tổ chức
75.	orphan	(n)	/ 'ɔːfən/	trẻ mồ côi

76.	orphanage	(n)	/ˈɔːfənɪdʒ/	trại trẻ mồ côi
77.	speaker	(n)	/ˈspiːkə/	diễn giả
78.	speech	(n)	/spiːtʃ/	bài phát biểu
79.	volunteer	(n/v)	/ˌvɒləntɪə/	tình nguyện viên, tình nguyện
80.	volunteering	(n)	/ˌvɒləntɪərɪŋ/	việc tình nguyện
81.	export	(n)	/ˈeksɒt/	xuất khẩu
82.	export	(v)	/eksˈpɔːt/	xuất khẩu
83.	import	(n)	/ˈɪmpɔːt/	nhập khẩu
84.	import	(v)	/ɪmˈpɔːt/	nhập khẩu
85.	record	(n)	/ˈrekɔːd/	bản ghi
86.	record	(v)	/rɪˈkɔːd/	ghi lại
87.	present	(n)	/ˈprez.ənt/	quà tặng
88.	present	(v)	/priˈzent/	trình bày

II. PRONUNCIATION

TRỌNG ÂM CỦA TỪ CÓ 2 ÂM TIẾT CÓ CHÍNH TẢ GIỐNG NHAU

Với phần lớn ở các từ có 2 âm tiết có chính tả giống nhau thì danh từ thường có trọng âm ở âm tiết đầu, động từ thường có trọng âm ở âm tiết thứ 2.

RECORD

record (n)	/ˈrekɔːd/	bản ghi, thu âm
record (v)	/rɪˈkɔːd/	ghi lại, thu âm

IMPORT

import (n)	/ˈɪmpɔːt/	nhập khẩu
import (v)	/ɪmˈpɔːt/	nhập khẩu

EXPORT

export (n)	/ˈeksɒt/	xuất khẩu
export (v)	/eksˈpɔːt/	xuất khẩu

INCREASE

increase (n)	/ˈɪnkriːs/	sự tăng
increase (v)	/ɪnˈkriːs/	tăng, tăng trưởng

REJECT

reject (n)	/ˈriːdʒekt/	sự từ chối
reject (v)	/rɪˈdʒekt/	từ chối

PRESENT

present (n)	/ˈprez.ənt/	quà tặng
present (v)	/priˈzent/	thuyết trình

Chú ý: Một số từ không có sự thay đổi về trọng âm dù là danh từ hay động từ

answer (n, v)	/ˈɑːnsə/
picture (n, v)	/ˈpɪktʃə/
travel (n, v)	/ˈtrævəl/

III. GRAMMAR

Thì quá khứ đơn và quá khứ tiếp diễn với when/ while

1. THÌ QUÁ KHỨ ĐƠN

a. Cách dùng

Cách dùng	Ví dụ
Diễn tả một hành động đã xảy ra và kết thúc trong quá khứ	He volunteered at an orphanage yesterday. (Anh ấy làm tình nguyện tại một trại trẻ mồ côi ngày hôm qua.)
Diễn tả các hành động liên tiếp xảy ra trong quá khứ	I planted the trees and helped organisers with the event. (Tôi đã trồng cây và giúp ban tổ chức sự kiện.)
Diễn tả một hành động xen vào một hành động đang diễn ra trong quá khứ, thường dùng với when, while	Yesterday when I went to community center, a group of volunteers was painting the walls. (Hôm qua khi tôi đến trung tâm cộng đồng, một nhóm tình nguyện viên đang sơn tường.) While he was cleaning the streets, his mother called . (Khi anh ấy đang quét dọn đường phố, mẹ anh ấy gọi.)

b. Công thức

THỂ	ĐẠI TỪ	TO BE	ĐỘNG TỪ
Khẳng định	I/ He/ She/ It	WAS	V-ED
	You/ We/ They	WERE	
Phủ định	I/ He/ She/ It	WAS NOT = WASN'T	DID NOT = DIDN'T
	You/ We/ They	WERE NOT = WEREN'T	
Nghi vấn		WAS I/ HE/ SHE/ IT...?	DID + S + V-INF?
		WERE YOU/ WE/ THEY...?	

c. Dấu hiệu nhận biết

Trạng từ chỉ thời gian trong quá khứ:

- Yesterday, yesterday morning
- Last night/ week/ month/ year...
- A period + ago: two weeks ago, two days ago
- In January, in 1999, in the 1990s...
- On February 14th, May 5th 2000
- When + S + V: When I was a child
- For + a period: for a week, for two months

d. Regular verbs (Động từ có quy tắc)

Động từ có quy tắc là động từ tuân theo nguyên tắc thêm -ed vào đuôi động từ để tạo thành động từ thì quá khứ và quá khứ phân từ.

Một số nguyên tắc thêm -ed

- Động từ tận cùng là "e" chỉ cần thêm "d".

E.g. donate => donated

- Nếu một động từ 1 âm tiết kết thúc bằng 1 phụ âm (trừ w, x, y), trước đó là 1 nguyên âm thì nhân đôi phụ âm cuối rồi thêm -ed.

E.g. stop => stopped

- Nếu động từ 2 âm tiết kết thúc bằng phụ âm, trước đó là 1 nguyên âm, trọng âm của từ vào âm tiết thứ 2 thì nhân đôi phụ âm cuối rồi thêm -ed.

E.g. submit => submitted

- Nếu động từ kết thúc bằng "y" thì đổi thành "i" rồi thêm -ed.

E.g. study => studied

2. THÌ QUÁ KHỨ TIẾP DIỄN

a. Cách dùng

Cách dùng	Ví dụ
Diễn tả hành động đang xảy ra tại một thời điểm trong quá khứ	At 3.15 yesterday afternoon, he was participating in the volunteer trip. (Lúc 3.15 chiều hôm qua, anh ấy đang tham gia chuyến đi tình nguyện.)
Diễn tả hành động lặp đi lặp lại trong quá khứ và làm phiền đến người khác - đi với “always”, “constantly”	She was always littering on the street. (Cô ấy luôn xả rác trên đường phố.)

b. Công thức

Khẳng định	S + was/were + V-ing
	I/ He/ She/ It/ Danh từ số ít/ Danh từ không đếm được + was + V-ing You/ We/ They/ Danh từ số nhiều + were + V-ing
Phủ định	S + was/ were + not + V-ing
	was not = wasn't were not = weren't
Nghi vấn	Câu hỏi Yes/ No
	Câu hỏi sử dụng từ hỏi Wh-
	Q: Was/Were + S + V-ing? A: Yes, S + was/ were. No, S + was/ were + not.
	Wh- + was/ were (not) + S + V-ing?

c. Dấu hiệu nhận biết:

- At + giờ trong quá khứ (at 8 p.m. yesterday)
- At this time + thời gian quá khứ (at this time last week ...)
- In the past
- In + năm (in 2021,...)
- When, while

B. THỰC HÀNH

I. PRONUNCIATION

Task 1. Find the word whose underlined part differs from the other three in pronunciation in each of the following questions.

- | | | | |
|----------------------------|------------------------|-----------------------|----------------------|
| 1. A. d <u>o</u> nate | B. r <u>e</u> mote | C. h <u>o</u> peful | D. s <u>o</u> rt |
| 2. A. i <u>m</u> port | B. i <u>i</u> tem | C. p <u>r</u> ofit | D. s <u>i</u> milar |
| 3. A. h <u>e</u> lpful | B. n <u>e</u> twork | C. s <u>e</u> rvice | D. s <u>t</u> ress |
| 4. A. p <u>u</u> blic | B. u <u>p</u> set | C. s <u>u</u> ffering | D. d <u>u</u> ty |
| 5. A. th <u>a</u> nkful | B. orph <u>a</u> n | C. h <u>a</u> ndmade | D. ch <u>a</u> rity |
| 6. A. app <u>l</u> ication | B. volun <u>t</u> eer | C. prod <u>u</u> ct | D. r <u>e</u> mote |
| 7. A. pos <u>i</u> tion | B. vis <u>i</u> tor | C. s <u>e</u> arch | D. r <u>a</u> ise |
| 8. A. c <u>e</u> ntre | B. c <u>a</u> re | C. c <u>l</u> ean | D. c <u>o</u> ntact |
| 9. A. orph <u>a</u> nage | B. t <u>e</u> chnology | C. g <u>e</u> nerous | D. g <u>r</u> ateful |
| 10. A. b <u>a</u> nk | B. n <u>o</u> tice | C. don <u>a</u> tion | D. tr <u>a</u> in |

Task 2. Find the word that differs from the other three in the position of stress in each of the following questions.

- | | | | |
|-----------------|-----------------|---------------|--------------|
| 1. A. item | B. offer | C. purpose | D. apply |
| 2. A. confident | B. announcement | C. teenager | D. interview |
| 3. A. available | B. appreciate | C. charitable | D. immediate |
| 4. A. office | B. duty | C. upset | D. focus |
| 5. A. disaster | B. regular | C. benefit | D. orphanage |

- | | | | |
|------------------|-----------------|---------------|---------------|
| 6. A. local | B. donate | C. willing | D. project |
| 7. A. hopeless | B. grateful | C. relax | D. service |
| 8. A. speaker | B. thankful | C. careful | D. remote |
| 9. A. deliver | B. charity | C. generous | D. various |
| 10. A. community | B. governmental | C. appreciate | D. experience |

II. VOCABULARY

Task 1. Match the words on the left with their meanings on the right.

1. volunteering e	a. being certain of your abilities
2. advertisement b	b. something to persuade people to buy a product or service
3. application h	c. money or goods that are given to help others
4. confidence a	d. having a job
5. opportunity g	e. work that people are not paid to do it
6. employment d	f. planned work to do something
7. donation c	g. a good chance
8. project f	h. filling out a paper to ask for something

Task 2. Choose the correct word to complete each sentence.

- He was *interested* / *interesting* in joining the community service club.
- The *interested* / *interesting* presentation about local volunteer opportunities caught my attention.
- She became *interested* / *interesting* in helping the elderly after hearing about a community service event at her school.
- The *excited* / *exciting* part of the project was organizing a talent show for the community.
- She was *excited* / *exciting* to participate in the community clean-up event.
- Some people can be *careful* / *careless* with their trash, which is why community work like litter clean-up is necessary.
- The volunteers were *careful* / *careless* not to damage the historical artifacts while restoring the local museum.
- It's crucial to be *careful* / *careless* with tools during construction projects to prevent accidents.
- Despite the challenges, the volunteers remained *hopeful* / *hopeless* that their efforts would lead to positive changes in the community.
- Even though the situation looked *hopeful* / *hopeless* at first, the community's effort turned it around for the better.

Task 3. Mark the letter A, B, C or D to indicate the correct answer to each of the following questions.

- Volunteering at the local centre helped _____ my confidence in interacting with various groups of people.
A. boost B. have C. care D. work
- As a volunteer, I _____ new opportunities to contribute to various community projects.
A. send in B. fill in C. search for D. setup
- I have _____ to resources and opportunities that promote personal development when volunteering.
A. access B. donation C. benefit D. interview
- Keeping a _____ of volunteer hours helps track contributions and impact on the community.
A. network B. record C. value D. purpose
- I made sure to come into _____ with other volunteers to stay updated on future events.

- A. interest B. support C. money D. contact
6. I had the opportunity to _____ a speech about the importance of community service during a volunteer event.
- A. take B. give C. say D. ask
7. I continuously work _____ improving my leadership skills while volunteering at the youth centre.
- A. in B. of C. from D. on
8. Volunteering allows me to meet individuals who _____ common interests in environmental protection.
- A. raise B. get C. share D. care

Task 4. Choose the correct word to complete each sentence.

- Volunteering was a *successful* / *involved* experience that left me fulfilled.
- Participating in *life-saving* / *generous* training as a volunteer gave me valuable skills.
- I enjoy giving back to my *local* / *regular* community through volunteering.
- The *endless* / *unused* support from volunteers makes a significant impact.
- Volunteering in a *remote* / *willing* area gave me an unforgettable memory.
- We need to be *careless* / *careful* while dealing with sensitive issues in our volunteer work.
- Volunteering has made me more *confident* / *experienced* in my abilities.
- I'm *hopeful* / *interested* in exploring various volunteering opportunities.
- The *reliable* / *excited* volunteers are crucial for the success of our projects.
- The volunteers' hard work is greatly *cheerful* / *appreciated* by the community.
- Non-governmental* / *Confused* organisations play a crucial role in driving positive changes.
- We need to find *practical* / *relaxed* solutions to improve the quality of river water.
- We are *pleased* / *thankful* for the opportunity to contribute to meaningful projects.
- The *digital* / *unwanted* world enables remote volunteering opportunities.
- Although we were *disappointed* / *natural*, we continued our efforts.

Task 5. Complete each sentence with one suitable word from the box.

clean-up	non-profit	various	handmade	worried
homeless	unused	similar	essential	hard-working

- The **handmade** crafts are being sold at the charity event to raise money for the homeless.
- Unused** clothes were donated to those in need and helped reduce waste.
- Non-profit** organisations rely on volunteers to carry out their mission.
- Similar** interests brought volunteers together to form a strong group.
- As we deal with environmental issues, we must not be **worried** about failure.
- The organisation offers **various** volunteer roles to suit different interests and skills.
- Hard-working** volunteers donate a lot of their time to helping others.
- After the flood, volunteers helped with the **clean-up** activities.
- Helping the **homeless** helps me know more about others' suffering and hardships.
- Volunteers play an **essential** role in providing support to communities in need.

Task 6. Complete each sentence using the correct form of the word in brackets.

- The volunteers worked together to **organise** the charity event. (ORGANISATION)
- The motivational speaker inspired the volunteers with her **speech**. (SPEAK)
- The volunteer's **careless** mistake caused some damage. Luckily, we could fix it. (CARE)
- The large **donation** from the local business helped fund the new community centre. (DONATE)
- The situation seemed **hopeless** at first, but the volunteers never gave up. (HOPE)

6. The young _____ **orphan** _____ was grateful for the volunteers who cared for him like family. (ORPHANAGE)
7. They found a valuable purpose for the _____ **unused** _____ items that were otherwise thrown away. (USE)
8. Giang is involved in several _____ **charitable** _____ organisations to help those in need. (CHARITY)

Task 7. Complete each sentence with one suitable phrase from the box.

<i>guest speaker</i>	<i>handmade items</i>	<i>work experience</i>
<i>community project</i>	<i>live show</i>	<i>food bank</i>
<i>job duty</i>	<i>public announcement</i>	<i>sense of purpose</i> <i>teaching skills</i>

1. The _____ **guest speaker** _____ at the volunteer event gave a presentation on community service.
2. The _____ **community project** _____ focuses on providing educational resources and support for poor children.
3. My primary _____ **job duty** _____ as a volunteer is to help with event organisation.
4. The _____ **public announcement** _____ about the volunteer opportunity attracted many participants.
5. Volunteering has given me a _____ **sense of purpose** _____ and helped me become a better person.
6. As a volunteer teacher, I work on improving my _____ **teaching skills** _____ to teach students effectively.
7. My _____ **work experience** _____ as a volunteer prepared me for a future career.
8. The local business sponsored a charity _____ **live show** _____ and I volunteered to help with event organisation.
9. I love making _____ **handmade items** _____ to sell at the local market to raise money for the charity event.
10. The non-governmental organisation I volunteer for focuses on food security and operates a _____ **food bank** _____.

III. GRAMMAR

Task 1. Complete each sentence with the correct form of the verb in brackets (past simple or past continuous tense).

1. Yesterday, I _____ **volunteered** _____ (volunteer) at the soup kitchen and I _____ **cooked** _____ (cook) meals for the homeless.
2. As I _____ **was volunteering** _____ (volunteer) at the beach clean-up, I _____ **discovered** _____ (discover) a variety of interesting seashells on the beach.
3. During my time as a volunteer at the food bank, I _____ **delivered** _____ (deliver) free meals to families in need.
4. While I _____ **was helping** _____ (help) at the community centre, I _____ **met** _____ (meet) a lot of wonderful people in our neighbourhood.
5. At 4 p.m. yesterday, they _____ **were sorting** _____ (sort) the donations at the community centre.
6. While I _____ **was joining** _____ (join) an event at the children's hospital, I _____ **had** _____ (have) the chance to bring joy to the young patients through art activities.
7. Last summer, I _____ **participated** _____ (participate) in a volunteer trip and I _____ **helped** _____ (help) clean the local beach.
8. At the charity event one month ago, I _____ **set** _____ (set) up booths and _____ **helped** _____ (help) the organisers.

Task 2. Mark the letter A, B, C or D to indicate the mistake in each of the following sentences and correct it.

1. They worked on projects that create more opportunities for children in remote areas.
A. projects B. create C. more D. for -> **created**
2. She was selling handmade items and cookies where I called her yesterday.
A. was selling B. handmade C. where D. called -> **when**
3. While I volunteered at the community project, I saw many people with suffering and hardships.
A. volunteered B. project C. with D. suffering

-> was volunteering

4. I first meet Trinh when we worked as volunteers at a local food bank three years ago.
A. meet B. when C. as D. food bank -> **met**
5. The guest speaker was speaking when we come to the event hall.
A. guest B. was speaking C. come D. event -> **came**

Task 3. Combine each pair of sentences into one meaningful sentence.

1. I met Nhi on the street. She was volunteering at a blood donation event. (WHILE)
1. I met Nhi on the street while she was volunteering at a blood donation event.
2. I saw Ha on my way home. She was donating her clothes to the charity event. (WHEN)
2. Ha was donating her clothes to the charity event when I saw her on my way home.
3. Tri was watching TV. He saw his friends taking part in the clean-up project on TV. (WHILE)
3. While Tri was watching TV, he saw his friends taking part in the clean-up project on TV.
4. They were visiting the remote villages. They decided to help build a playground for kids. (WHILE)
4. While they were visiting the remote villages, they decided to help build a playground for kids.
5. He arrived at the centre. We were recording the donations. (WHEN)
5. When he arrived at the centre, we were recording the donations.

IV. READING

Task 1. Read the following passage and mark the letter A, B, C or D to indicate the correct word that best fits each of the numbered blanks.

Volunteering is the (1) _____ of time, effort and talent to a need, cause or mission without financial gain.

Volunteering is all about you being able to contribute (2) _____ of your own time to (3) _____ people in our communities. Volunteers support our communities and add to them in their own unique way using a (4) _____ variety of skills, knowledge and experience.

Volunteering has (5) _____ benefits. It gives people self-confidence and satisfaction, social contact, the ability to use previously (6) _____ skills or develop new ones, a chance to (7) _____ your passion and a possible start to paid employment.

Volunteering or community service (8) _____ fast becoming an essential part of a stand-out resume. Employers are looking for evidence of commitment, loyalty and a strong desire to contribute to the success of society all of (9) _____ volunteering demonstrates.

Volunteering is flexible and will fit around your existing commitments. Our centre has volunteering opportunities that (10) _____ from five minutes per day to several hours per week or just one day per year - the opportunities are endless!

Source: <https://www.swan.wa.gov.au/Your-Community/Get-involved/Volunteering/What-is-volunteering>

- | | | | |
|--------------------|-----------------|----------------|------------------|
| 1. A. contribution | B. employment | C. position | D. application |
| 2. A. one | B. some | C. any | D. each |
| 3. A. help | B. helping | C. helped | D. help |
| 4. A. long | B. wide | C. beautiful | D. comfortable |
| 5. A. many | B. much | C. so | D. a lot |
| 6. A. establish | B. establishing | C. established | D. establishment |
| 7. A. see | B. donate | C. follow | D. focus |
| 8. A. am | B. are | C. be | D. is |
| 9. A. whom | B. which | C. when | D. who |
| 10. A. come | B. spare | C. provide | D. range |

Task 2. Read the following passage and choose the correct answer to each of the following questions.

New research suggests that volunteers aren't just helping the communities they serve. People who volunteer actually experience a **boost** in their mental health - good news at a time when more than a third of Americans are experiencing symptoms of anxiety or depression.

In a study published this year in the Journal of Happiness Studies, researchers examined data from nearly 70,000 research participants in the United Kingdom, who received surveys about their volunteering habits and their mental health, including their concerns in everyday life, every two years from 1996 to 2014.

Compared to people who didn't volunteer, people who had volunteered in the past year were more satisfied with their lives and rated their overall health as better. Additionally, the researchers found that people who volunteered more frequently experienced greater benefits: Those who volunteered at least once a month reported better mental health than participants who volunteered infrequently or not at all.

But does volunteering make people happy, or are happy people simply more likely to volunteer? The researchers found the same results even when **they** considered participants' initial levels of well-being before they started volunteering. In other words, people who started to volunteer became happier over time.

Although it's true that people who are happier do tend to spend more time volunteering, the current study suggests that you don't need to already feel happy in order to benefit from it. In fact, some research suggests that people who start out with lower levels of well-being may even get a bigger boost from volunteering.

Why does volunteering support our mental health? According to Ricky Lawton, associate director at Simetrica Research Consultancy and lead author of the paper, a combination of factors is likely at play. First, volunteering appears to be intrinsically rewarding- when we help others, we tend to experience what researchers call a "warm glow." Second, volunteering is likely to help boost our sense of social connection. In particular, for older adults, volunteering can be a way to stay connected to others after retirement.

Finally, volunteering can be a way to build professional skills and try out leadership opportunities, which is especially relevant to young adults. In the current study, the researchers found that participants ages 16-24 and 55-74 were especially likely to benefit from volunteering, perhaps because of the opportunity to build social connections and new skills.

Adapted from: https://greatergood.berkeley.edu/article/item/how_volunteering_can_help_your_mental_health

- Which of the following can be the best title for the passage?
 - How Volunteering Helps Volunteers Themselves
 - What is Volunteer Work?
 - Volunteers in the USA
 - Volunteers: Their Impact on Communities
- The word "**boost**" in paragraph 1 is CLOSEST in meaning to _____.
 - loss
 - pain
 - explanation
 - improvement
- How often did participants in the study receive surveys about their volunteering habits and mental health?
 - every week
 - every month
 - every year
 - every two years
- According to the study, how did people who volunteered at least once a month rate their mental health?
 - worse than those who didn't volunteer
 - the same as those who didn't volunteer
 - better than those who didn't volunteer
 - unsure about improvement in their health
- What did the researchers find about the relationship between happiness and volunteering?
 - Only happy people tend to volunteer.
 - Volunteering has no impact on happiness.
 - Volunteering makes people unhappy.
 - Volunteering can increase happiness over time.
- The word "**they**" in paragraph 4 refers to _____.
 - the researchers
 - the participants
 - the communities
 - the volunteers

- A. people who did not volunteer B. people who volunteered
C. researchers D. happy people
7. What did the study find about people's initial well-being levels and volunteering?
A. People with high well-being levels volunteer more.
B. People with low well-being levels avoid volunteering.
C. Volunteering only benefits those with high well-being.
D. Volunteering can benefit people regardless of initial well-being.
8. What is one reason why volunteering might support mental health, according to Ricky Lawton?
A. Volunteers receive financial rewards.
B. Volunteering helps people become famous.
C. Volunteers experience a sense of accomplishment.
D. Volunteering helps volunteers come into contact with others.
9. Which age groups were found to benefit most from volunteering in the study?
A. ages 5-15 B. ages 16-24 and 25-34 C. ages 35-54 D. ages 55-74
10. Why might volunteering be relevant to young adults?
A. to earn money B. to avoid social connections
C. to spend more time at home D. to learn new skills

Task 3. Read the passage and decide whether the following statements are true (T), false (F) or not given (NG).

What to expect from NGO volunteering abroad?

NGO (non-governmental organisation) volunteer jobs are a great option for enthusiastic and flexible volunteers who want to experience a variety of projects abroad. Projects can range from education and gender equality to environmental conservation and public health. Where you volunteer is decided based on a mixture of your skills and interests, and where there is the most need for help at the time.

International Volunteer HQ's NGO Support projects in Cambodia, Ecuador, Nepal and Romania enable you to take on a range of tasks. These can include marketing, photography, research, fundraising events, team building, community development, technology support, website development, teaching English and general administration.

International Volunteer HQ's Creative Technologies projects in Croatia, Italy and Spain give you the opportunity to work with an NGO and use your technical and marketing skills to create campaigns that encourage the local community to take action in their own surroundings.

Why volunteer for NGOs abroad?

The positive initiatives of NGOs are often limited by financial and staffing resources and rely heavily on international funding drives. Therefore, the support of IVHQ volunteers is invaluable in supporting NGOs to further their efforts within the community and work towards the United Nations' Sustainable Development Goals.

Whether you want to help local children from low-income communities get better access to the basic necessities of life in Ecuador or use your creative skills to raise public awareness for NGOs in Europe - this is a unique opportunity to use your skills as a force for good.

Adapted from: <https://www.volunteerhq.org/volunteer-abroad-projects/ngo-support/>

- _____ **F** _____ 1. NGO volunteer jobs are only available for local projects in your home country.
_____ **T** _____ 2. International Volunteer HQ offers NGO Support projects in four countries.
_____ **F** _____ 3. The location where you volunteer is only determined by your skills and interests.
_____ **NG** _____ 4. You can take part in many projects in one year.
_____ **T** _____ 5. NGO projects abroad cover a wide range of areas such as education and health.
_____ **T** _____ 6. The Creative Technologies projects aim to encourage the local community to care about their surroundings.
_____ **F** _____ 7. NGOs often have enough financial and staffing resources.
_____ **T** _____ 8. Volunteering for NGOs abroad provides an opportunity to use your skills for positive change.

V. WRITING

Task 1. Reorder the given words and phrases to form meaningful sentences.

- opportunities / our / are / exciting / There / in / communities. / volunteering (8 words)
1. There are exciting volunteering opportunities in our communities.
- can / centre. / the / Students / or / the / community / volunteer / at / orphanage (10 words)
2. Students can volunteer at the orphanage or the community centre.
- teenagers / on / who / They / for / volunteer / can / looking / weekdays. / are (10 words)
3. They are looking for teenagers who can volunteer on weekdays.
- items. / other / provide / and / children / books / with / The / projects (9 words)
4. The projects provide children with books and other items.
- the / in / school. / I / when / I / club / secondary / was / joined / volunteer (11 words)
5. I joined the volunteer club when I was in secondary school.

Task 2. Write meaningful sentences based on the given clues (form of the verb can be changed if necessary).

- Our club / organise / concerts / old people / centre.
1. Our club organises concerts for old people at the centre.
- I / want / apply / volunteer position / local community centre.
2. I want to apply for a volunteer position at the local community centre.
- Nga / was / work / volunteer / countryside / when / she / meet / old friend.
3. Nga was working as a volunteer in the countryside when she met an old friend.
- I / interested / your project / because / I / care / life / people / community.
4. I am interested in your project because I care about the life of people in the community.
- This / international organisation / that / help / improve / children's lives.
5. This is an international organisation that helps improve children's lives.

Task 3. Write a letter (120-150 words) to a friend to invite him/her to join your volunteer project.

- What is the project about?
- What will he/ she do?
- What will he/ she gain from the project?

Dear Mai Anh,

I hope you are doing well. I am writing to tell you about an exciting volunteer project that I am a part of and invite you to join us. The project is about helping people, especially those who are homeless.

As a volunteer, you will have the opportunity to join in various activities. We will be serving meals at a local community centre and offering support to those finding home. It's a chance for us to make a positive impact on the lives of others.

By joining this project, you will gain valuable experiences and learn about the challenges of the homeless community. Moreover, volunteering provides an opportunity to meet new people and develop new skills, such as time management and teamwork.

I believe that together we can bring hope and support to those who need it the most. It would be wonderful to have you here with me. Let me know if you are interested and available to join the project.

Looking forward to your reply.

Best regards,

Mai Anh thân mến,

Tớ hy vọng bạn đang làm tốt. Tớ viết thư này để kể cho bạn nghe về một dự án tình nguyện thú vị mà tớ đang tham gia và muốn mời bạn tham gia cùng chúng tớ. Dự án nhằm giúp đỡ mọi người, đặc biệt là những người vô gia cư.

Là một tình nguyện viên, bạn sẽ có cơ hội tham gia vào các hoạt động khác nhau. Chúng ta sẽ phục vụ

các bữa ăn tại một trung tâm cộng đồng địa phương và hỗ trợ những người đang tìm nhà. Đó là cơ hội để chúng ta tạo ảnh hưởng tích cực đến cuộc sống của những người khác.

Khi tham gia dự án này, bạn sẽ có được những kinh nghiệm quý giá và tìm hiểu về những thách thức của cộng đồng vô gia cư. Hơn nữa, hoạt động tình nguyện mang đến cơ hội gặp gỡ những người bạn mới và phát triển các kỹ năng mới, chẳng hạn như quản lý thời gian và làm việc theo nhóm.

Tớ tin rằng cùng nhau chúng ta có thể mang lại hy vọng và hỗ trợ cho những người cần nó nhất. Sẽ thật tuyệt vời nếu có bạn ở đây với tớ. Hãy cho tớ biết nếu bạn quan tâm và sẵn sàng tham gia dự án. Mong chờ hồi âm của bạn.

Thân ái,

VI. LISTENING

Task 1. Listen to two people talking about the benefits of volunteering and answer each of the questions below. You can listen to the recording TWICE.

- What skills can you learn while volunteering according to Minh?
 - only physical and social skills
 - only social and emotional skills
 - physical, social, or emotional skills
 - only technical skills
- According to speaker A, which skill can you develop by organising events through volunteering?
 - communication skills
 - leadership skills
 - technical skills
 - gardening skills
- What is one benefit of volunteering according to Lan?
 - learning technical skills
 - improving leadership skills
 - improving social skills
 - improving computer skills
- According to speaker B, why is it easy to make friends while volunteering in a group?
 - because you have the same goals as others.
 - because you learn something new with others.
 - because you find it hard to talk to others.
 - because you feel a bit stressed.
- What is the same purpose of volunteering according to both Minh and Lan?
 - to make new friends
 - to have fun and connect with others
 - to develop leadership skills
 - to support the community

SCRIPT:

Minh

Remember that when you volunteer for something you care about; you can learn new things. Doing different volunteer tasks can help you gain new skills you haven't learned before. Some of these skills might even become hobbies or jobs! The skills you learn while volunteering can be physical, social or emotional. It's always fun to learn something new and share it with others like your friends and family. In this way, you bring something helpful or interesting to their lives, too. In short, volunteering can help you gain experience and skills you can use throughout your life. Whether you develop leadership skills by organising events, improve communication skills by working with different types of people, or learn technical skills by supporting a project, volunteering is a golden chance to improve knowledge and skills while also making the world a better place.

Lan

Volunteering is a simple way to learn something and meet new friends you might not have met otherwise. When you volunteer, you can connect with others who want to make a difference in the world, helping you feel yourselves part of a group. Volunteering is also a great way to meet people who have the same interests as you. When you're in a group working together to achieve a goal, it's easy to make friends! And if you're a bit shy, don't worry. Volunteering with other friendly people can help you improve your social skills. You can also make new friends and learn new things without feeling stressed. It's a nice way to spend time with others and help the community at the same time.

Task 2. Listen to the following talk and fill in each blank with no more than TWO words. You can listen to the recording TWICE.

VOLUNTEER PROJECTS			
	“Clean Sweep” project	“Hope for Children” project	Fundraising events
Place	parks, (1) river banks ____, beaches	local orphanage	community centre
Activities	clean-up activities	teaching, (3) tutoring ____, playing games, organizing special events, maintaining and cleaning up the facility.	planning, organising, and running community events to raise funds for many reasons
Skills and knowledge gained	(2) waste management ____, and environmental preservation, cleanliness promotion and respect for nature	(4) child development ____, event management, and the value of giving back	practical experience in event management, (5) public speaking ____, and teamwork

SCRIPT:

Hello everyone, I'm Nam, your volunteer leader, and I'm excited to introduce you to the meaningful projects we're rolling out.

Firstly, let me introduce our “Clean Sweep” project. This project targets local spots such as parks, river banks, and beaches suffering from litter pollution. As part of this project, you'll be involved in regular clean-up activities. As volunteers, you'll learn about waste management and environmental preservation, while promoting cleanliness and respect for nature among the wider community. It's an active step towards protecting our planet and promoting community responsibility.

Secondly, our second campaign is the “Hope for Children” project. Here, we'll be working closely with a local orphanage, creating positive experiences for the children who live there. Our activities will range from teaching and tutoring to playing games and organising special events. In addition, we'll also assist in maintaining and cleaning up the facility. This project is not just about helping out; it's about forming meaningful connections with these young individuals and giving them a sense of belonging. You'll gain experience and knowledge of child development, event management, and the value of giving back.

Lastly, we're launching a series of fundraising events at the community centre. These are community events aimed at raising funds for various causes, from environmental conservation to child care. As volunteers, you'll assist in planning, organising, and running these events. You'll gain practical experience in event management, public speaking, and teamwork, while supporting our projects.

Though these projects have different goals, they all share a common thing: promoting and supporting care, community, and change. I encourage you to involve yourself in these projects, each providing unique experiences and opportunities to make a difference.

Remember, every effort, no matter how small, can make significant changes.

VII. SPEAKING

Task 1. Answer these questions.

1. What can volunteers do to help their community?

Volunteers can help their community in various ways. They can participate in charity events, clean up local areas, tutor students, assist the elderly, and support the homeless. Other ways include volunteering in a food bank, planting trees, and promoting environmental awareness. Volunteering allows individuals to know more about community needs and make a positive impact for a stronger and more supportive society.

Tình nguyện viên có thể giúp đỡ cộng đồng của họ theo nhiều cách khác nhau. Họ có thể tham gia các sự kiện từ thiện, dọn dẹp khu vực địa phương, dạy kèm học sinh, hỗ trợ người già và hỗ trợ người vô gia cư. Những cách khác bao gồm tình nguyện tham gia ngân hàng thực phẩm, trồng cây và nâng cao nhận thức về môi trường. Hoạt động tình nguyện cho phép các cá nhân hiểu biết nhiều hơn về nhu cầu của cộng đồng và tạo ra tác động tích cực cho một xã hội mạnh mẽ và được hỗ trợ nhiều hơn.

2. Do you think volunteering is important?

Yes, volunteering is important because it allows individuals to make a positive impact on their community. By giving time and effort, volunteers can support various good purposes, help those in need, and promote positive change. Volunteering also provides opportunities to connect with others, gain new skills, and build understanding. Finally, it encourages a sense of purpose, making a difference in both the lives of others and the volunteers themselves.

Vâng, hoạt động tình nguyện rất quan trọng vì nó cho phép các cá nhân tạo ra ảnh hưởng tích cực đến cộng đồng của họ. Bằng cách dành thời gian và công sức, các tình nguyện viên có thể hỗ trợ nhiều mục đích tốt đẹp khác nhau, giúp đỡ những người gặp khó khăn và thúc đẩy những sự thay đổi tích cực. Hoạt động tình nguyện cũng tạo cơ hội để kết nối với những người khác, thu nhận được những kỹ năng mới và xây dựng lòng cảm thông. Cuối cùng, nó khuyến khích ý thức về mục đích và tạo ra sự khác biệt trong cả cuộc sống của những người khác và bản thân các tình nguyện viên.

Task 2. Describe a time when you participated in a volunteer event.

Last month, I had the opportunity to take part in a volunteer event at a local orphanage. It was a meaningful experience that left an unforgettable impact on me. During the visit, I spent time with the children, engaging in various activities like playing games, reading stories, and helping with their studies.

The children were full of smiles and laughter, and their optimism despite their circumstances. It made me realise the importance of love and care in a child's life, and how kindness can make a significant difference.

Moreover, I assisted the orphanage staff in organising a small event to celebrate the children's birthdays. They were happy to attend the event.

Being part of the volunteer event in the orphanage taught me the value of love and giving back to the community. It strengthened my dream to be a positive influence and support those in need. I look forward to continuing to get involved in such meaningful events in the future.

Tháng trước, em có cơ hội tham gia một sự kiện tình nguyện tại một trại trẻ mồ côi tại địa phương. Đó là một trải nghiệm ý nghĩa đã để lại ấn tượng khó quên đối với em. Trong chuyến thăm, em đã dành thời gian với các em nhỏ, tham gia vào nhiều hoạt động khác nhau như chơi trò chơi, đọc truyện và giúp các em học tập.

Các em nhỏ luôn tràn ngập tiếng cười, và sự lạc quan bất chấp hoàn cảnh. Nó khiến em nhận ra tầm quan trọng của tình yêu thương và sự quan tâm chăm sóc trong cuộc sống của một đứa trẻ, và lòng tốt có thể tạo ra sự khác biệt đáng kể như thế nào.

Ngoài ra, em đã hỗ trợ nhân viên trại trẻ mồ côi tổ chức một sự kiện nhỏ để chúc mừng sinh nhật của các em. Các em nhỏ rất hạnh phúc khi tham gia vào sự kiện.

Tham gia hoạt động tình nguyện ở trại trẻ mồ côi đã dạy em giá trị của tình yêu thương và sự cống hiến cho cộng đồng. Nó cũng làm vững chắc thêm ước mơ của em là trở thành một người có ảnh hưởng tích cực và hỗ trợ những người gặp khó khăn. Em mong muốn sẽ tiếp tục được tham gia vào những sự kiện ý nghĩa như vậy trong tương lai.

C. BÀI KIỂM TRA

Mark the letter A, B, C or D to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions

- Question 1: A. remote B. form C. donation D. focus
 Question 2: A. raise B. visitor C. organise D. sense

Mark the letter A, B, C or D to indicate the word that differs from the other three in the position of the primary stress in each of the following questions

- Question 3: A. deliver B. essential C. management D. disaster
 Question 4: A. focus B. apply C. upset D. provide

Mark the letter A, B, C or D to indicate the correct answer to each of the following questions

Question 5: After completing the training program, Thuy decided to volunteer at the local centre and helped deliver free clothes to the _____.

- A. positive B. homeless C. helpful D. excited

Question 6: Despite feeling _____ that the charity event was cancelled due to bad weather, the volunteers looked forward to planning another event soon.

- A. disappointed B. digital C. pleased D. relaxed

Question 7: As a volunteer at the community centre, I have access _____ various educational materials

- A. from B. for C. through D. to

Question 8: As a volunteer lifeguard at the local swimming pool, I have the opportunity to put my _____ skills to ensure the safety of all the swimmers.

- A. saved-life B. life-saving C. saving-life D. life-saved

Question 9: I regularly communicate with the _____ office to help manage volunteers for our community projects.

- A. leading B. job C. head D. household

Question 10: _____ I joined the event, the volunteers were picking up trash from the streets.

- A. When B. If C. Though D. Neither

Question 11: I am volunteering at the local wildlife conservation group and I want to _____ people's interest in protecting endangered species.

- A. donate B. increase C. sort D. realise

Question 12: I helped _____ the fundraising event by arranging tables and preparing donation booths.

- A. focus on B. search for C. apply for D. setup

Question 13: When I was volunteering at the local soup kitchen, a famous chef _____.

- A. was visiting B. was visited C. visited D. was being visited

Question 14: As a volunteer with a _____ organisation, I have had the opportunity to work on various community development projects.

- A. governmental B. governed C. ungovernmental D. non-governmental

Question 15: Volunteering at the local library gives me a _____ of purpose.

- A. need B. sense C. hardship D. value

Question 16: When I _____ at the community centre, I made many new friends.

- A. was volunteering B. volunteered C. volunteer D. was volunteered

Question 17: She travelled to _____ areas to provide medical aid and education to minor ethnic groups.

- A. generous B. essential C. remote D. similar

Question 18: While I _____ at the local library, I discovered many interesting fiction books and novels.

- A. was helping B. helped C. help D. was helped

Question 19: If you want to join the volunteer club, please make sure to fill _____ the application form with your name and contact details.

- A. on B. at C. in D. of

Mark the letter A, B, C or D to indicate the sentence that best completes each of the following exchanges.

Question 20: A: How did you feel about the volunteer trip yesterday? - B: _____.

- A. I felt pleased about what we had done B. That sounded fun
C. I am planning on a new one D. Sure. Why not?

Question 21: A: How do you feel about becoming a member of the charity club? - B: _____.

- A. Here you are B. I am excited and eager for future events
C. I know what you are talking about D. It seems like a good view

Mark the letter A, B, C, D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.

Question 22: She is a reliable volunteer who works at the community centre every Saturday to teach children art and crafts.

- A. dependable B. charitable C. available D. predictable

Question 23: As a volunteer, I saw the suffering of many vulnerable communities.

- A. poverty B. hardship C. quality D. deadline

Mark the letter A, B, C, D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions.

Question 24: Despite feeling stressed from a long day at work, she chose to volunteer at the community centre.

- A. disappointed B. confused C. practical D. relaxed

Question 25: After completing her studies, she decided to pursue her passion for volunteering later in life.

- A. currently B. hopelessly C. immediately D. essentially

Mark the letter A, B, C or D to indicate the underlined part that needs correction in each of the following questions.

Question 26: He decided to apply in the volunteer position at the local food bank to deliver free meals to the poor.

- A. in B. at C. deliver D. the

Question 27: She joined the un-profit organisation as a volunteer to improve the educational resources of poor children.

- A. un-profit B. as C. resources D. poor

Question 28: When I arrived at the community centre yesterday, the other volunteers set up for the event.

- A. at B. the C. set D. for

Read the following passage and mark the letter A, B, C, or D to indicate the correct word that best fits each of the numbered blanks.

One of the easiest ways to save money on things like clothing, furniture, and electronics is (29) _____ buying secondhand. Many people think that only new things are worth anything, but this isn't necessarily true. In fact, it's easy to find old items that work properly and match your style, and it's important to try this option before (30) _____ a lot of money on new items.

Besides saving you money, second-hand items save the environment because they don't need raw materials. Buying such items means they won't (31) _____ up in landfills soon.

Finally, secondhand items are often more durable than new ones because they've been through previous ownership(s), (32) _____ makes them even better quality. You can find great deals on websites where people sell their (33) _____ items online for cash instead of throwing them away.

Source: <https://www.unsustainablemagazine.com/sustainable-living-ideas-2023/>

- Question 29: A. in B. with C. by D. from
Question 30: A. making B. spending C. forming D. delivering
Question 31: A. make B. see C. turn D. end
Question 32: A. that B. who C. which D. when
Question 33: A. unwanted B. wanted C. unwanting D. wanting

Read the following passage and mark the letter A, B, C or D to indicate the correct answer to each of the questions.

Volunteering, especially when it's done on a regular basis, can help you make new acquaintances. Whether you volunteer for an organisation on a daily, weekly or monthly basis, over time you will develop strong relationships, typically with other volunteers and staff members.

Regular volunteers may get these benefits to a greater degree than people who volunteer infrequently. Consider this: Handing out water at a fundraising run in April and then helping in an orphanage in November is surely easier to squeeze into a activities aren't as likely to help you build relationships over time.

There are benefits and drawbacks to every type of volunteering. For example, volunteering once in a while is often easy to schedule and is something families or busy schedule than volunteering regularly in an office. But those more convenient friends can do together. However, volunteers who take part in occasionally may not feel very connected to the mission of the nonprofits they support or get to know many other volunteers.

Regularly volunteering, on the other hand, makes it more likely that you will develop a deep relationship to the cause and to other staff and volunteers. However, this kind of volunteering requires a longer-term and bigger time **commitment**. It can also become frustrating if the volunteer's duties aren't a good fit for them.

Still, if people are willing to work toward finding the right fit and making time in their schedules, volunteering on a regular basis can help **them** get more out of their efforts, including new friends and acquaintances.

Source: <https://theconversation.com/4-ways-that-volunteering-can-be-good-for-you-163336>

Question 34: Which of the following can be the best title for the passage?

- | | |
|-----------------------------------|---------------------------|
| A. Making Friends with Volunteers | B. Volunteer Activities |
| C. Regular Volunteering | D. Volunteer Applications |

Question 35: Why might regular volunteers experience more benefits than infrequent ones?

- A. Because they have more free time.
- B. Because they receive better rewards.
- C. Because they build stronger relationships over time.
- D. Because they are better organizers.

Question 36: The word "**commitment**" in paragraph 4 is CLOSEST in meaning to _____.

- | | | | |
|-------------------|------------|-----------------|------------|
| A. responsibility | B. refusal | C. organisation | D. purpose |
|-------------------|------------|-----------------|------------|

Question 37: The word "**them**" in paragraph 5 refers to _____.

- | | | | |
|------------|--------------|-----------|------------|
| A. efforts | B. schedules | C. people | D. friends |
|------------|--------------|-----------|------------|

Question 38: Which of the following is NOT TRUE according to the passage?

- A. Occasional volunteering can be done together by families and friends
- B. People volunteering occasionally may not feel connected well with the purpose of the activities they do.
- C. Regular volunteering needs a long-term commitment.
- D. Regular volunteering cannot be frustrating.

Read the following passage and mark the letter A, B, C or D to indicate the correct answer to each of the questions.

Firstly, the most common reason for not volunteering is lack of free time (about half of Americans cite this as the main reason), and is that the volunteer schedules and commitments are too inflexible. Therefore, a possible solution is to make volunteering more accessible and automatic. If working parents are volunteering, it is most likely at their kids' schools, which is a location **they** are already familiar with. Employers could encourage volunteerism on-site or in a **proximate** location. Organisations could be more flexible in the way they use volunteer work, including work that could be done at home, or during evening or weekend hours.

Secondly, another very common reason is that people don't have information about where to volunteer, or if they do, the jobs are not meaningful or purposeful. While motivation to volunteer can vary by age, with younger volunteers more motivated by future preparation (such as increasing skills, knowledge, and advancing careers) and older volunteers more likely to cite social values as a reason for volunteering, most people are motivated to volunteer by personal gratification and having a meaningful experience. A solution would be for organisations who use volunteers to make sure they are matching the skills and experience of their volunteers to the roles they have available. Making copies and coffee are certainly not meaningful to most. Some organisations have a short interview process where they discuss the background of the potential volunteer to closely match **it** to the needs they have.

Adapted from: <https://longevity.stanford.edu/three-reasons-why-people-dont-volunteer-and-what-can-be-done-about-it/>

Question 39: What is the main idea of the passage?

- A. The benefits of volunteering for personal growth and career development.
- B. Common reasons for not volunteering and potential solutions to encourage it.
- C. The importance of matching volunteer skills and experience to available roles.
- D. The motivation behind volunteering and how it varies by age.

Question 40: The word "**they**" in paragraph 1 refers to _____.

- A. employers
- B. schools
- C. kids
- D. working parents

Question 41: The word "**proximate**" in paragraph 1 is CLOSEST in meaning to _____.

- A. nearby
- B. clear
- C. fun
- D. meaningful

Question 42: How can the lack of free time for volunteering be solved?

- A. making copies and coffee for volunteers
- B. encouraging volunteerism at kids' schools for working parents
- C. letting parents work during evenings or weekends
- D. encouraging parents to volunteer with their children

Question 43: Why are younger volunteers often more motivated than older volunteers?

- A. Because they seek meaningful experiences.
- B. Because they are more focused on future preparation and career development.
- C. Because they prefer to volunteer at familiar places like kids' schools.
- D. Because they lack information about available volunteering opportunities.

Question 44: The word "**it**" in paragraph 2 refers to _____.

- A. volunteer
- B. process
- C. background
- D. interview

Question 45: Which of the following is NOT TRUE?

- A. Lack of free time is a common reason why one-third of Americans do not volunteer.
- B. Organisations should consider the skills and experience of volunteers when assigning roles.
- C. Volunteer work should be done more flexibly at home or or during evening or weekend hours.
- D. Older volunteers are more likely to use social values as a reason for volunteering.

Mark the letter A, B, C or D to indicate the sentence that is closest in meaning to each of the following questions.

Question 46: The volunteers were cleaning the beach when we came.

- A. We came and the volunteers cleaned the beach.
- B. We came while the volunteers were cleaning the beach.
- C. The volunteers were cleaning the beach when we were coming.
- D. We came while the volunteers cleaned the beach.

Question 47: When we met them, they were helping the elderly at the local community centre.

- A. We met them while they were helping the elderly at the local community centre.
- B. We met them while they helped the elderly at the local community centre.
- C. They helped the elderly at the local community centre and met us.
- D. They wanted to meet us at the local community centre where they were working.

Question 48: Son found out about the charity event while he was volunteering at the food bank.

- A. Son volunteered at the food bank and he found out about the charity event
- B. Son was volunteering at the food bank and charity event
- C. Son was volunteering at the food bank when he found out about the charity event.
- D. Son volunteered at the food bank and charity event

Mark the letter A, B, C or D to indicate the sentence that best combines each pair of sentences in the following questions.

Question 49: Manh was volunteering at the animal shelter. He heard about the upcoming charity event.

- A. Manh was volunteering at the animal shelter when he heard about the upcoming charity event.
- B. Manh volunteered at the animal shelter and he heard about the upcoming charity event.
- C. Manh volunteered at the animal shelter while he was hearing about the upcoming charity event.
- D. Manh was volunteering at the animal shelter while he was hearing about the upcoming charity event.

Question 50: Duong was serving food at the charity event. She accidentally met her old friend.

- A. Duong served food at the charity event while she accidentally met her old friend.
- B. Duong was serving food at the charity event while she was accidentally meeting her old friend
- C. Duong served food at the charity event with accidentally meeting her old friend.
- D. While Duong was serving food at the charity event, she accidentally met her old friend.

ĐÁP ÁN

A. LÝ THUYẾT

I. VOCABULARY

1. VOCABULARY

No.	Word	Part of speech	Pronunciation	Meaning
89.	announcement	(n)	/ə'naʊnsmənt/	thông báo
90.	deadline	(n)	/'dedlaɪn/	hạn cuối
91.	disaster	(n)	/dɪ'zɑ:stə/	thảm họa
92.	hardship	(n)	/'hɑ:dʃɪp/	khó khăn
93.	suffering	(n)	/'sʌfərɪŋ/	sự đau khổ
94.	benefit	(n/v)	/'benɪfɪt/	lợi ích, có lợi ích
95.	appreciate	(v)	/ə'pri:ʃiət/	đánh giá cao, trân trọng
96.	deliver	(v)	/dɪ'lvə/	giao hàng, phân phát
97.	offer	(v)	/'ɒfə/	tặng
98.	sort	(v)	/sɔ:t/	sắp xếp
99.	train	(v)	/treɪn/	đào tạo
100.	available	(adj)	/ə'veɪləbəl/	sẵn sàng, có sẵn
101.	cheerful	(adj)	/'tʃɪəfəl/	vui vẻ
102.	confused	(adj)	/kən'fju:zd/	bối rối, khó hiểu
103.	endless	(adj)	/'endləs/	vô vãn
104.	experienced	(adj)	/ɪks'pɪərɪənst/	có kinh nghiệm
105.	flooded	(adj)	/'flʌdɪd/	ngập nước
106.	grateful	(adj)	/'ɡreɪtfəl/	biết ơn
107.	homeless	(adj)	/'həʊmləs/	vô gia cư
108.	life-saving	(adj)	/'laɪf'seɪvɪŋ/	cứu nạn, cứu sống
109.	reliable	(adj)	/rɪ'laɪəbəl/	đáng tin cậy
110.	remote	(adj)	/rɪ'məʊt/	xa xôi, hẻo lánh
111.	stressed	(adj)	/streɪst/	căng thẳng
112.	successful	(adj)	/sək'sesfəl/	thành công
113.	thankful	(adj)	/'θæŋkfəl/	biết ơn

114.unused	(adj)	/ʌn'ju:st/	không sử dụng
115.unwanted	(adj)	/ʌn'wɒntɪd/	không mong muốn
116.upset	(adj)	/ʌp'set/	buồn bã
117.willing	(adj)	/'wɪlɪŋ/	sẵn sàng
118.currently	(adv)	/'kʌrəntli/	hiện tại

2. COLLOCATIONS/ PHRASES

No.	Word	Part of speech	Pronunciation	Meaning
119.	community development	(np)	/kə'mju:nəti/ /dɪ'veləpmənt/	phát triển cộng đồng
120.	community work	(np)	/kə'mju:nəti/ /wɜ:k/	công việc cộng đồng
121.	community centre	(np)	/kə'mju:nəti/ /'sentə/	trung tâm cộng đồng
122.	community service	(np)	/kə'mju:nəti/ /'sɜ:vɪs/	dịch vụ cộng đồng
123.	employment opportunity	(np)	/ɪm'plɔɪmənt/ / ,ɒpə'tju:nəti/	cơ hội việc làm
124.	non-governmental organisation	(adj, n)	/nɒn-/ ,gʌvə'n'mentəl/ / ,ɔ:gənəɪ'zeɪʃən/	tổ chức phi chính phủ
125.	non-profit organisation	(adj, n)	/nɒn-/ 'prɒfɪt/ / ,ɔ:gənəɪ'zeɪʃən/	tổ chức phi lợi nhuận
126.	food bank	(np)	/fu:d/ /bæŋk/	ngân hàng thực phẩm
127.	handmade item	(adj, n)	/hænd'meɪd/ /'aɪtəm/	đồ thủ công
128.	communication skill	(np)	/kə'mju:nɪ'keɪʃən/ /skɪl/	kỹ năng giao tiếp
129.	time management skill	(np)	/taɪm/ /'mænɪdʒmənt/ /skɪl/	kỹ năng quản lý thời gian
130.	life-saving skill	(adj, n)	/'laɪf'seɪvɪŋ/ /skɪl/	kỹ năng sinh tồn
131.	a sense of purpose	(phrase)	/ə/ /sens/ /ɒv/ /'pɜ:pəs/	ý thức về mục đích
132.	job training course	(np)	/dʒɒb/ /'treɪnɪŋ/ /kɔ:s/	khóa đào tạo nghề
133.	head office	(np)	/hed/ /'ɒfɪs/	trụ sở chính
134.	job duty	(np)	/dʒɒb/ /'dju:ti/	trách nhiệm trong công việc
135.	volunteer trip	(np)	/ ,vɒlən'tɪə/ /trɪp/	chuyến đi tình nguyện
136.	guest speaker	(np)	/ges/ /'spi:kə/	diễn giả khách mời
137.	boost confidence	(v, n)	/bu:st/ /'kɒnfɪdəns/	nâng cao sự tự tin
138.	give a speech	(v, n)	/ɡɪv/ /ə/ /spi:tʃ/	phát biểu
139.	get involved	(v, adj)	/get/ /ɪn'vɒlvɪd/	tham gia
140.	fill in	(vp)	/fɪl/ /ɪn/	điền vào
141.	send in	(vp)	/send/ /ɪn/	gửi đi
142.	keep a record	(v, n)	/ki:p/ /ə/ /'rekɔ:d/	lưu thông tin
143.	increase one's interest in	(phrase)	/ɪn'kri:s/ /wʌnz/ /'ɪntrest/ /ɪn/	thu hút sự quan tâm, chú ý của ai đó tới
144.	raise money	(v, n)	/reɪz/ /'mʌni/	quyên góp tiền
145.	come into contact with	(phrase)	/kʌm/ /'ɪntu:/ /'kɒntækt/ /wɪð/	liên hệ với
146.	share common interests	(v, n)	/ʃeə/ /'kɒmən/ /'ɪntrests/	có chung sở thích
147.	get support from	(phrase)	/get/ /sə'pɔ:t/ /frɒm/	nhận hỗ trợ từ
148.	have access to	(phrase)	/hæv/ /'ækses/ /tu:/	tiếp cận với

3. WORD FORMATION

No.	Word	Part of speech	Pronunciation	Meaning
149.	advert	(n)	/əd'vɜ:t/	quảng cáo
150.	advertisement	(n)	/əd'vɜ:tɪsmənt/	quảng cáo
151.	application	(n)	/,æplɪ'keɪʃən/	hồ sơ ứng tuyển
152.	apply	(v)	/ə'plaɪ/	ứng tuyển
153.	careful	(adj)	/'keəfəl/	cẩn thận
154.	careless	(adj)	/'keələs/	cẩu thả
155.	charitable	(adj)	/'ʃærɪtəbəl/	từ thiện
156.	charity	(n)	/'ʃærəti/	từ thiện
157.	donate	(v)	/dəʊ'neɪt/	cho, hiến tặng
158.	donation	(n)	/dəʊ'neɪʃən/	đồ mang cho, đồ hiến tặng
159.	hopeful	(adj)	/'həʊpfəl/	hy vọng
160.	hopeless	(adj)	/'həʊpləs/	vô vọng
161.	organisation	(n)	/,ɔ:gənəɪ'zeɪʃən/	tổ chức
162.	organise	(v)	/'ɔ:gənəɪz/	tổ chức
163.	orphan	(n)	/'ɔ:fən/	trẻ mồ côi
164.	orphanage	(n)	/'ɔ:fənɪdʒ/	trại trẻ mồ côi
165.	speaker	(n)	/'spi:kə/	diễn giả
166.	speech	(n)	/spi:tʃ/	bài phát biểu
167.	volunteer	(n/v)	/,vɒlən'tɪə/	tình nguyện viên, tình nguyện
168.	volunteering	(n)	/,vɒlən'tɪərɪŋ/	việc tình nguyện
169.	export	(n)	/'eksɜ:t/	xuất khẩu
170.	export	(v)	/eks'pɜ:t/	xuất khẩu
171.	import	(n)	/'ɪmpɜ:t/	nhập khẩu
172.	import	(v)	/ɪm'pɜ:t/	nhập khẩu
173.	record	(n)	/'rekɔ:d/	bản ghi
174.	record	(v)	/rɪ'kɔ:d/	ghi lại
175.	present	(n)	/'prez.ənt/	quà tặng
176.	present	(v)	/pri'zent/	trình bày

II. PRONUNCIATION

TRỌNG ÂM CỦA TỪ CÓ 2 ÂM TIẾT CÓ CHÍNH TẢ GIỐNG NHAU

Với phần lớn ở các từ có 2 âm tiết có chính tả giống nhau thì danh từ thường có trọng âm ở âm tiết đầu, động từ thường có trọng âm ở âm tiết thứ 2.

RECORD

record (n)	/'rekɔ:d/	bản ghi, thu âm
record (v)	/rɪ'kɔ:d/	ghi lại, thu âm

IMPORT

import (n)	/'ɪmpɜ:t/	nhập khẩu
import (v)	/ɪm'pɜ:t/	nhập khẩu

EXPORT

export (n)	/'eksɜ:t/	xuất khẩu
export (v)	/eks'pɜ:t/	xuất khẩu

INCREASE

increase (n)	/'ɪnkri:s/	sự tăng
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REJECT

increase (v)	/ɪnˈkriːs/	tăng, tăng trưởng
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reject (n)	/ˈriːdʒekt/	sự từ chối
reject (v)	/rɪˈdʒekt/	từ chối

PRESENT

present (n)	/ˈprez.ənt/	quà tặng
present (v)	/prɪˈzent/	thuyết trình

Chú ý: Một số từ không có sự thay đổi về trọng âm dù là danh từ hay động từ

answer (n, v)	/ˈɑːnsə/
picture (n, v)	/ˈpɪktʃə/
travel (n, v)	/ˈtrævəl/

III. GRAMMAR

Thì quá khứ đơn và quá khứ tiếp diễn với when/ while

1. THÌ QUÁ KHỨ ĐƠN

a. Cách dùng

Cách dùng	Ví dụ
Diễn tả một hành động đã xảy ra và kết thúc trong quá khứ	He volunteered at an orphanage yesterday. (Anh ấy làm tình nguyện tại một trại trẻ mồ côi ngày hôm qua.)
Diễn tả các hành động liên tiếp xảy ra trong quá khứ	I planted the trees and helped organisers with the event. (Tôi đã trồng cây và giúp ban tổ chức sự kiện.)
Diễn tả một hành động xen vào một hành động đang diễn ra trong quá khứ, thường dùng với when, while	Yesterday when I went to community center, a group of volunteers was painting the walls. (Hôm qua khi tôi đến trung tâm cộng đồng, một nhóm tình nguyện viên đang sơn tường.) While he was cleaning the streets, his mother called . (Khi anh ấy đang quét dọn đường phố, mẹ anh ấy gọi.)

b. Công thức

THỂ	ĐẠI TỪ	TO BE	ĐỘNG TỪ
Khẳng định	I/ He/ She/ It	WAS	V-ED
	You/ We/ They	WERE	
Phủ định	I/ He/ She/ It	WAS NOT = WASN'T	DID NOT = DIDN'T
	You/ We/ They	WERE NOT = WEREN'T	
Nghi vấn		WAS I/ HE/ SHE/ IT...?	DID + S + V-INF?
		WERE YOU/ WE/ THEY...?	

c. Dấu hiệu nhận biết

Trạng từ chỉ thời gian trong quá khứ:

- Yesterday, yesterday morning
- Last night/ week/ month/ year...
- A period + ago: two weeks ago, two days ago
- In January, in 1999, in the 1990s...
- On February 14th, May 5th 2000
- When + S + V: When I was a child
- For + a period: for a week, for two months

d. Regular verbs (Động từ có quy tắc)

Động từ có quy tắc là động từ tuân theo nguyên tắc thêm -ed vào đuôi động từ để tạo thành động từ thì quá khứ và quá khứ phân từ.

Một số nguyên tắc thêm -ed

- Động từ tận cùng là “e” chỉ cần thêm “d”.

E.g. donate => donated

- Nếu một động từ 1 âm tiết kết thúc bằng 1 phụ âm (trừ w, x, y), trước đó là 1 nguyên âm thì nhân đôi phụ âm cuối rồi thêm -ed.

E.g. stop => stopped

- Nếu động từ 2 âm tiết kết thúc bằng phụ âm, trước đó là 1 nguyên âm, trọng âm của từ vào âm tiết thứ 2 thì nhân đôi phụ âm cuối rồi thêm -ed.

E.g. submit => submitted

- Nếu động từ kết thúc bằng “y” thì đổi thành “i” rồi thêm -ed.

E.g. study => studied

2. THÌ QUÁ KHỨ TIẾP DIỄN**a. Cách dùng**

Cách dùng	Ví dụ
Diễn tả hành động đang xảy ra tại một thời điểm trong quá khứ	At 3.15 yesterday afternoon, he was participating in the volunteer trip. (Lúc 3.15 chiều hôm qua, anh ấy đang tham gia chuyến đi tình nguyện.)
Diễn tả hành động lặp đi lặp lại trong quá khứ và làm phiền đến người khác - đi với “always”, “constantly”	She was always littering on the street. (Cô ấy luôn xả rác trên đường phố.)

b. Công thức

Khẳng định		S + was/were + V-ing
		I/ He/ She/ It/ Danh từ số ít/ Danh từ không đếm được + was + V-ing You/ We/ They/ Danh từ số nhiều + were + V-ing
Phủ định		S + was/ were + not + V-ing
		was not = wasn't were not = weren't
Nghi vấn	Câu hỏi Yes/ No	Q: Was/Were + S + V-ing? A: Yes, S + was/ were. No, S + was/ were + not.
	Câu hỏi sử dụng từ hỏi Wh-	Wh- + was/ were (not) + S + V-ing?

c. Dấu hiệu nhận biết:

- At + giờ trong quá khứ (at 8 p.m. yesterday)
- At this time + thời gian quá khứ (at this time last week ...)
- In the past
- In + năm (in 2021,...)
- When, while

B. THỰC HÀNH**I. PRONUNCIATION**

Task 1. Find the word whose underlined part differs from the other three in pronunciation in each of the following questions.

- | | | | |
|-------------------|---------------|--------------|-------------|
| 1. A. donate | B. remote | C. hopeful | D. sort |
| 2. A. import | B. item | C. profit | D. similar |
| 3. A. helpful | B. network | C. service | D. stress |
| 4. A. public | B. upset | C. suffering | D. duty |
| 5. A. thankful | B. orphan | C. handmade | D. charity |
| 6. A. application | B. volunteer | C. product | D. remote |
| 7. A. position | B. visitor | C. search | D. raise |
| 8. A. centre | B. care | C. clean | D. contact |
| 9. A. orphanage | B. technology | C. generous | D. grateful |
| 10. A. bank | B. notice | C. donation | D. train |

Task 2. Find the word that differs from the other three in the position of stress in each of the following questions.

- | | | | |
|------------------|-----------------|---------------|---------------|
| 1. A. item | B. offer | C. purpose | D. apply |
| 2. A. confident | B. announcement | C. teenager | D. interview |
| 3. A. available | B. appreciate | C. charitable | D. immediate |
| 4. A. office | B. duty | C. upset | D. focus |
| 5. A. disaster | B. regular | C. benefit | D. orphanage |
| 6. A. local | B. donate | C. willing | D. project |
| 7. A. hopeless | B. grateful | C. relax | D. service |
| 8. A. speaker | B. thankful | C. careful | D. remote |
| 9. A. deliver | B. charity | C. generous | D. various |
| 10. A. community | B. governmental | C. appreciate | D. experience |

II. VOCABULARY

Task 1. Match the words on the left with their meanings on the right.

1. volunteering e	a. being certain of your abilities
2. advertisement b	b. something to persuade people to buy a product or service
3. application h	c. money or goods that are given to help others
4. confidence a	d. having a job
5. opportunity g	e. work that people are not paid to do it
6. employment d	f. planned work to do something
7. donation c	g. a good chance
8. project f	h. filling out a paper to ask for something

Task 2. Choose the correct word to complete each sentence.

- He was **interested** / **interesting** in joining the community service club.
- The **interested** / **interesting** presentation about local volunteer opportunities caught my attention.
- She became **interested** / **interesting** in helping the elderly after hearing about a community service event at her school.
- The **excited** / **exciting** part of the project was organizing a talent show for the community.
- She was **excited** / **exciting** to participate in the community clean-up event.
- Some people can be **careful** / **careless** with their trash, which is why community work like litter clean-up is necessary.
- The volunteers were **careful** / **careless** not to damage the historical artifacts while restoring the local museum.
- It's crucial to be **careful** / **careless** with tools during construction projects to prevent accidents.

9. Despite the challenges, the volunteers remained **hopeful** / **hopeless** that their efforts would lead to positive changes in the community.
10. Even though the situation looked **hopeful** / **hopeless** at first, the community's effort turned it around for the better.

Task 3. Mark the letter A, B, C or D to indicate the correct answer to each of the following questions.

1. Volunteering at the local centre helped _____ my confidence in interacting with various groups of people.
A. boost B. have C. care D. work
2. As a volunteer, I _____ new opportunities to contribute to various community projects.
A. send in B. fill in C. search for D. setup
3. I have _____ to resources and opportunities that promote personal development when volunteering.
A. access B. donation C. benefit D. interview
4. Keeping a _____ of volunteer hours helps track contributions and impact on the community.
A. network B. record C. value D. purpose
5. I made sure to come into _____ with other volunteers to stay updated on future events.
A. interest B. support C. money D. contact
6. I had the opportunity to _____ a speech about the importance of community service during a volunteer event.
A. take B. give C. say D. ask
7. I continuously work _____ improving my leadership skills while volunteering at the youth centre.
A. in B. of C. from D. on
8. Volunteering allows me to meet individuals who _____ common interests in environmental protection.
A. raise B. get C. share D. care

Task 4. Choose the correct word to complete each sentence.

1. Volunteering was a **successful** / **involved** experience that left me fulfilled.
2. Participating in **life-saving** / **generous** training as a volunteer gave me valuable skills.
3. I enjoy giving back to my **local** / **regular** community through volunteering.
4. The **endless** / **unused** support from volunteers makes a significant impact.
5. Volunteering in a **remote** / **willing** area gave me an unforgettable memory.
6. We need to be **careless** / **careful** while dealing with sensitive issues in our volunteer work.
7. Volunteering has made me more **confident** / **experienced** in my abilities.
8. I'm **hopeful** / **interested** in exploring various volunteering opportunities.
9. The **reliable** / **excited** volunteers are crucial for the success of our projects.
10. The volunteers' hard work is greatly **cheerful** / **appreciated** by the community.
11. **Non-governmental** / **Confused** organisations play a crucial role in driving positive changes.
12. We need to find **practical** / **relaxed** solutions to improve the quality of river water.
13. We are **pleased** / **thankful** for the opportunity to contribute to meaningful projects.
14. The **digital** / **unwanted** world enables remote volunteering opportunities.
15. Although we were **disappointed** / **natural**, we continued our efforts.

Task 5. Complete each sentence with one suitable word from the box.

clean-up	non-profit	various	handmade	worried
homeless	unused	similar	essential	hard-working

1. The **handmade** crafts are being sold at the charity event to raise money for the homeless.

2. ___ **Unused** ___ clothes were donated to those in need and helped reduce waste.
3. ___ **Non-profit** ___ organisations rely on volunteers to carry out their mission.
4. ___ **Similar** ___ interests brought volunteers together to form a strong group.
5. As we deal with environmental issues, we must not be ___ **worried** ___ about failure.
6. The organisation offers ___ **various** ___ volunteer roles to suit different interests and skills.
7. ___ **Hard-working** ___ volunteers donate a lot of their time to helping others.
8. After the flood, volunteers helped with the ___ **clean-up** ___ activities.
9. Helping the ___ **homeless** ___ helps me know more about others' suffering and hardships.
10. Volunteers play an ___ **essential** ___ role in providing support to communities in need.

Task 6. Complete each sentence using the correct form of the word in brackets.

1. The volunteers worked together to ___ **organise** ___ the charity event. (ORGANISATION)
2. The motivational speaker inspired the volunteers with her ___ **speech** ___. (SPEAK)
3. The volunteer's ___ **careless** ___ mistake caused some damage. Luckily, we could fix it. (CARE)
4. The large ___ **donation** ___ from the local business helped fund the new community centre. (DONATE)
5. The situation seemed ___ **hopeless** ___ at first, but the volunteers never gave up. (HOPE)
6. The young ___ **orphan** ___ was grateful for the volunteers who cared for him like family. (ORPHANAGE)
7. They found a valuable purpose for the ___ **unused** ___ items that were otherwise thrown away. (USE)
8. Giang is involved in several ___ **charitable** ___ organisations to help those in need. (CHARITY)

Task 7. Complete each sentence with one suitable phrase from the box.

<i>guest speaker</i>	<i>handmade items</i>	<i>work experience</i>
<i>community project</i>	<i>live show</i>	<i>food bank</i>
<i>job duty</i>	<i>public announcement</i>	<i>sense of purpose</i> <i>teaching skills</i>

1. The ___ **guest speaker** ___ at the volunteer event gave a presentation on community service.
2. The ___ **community project** ___ focuses on providing educational resources and support for poor children.
3. My primary ___ **job duty** ___ as a volunteer is to help with event organisation.
4. The ___ **public announcement** ___ about the volunteer opportunity attracted many participants.
5. Volunteering has given me a ___ **sense of purpose** ___ and helped me become a better person.
6. As a volunteer teacher, I work on improving my ___ **teaching skills** ___ to teach students effectively.
7. My ___ **work experience** ___ as a volunteer prepared me for a future career.
8. The local business sponsored a charity ___ **live show** ___ and I volunteered to help with event organisation.
9. I love making ___ **handmade items** ___ to sell at the local market to raise money for the charity event.
10. The non-governmental organisation I volunteer for focuses on food security and operates a ___ **food bank** ___.

III. GRAMMAR

Task 1. Complete each sentence with the correct form of the verb in brackets (past simple or past continuous tense).

1. Yesterday, I ___ **volunteered** ___ (volunteer) at the soup kitchen and I ___ **cooked** ___ (cook) meals for the homeless.
2. As I ___ **was volunteering** ___ (volunteer) at the beach clean-up, I ___ **discovered** ___ (discover) a variety of interesting seashells on the beach.
3. During my time as a volunteer at the food bank, I ___ **delivered** ___ (deliver) free meals to families in need.

4. While I was helping (help) at the community centre, I met (meet) a lot of wonderful people in our neighbourhood.
5. At 4 p.m. yesterday, they were sorting (sort) the donations at the community centre.
6. While I was joining (join) an event at the children's hospital, I had (have) the chance to bring joy to the young patients through art activities.
7. Last summer, I participated (participate) in a volunteer trip and I helped (help) clean the local beach.
8. At the charity event one month ago, I set (set) up booths and helped (help) the organisers.

Task 2. Mark the letter A, B, C or D to indicate the mistake in each of the following sentences and correct it.

1. They worked on projects that create more opportunities for children in remote areas.
A. projects **B. create** C. more D. for -> **created**
2. She was selling handmade items and cookies where I called her yesterday.
A. was selling B. handmade **C. where** D. called -> **when**
3. While I volunteered at the community project, I saw many people with suffering and hardships.
A. volunteered B. project C. with D. suffering
-> **was volunteering**
4. I first meet Trinh when we worked as volunteers at a local food bank three years ago.
A. meet B. when C. as D. food bank -> **met**
5. The guest speaker was speaking when we come to the event hall.
A. guest B. was speaking **C. come** D. event -> **came**

Task 3. Combine each pair of sentences into one meaningful sentence.

1. I met Nhi on the street. She was volunteering at a blood donation event. (WHILE)
1. I met Nhi on the street while she was volunteering at a blood donation event.
2. I saw Ha on my way home. She was donating her clothes to the charity event. (WHEN)
2. Ha was donating her clothes to the charity event when I saw her on my way home.
3. Tri was watching TV. He saw his friends taking part in the clean-up project on TV. (WHILE)
3. While Tri was watching TV, he saw his friends taking part in the clean-up project on TV.
4. They were visiting the remote villages. They decided to help build a playground for kids. (WHILE)
4. While they were visiting the remote villages, they decided to help build a playground for kids.
5. He arrived at the centre. We were recording the donations. (WHEN)
5. When he arrived at the centre, we were recording the donations.

IV. READING

Task 1. Read the following passage and mark the letter A, B, C or D to indicate the correct word that best fits each of the numbered blanks.

Volunteering is the (1) _____ of time, effort and talent to a need, cause or mission without financial gain.

Volunteering is all about you being able to contribute (2) _____ of your own time to (3) _____ people in our communities. Volunteers support our communities and add to them in their own unique way using a (4) _____ variety of skills, knowledge and experience.

Volunteering has (5) _____ benefits. It gives people self-confidence and satisfaction, social contact, the ability to use previously (6) _____ skills or develop new ones, a chance to (7) _____ your passion and a possible start to paid employment.

Volunteering or community service (8) _____ fast becoming an essential part of a stand-out resume. Employers are looking for evidence of commitment, loyalty and a strong desire to contribute to the success of society all of (9) _____ volunteering demonstrates.

Volunteering is flexible and will fit around your existing commitments. Our centre has volunteering opportunities that (10) _____ from five minutes per day to several hours per week or just one day per year - the opportunities are endless!

Source: <https://www.swan.wa.gov.au/Your-Community/Get-involved/Volunteering/What-is-volunteering>

- | | | | |
|--------------------|-----------------|----------------|------------------|
| 1. A. contribution | B. employment | C. position | D. application |
| 2. A. one | B. some | C. any | D. each |
| 3. A. help | B. helping | C. helped | D. help |
| 4. A. long | B. wide | C. beautiful | D. comfortable |
| 5. A. many | B. much | C. so | D. a lot |
| 6. A. establish | B. establishing | C. established | D. establishment |
| 7. A. see | B. donate | C. follow | D. focus |
| 8. A. am | B. are | C. be | D. is |
| 9. A. whom | B. which | C. when | D. who |
| 10. A. come | B. spare | C. provide | D. range |

Task 2. Read the following passage and choose the correct answer to each of the following questions.

New research suggests that volunteers aren't just helping the communities they serve. People who volunteer actually experience a **boost** in their mental health - good news at a time when more than a third of Americans are experiencing symptoms of anxiety or depression.

In a study published this year in the Journal of Happiness Studies, researchers examined data from nearly 70,000 research participants in the United Kingdom, who received surveys about their volunteering habits and their mental health, including their concerns in everyday life, every two years from 1996 to 2014.

Compared to people who didn't volunteer, people who had volunteered in the past year were more satisfied with their lives and rated their overall health as better. Additionally, the researchers found that people who volunteered more frequently experienced greater benefits: Those who volunteered at least once a month reported better mental health than participants who volunteered infrequently or not at all.

But does volunteering make people happy, or are happy people simply more likely to volunteer? The researchers found the same results even when **they** considered participants' initial levels of well-being before they started volunteering. In other words, people who started to volunteer became happier over time.

Although it's true that people who are happier do tend to spend more time volunteering, the current study suggests that you don't need to already feel happy in order to benefit from it. In fact, some research suggests that people who start out with lower levels of well-being may even get a bigger boost from volunteering.

Why does volunteering support our mental health? According to Ricky Lawton, associate director at Simetrica Research Consultancy and lead author of the paper, a combination of factors is likely at play. First, volunteering appears to be intrinsically rewarding- when we help others, we tend to experience what researchers call a "warm glow." Second, volunteering is likely to help boost our sense of social connection. In particular, for older adults, volunteering can be a way to stay connected to others after retirement.

Finally, volunteering can be a way to build professional skills and try out leadership opportunities, which is especially relevant to young adults. In the current study, the researchers found that participants ages 16-24 and 55-74 were especially likely to benefit from volunteering, perhaps because of the opportunity to build social connections and new skills.

Adapted from: https://greatergood.berkeley.edu/article/item/how_volunteering_can_help_your_mental_health

- Which of the following can be the best title for the passage?
 A. How Volunteering Helps Volunteers Themselves
 B. What is Volunteer Work?
 C. Volunteers in the USA
 D. Volunteers: Their Impact on Communities
- The word “**boost**” in paragraph 1 is CLOSEST in meaning to _____.
 A. loss B. pain C. explanation **D. improvement**
- How often did participants in the study receive surveys about their volunteering habits and mental health?
 A. every week B. every month C. every year **D. every two years**
- According to the study, how did people who volunteered at least once a month rate their mental health?
 A. worse than those who didn’t volunteer B. the same as those who didn’t volunteer
C. better than those who didn’t volunteer D. unsure about improvement in their health
- What did the researchers find about the relationship between happiness and volunteering?
 A. Only happy people tend to volunteer.
 B. Volunteering has no impact on happiness.
 C. Volunteering makes people unhappy.
D. Volunteering can increase happiness over time.
- The word “**they**” in paragraph 4 refers to _____.
 A. people who did not volunteer B. people who volunteered
C. researchers D. happy people
- What did the study find about people’s initial well-being levels and volunteering?
 A. People with high well-being levels volunteer more.
 B. People with low well-being levels avoid volunteering.
 C. Volunteering only benefits those with high well-being.
D. Volunteering can benefit people regardless of initial well-being.
- What is one reason why volunteering might support mental health, according to Ricky Lawton?
 A. Volunteers receive financial rewards.
 B. Volunteering helps people become famous.
 C. Volunteers experience a sense of accomplishment.
D. Volunteering helps volunteers come into contact with others.
- Which age groups were found to benefit most from volunteering in the study?
 A. ages 5-15 B. ages 16-24 and 25-34 C. ages 35-54 **D. ages 55-74**
- Why might volunteering be relevant to young adults?
 A. to earn money B. to avoid social connections
 C. to spend more time at home **D. to learn new skills**

Task 3. Read the passage and decide whether the following statements are true (T), false (F) or not given (NG).

What to expect from NGO volunteering abroad?

NGO (non-governmental organisation) volunteer jobs are a great option for enthusiastic and flexible volunteers who want to experience a variety of projects abroad. Projects can range from education and gender equality to environmental conservation and public health. Where you volunteer is decided based on a mixture of your skills and interests, and where there is the most need for help at the time.

International Volunteer HQ’s NGO Support projects in Cambodia, Ecuador, Nepal and Romania enable you to take on a range of tasks. These can include marketing, photography, research, fundraising events, team building, community development, technology support, website development, teaching English and general administration.

International Volunteer HQ’s Creative Technologies projects in Croatia, Italy and Spain give you the opportunity to work with an NGO and use your technical and marketing skills to create campaigns that encourage the local community to take action in their own surroundings.

Why volunteer for NGOs abroad?

The positive initiatives of NGOs are often limited by financial and staffing resources and rely heavily on international funding drives. Therefore, the support of IVHQ volunteers is invaluable in supporting NGOs to further their efforts within the community and work towards the United Nations' Sustainable Development Goals.

Whether you want to help local children from low-income communities get better access to the basic necessities of life in Ecuador or use your creative skills to raise public awareness for NGOs in Europe - this is a unique opportunity to use your skills as a force for good.

Adapted from: <https://www.volunteerhq.org/volunteer-abroad-projects/ngo-support/>

- _____ **F** _____ 1. NGO volunteer jobs are only available for local projects in your home country.
 _____ **T** _____ 2. International Volunteer HQ offers NGO Support projects in four countries.
 _____ **F** _____ 3. The location where you volunteer is only determined by your skills and interests.
 _____ **NG** _____ 4. You can take part in many projects in one year.
 _____ **T** _____ 5. NGO projects abroad cover a wide range of areas such as education and health.
 _____ **T** _____ 6. The Creative Technologies projects aim to encourage the local community to care about their surroundings.
 _____ **F** _____ 7. NGOs often have enough financial and staffing resources.
 _____ **T** _____ 8. Volunteering for NGOs abroad provides an opportunity to use your skills for positive change.

V. WRITING

Task 1. Reorder the given words and phrases to form meaningful sentences.

- opportunities / our / are / exciting / There / in / communities. / volunteering (8 words)
1. There are exciting volunteering opportunities in our communities.
- can / centre. / the / Students / or / the / community / volunteer / at / orphanage (10 words)
2. Students can volunteer at the orphanage or the community centre.
- teenagers / on / who / They / for / volunteer / can / looking / weekdays. / are (10 words)
3. They are looking for teenagers who can volunteer on weekdays.
- items. / other / provide / and / children / books / with / The / projects (9 words)
4. The projects provide children with books and other items.
- the / in / school. / I / when / I / club / secondary / was / joined / volunteer (11 words)
5. I joined the volunteer club when I was in secondary school.

Task 2. Write meaningful sentences based on the given clues (form of the verb can be changed if necessary).

- Our club / organise / concerts / old people / centre.
1. Our club organises concerts for old people at the centre.
- I / want / apply / volunteer position / local community centre.
2. I want to apply for a volunteer position at the local community centre.
- Nga / was / work / volunteer / countryside / when / she / meet / old friend.
3. Nga was working as a volunteer in the countryside when she met an old friend.
- I / interested / your project / because / I / care / life / people / community.
4. I am interested in your project because I care about the life of people in the community.
- This / international organisation / that / help / improve / children's lives.
5. This is an international organisation that helps improve children's lives.

Task 3. Write a letter (120-150 words) to a friend to invite him/her to join your volunteer project.

- What is the project about?
- What will he/ she do?
- What will he/ she gain from the project?

Dear Mai Anh,

I hope you are doing well. I am writing to tell you about an exciting volunteer project that I am a part of and invite you to join us. The project is about helping people, especially those who are homeless.

As a volunteer, you will have the opportunity to join in various activities. We will be serving meals at a local community centre and offering support to those finding home. It's a chance for us to make a positive impact on the lives of others.

By joining this project, you will gain valuable experiences and learn about the challenges of the homeless community. Moreover, volunteering provides an opportunity to meet new people and develop new skills, such as time management and teamwork.

I believe that together we can bring hope and support to those who need it the most. It would be wonderful to have you here with me. Let me know if you are interested and available to join the project.

Looking forward to your reply.

Best regards,

Mai Anh thân mến,

Tớ hy vọng bạn đang làm tốt. Tớ viết thư này để kể cho bạn nghe về một dự án tình nguyện thú vị mà tớ đang tham gia và muốn mời bạn tham gia cùng chúng tớ. Dự án nhằm giúp đỡ mọi người, đặc biệt là những người vô gia cư.

Là một tình nguyện viên, bạn sẽ có cơ hội tham gia vào các hoạt động khác nhau. Chúng ta sẽ phục vụ các bữa ăn tại một trung tâm cộng đồng địa phương và hỗ trợ những người đang tìm nhà. Đó là cơ hội để chúng ta tạo ảnh hưởng tích cực đến cuộc sống của những người khác.

Khi tham gia dự án này, bạn sẽ có được những kinh nghiệm quý giá và tìm hiểu về những thách thức của cộng đồng vô gia cư. Hơn nữa, hoạt động tình nguyện mang đến cơ hội gặp gỡ những người bạn mới và phát triển các kỹ năng mới, chẳng hạn như quản lý thời gian và làm việc theo nhóm.

Tớ tin rằng cùng nhau chúng ta có thể mang lại hy vọng và hỗ trợ cho những người cần nó nhất. Sẽ thật tuyệt vời nếu có bạn ở đây với tớ. Hãy cho tớ biết nếu bạn quan tâm và sẵn sàng tham gia dự án. Mong chờ hồi âm của bạn.

Thân ái,

VI. LISTENING

Task 1. Listen to two people talking about the benefits of volunteering and answer each of the questions below. You can listen to the recording TWICE.

- What skills can you learn while volunteering according to Minh?
 - only physical and social skills
 - only social and emotional skills
 - physical, social, or emotional skills
 - only technical skills
- According to speaker A, which skill can you develop by organising events through volunteering?
 - communication skills
 - leadership skills
 - technical skills
 - gardening skills
- What is one benefit of volunteering according to Lan?
 - learning technical skills
 - improving leadership skills
 - improving social skills
 - improving computer skills
- According to speaker B, why is it easy to make friends while volunteering in a group?
 - because you have the same goals as others.
 - because you learn something new with others.
 - because you find it hard to talk to others.
 - because you feel a bit stressed.
- What is the same purpose of volunteering according to both Minh and Lan?
 - to make new friends
 - to have fun and connect with others
 - to develop leadership skills
 - to support the community

SCRIPT:**Minh**

Remember that when you volunteer for something you care about; you can learn new things. Doing different volunteer tasks can help you gain new skills you haven't learned before. Some of these skills might even become hobbies or jobs! The skills you learn while volunteering can be physical, social or emotional. It's always fun to learn something new and share it with others like your friends and family. In this way, you bring something helpful or interesting to their lives, too. In short, volunteering can help you gain experience and skills you can use throughout your life. Whether you develop leadership skills by organising events, improve communication skills by working with different types of people, or learn technical skills by supporting a project, volunteering is a golden chance to improve knowledge and skills while also making the world a better place.

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Volunteering is a simple way to learn something and meet new friends you might not have met otherwise. When you volunteer, you can connect with others who want to make a difference in the world, helping you feel yourselves part of a group. Volunteering is also a great way to meet people who have the same interests as you. When you're in a group working together to achieve a goal, it's easy to make friends! And if you're a bit shy, don't worry. Volunteering with other friendly people can help you improve your social skills. You can also make new friends and learn new things without feeling stressed. It's a nice way to spend time with others and help the community at the same time.

Task 2. Listen to the following talk and fill in each blank with no more than TWO words. You can listen to the recording TWICE.

VOLUNTEER PROJECTS			
	"Clean Sweep" project	"Hope for Children" project	Fundraising events
Place	parks, (1) river banks ____, beaches	local orphanage	community centre
Activities	clean-up activities	teaching, (3) tutoring ____, playing games, organizing special events, maintaining and cleaning up the facility.	planning, organising, and running community events to raise funds for many reasons
Skills and knowledge gained	(2) waste management ____, and environmental preservation, cleanliness promotion and respect for nature	(4) child development ____, event management, and the value of giving back	practical experience in event management, (5) public speaking ____, and teamwork

SCRIPT:

Hello everyone, I'm Nam, your volunteer leader, and I'm excited to introduce you to the meaningful projects we're rolling out.

Firstly, let me introduce our "Clean Sweep" project. This project targets local spots such as parks, river banks, and beaches suffering from litter pollution. As part of this project, you'll be involved in regular clean-up activities. As volunteers, you'll learn about waste management and environmental preservation, while promoting cleanliness and respect for nature among the wider community. It's an active step towards protecting our planet and promoting community responsibility.

Secondly, our second campaign is the "Hope for Children" project. Here, we'll be working closely with a local orphanage, creating positive experiences for the children who live there. Our activities will range from teaching and tutoring to playing games and organising special events. In addition, we'll also assist in maintaining and cleaning up the facility. This project is not just about helping out; it's about forming meaningful connections with these young individuals and giving them a sense of belonging.

You'll gain experience and knowledge of child development, event management, and the value of giving back.

Lastly, we're launching a series of fundraising events at the community centre. These are community events aimed at raising funds for various causes, from environmental conservation to child care. As volunteers, you'll assist in planning, organising, and running these events. You'll gain practical experience in event management, public speaking, and teamwork, while supporting our projects.

Though these projects have different goals, they all share a common thing: promoting and supporting care, community, and change. I encourage you to involve yourself in these projects, each providing unique experiences and opportunities to make a difference.

Remember, every effort, no matter how small, can make significant changes.

VII. SPEAKING

Task 1. Answer these questions.

1. What can volunteers do to help their community?

Volunteers can help their community in various ways. They can participate in charity events, clean up local areas, tutor students, assist the elderly, and support the homeless. Other ways include volunteering in a food bank, planting trees, and promoting environmental awareness. Volunteering allows individuals to know more about community needs and make a positive impact for a stronger and more supportive society.

Tình nguyện viên có thể giúp đỡ cộng đồng của họ theo nhiều cách khác nhau. Họ có thể tham gia các sự kiện từ thiện, dọn dẹp khu vực địa phương, dạy kèm học sinh, hỗ trợ người già và hỗ trợ người vô gia cư. Những cách khác bao gồm tình nguyện tham gia ngân hàng thực phẩm, trồng cây và nâng cao nhận thức về môi trường. Hoạt động tình nguyện cho phép các cá nhân hiểu biết nhiều hơn về nhu cầu của cộng đồng và tạo ra tác động tích cực cho một xã hội mạnh mẽ và được hỗ trợ nhiều hơn.

2. Do you think volunteering is important?

Yes, volunteering is important because it allows individuals to make a positive impact on their community. By giving time and effort, volunteers can support various good purposes, help those in need, and promote positive change. Volunteering also provides opportunities to connect with others, gain new skills, and build understanding. Finally, it encourages a sense of purpose, making a difference in both the lives of others and the volunteers themselves.

Vâng, hoạt động tình nguyện rất quan trọng vì nó cho phép các cá nhân tạo ra ảnh hưởng tích cực đến cộng đồng của họ. Bằng cách dành thời gian và công sức, các tình nguyện viên có thể hỗ trợ nhiều mục đích tốt đẹp khác nhau, giúp đỡ những người gặp khó khăn và thúc đẩy những sự thay đổi tích cực. Hoạt động tình nguyện cũng tạo cơ hội để kết nối với những người khác, thu nhận được những kỹ năng mới và xây dựng lòng cảm thông. Cuối cùng, nó khuyến khích ý thức về mục đích và tạo ra sự khác biệt trong cả cuộc sống của những người khác và bản thân các tình nguyện viên.

Task 2. Describe a time when you participated in a volunteer event.

Last month, I had the opportunity to take part in a volunteer event at a local orphanage. It was a meaningful experience that left an unforgettable impact on me. During the visit, I spent time with the children, engaging in various activities like playing games, reading stories, and helping with their studies.

The children were full of smiles and laughter, and their optimism despite their circumstances. It made me realise the importance of love and care in a child's life, and how kindness can make a significant difference.

Moreover, I assisted the orphanage staff in organising a small event to celebrate the children's birthdays. They were happy to attend the event.

Being part of the volunteer event in the orphanage taught me the value of love and giving back to the

community. It strengthened my dream to be a positive influence and support those in need. I look forward to continuing to get involved in such meaningful events in the future.

Tháng trước, em có cơ hội tham gia một sự kiện tình nguyện tại một trại trẻ mồ côi tại địa phương. Đó là một trải nghiệm ý nghĩa đã để lại ấn tượng khó quên đối với em. Trong chuyến thăm, em đã dành thời gian với các em nhỏ, tham gia vào nhiều hoạt động khác nhau như chơi trò chơi, đọc truyện và giúp các em học tập.

Các em nhỏ luôn tràn ngập tiếng cười, và sự lạc quan bất chấp hoàn cảnh. Nó khiến em nhận ra tầm quan trọng của tình yêu thương và sự quan tâm chăm sóc trong cuộc sống của một đứa trẻ, và lòng tốt có thể tạo ra sự khác biệt đáng kể như thế nào.

Ngoài ra, em đã hỗ trợ nhân viên trại trẻ mồ côi tổ chức một sự kiện nhỏ để chúc mừng sinh nhật của các em. Các em nhỏ rất hạnh phúc khi tham gia vào sự kiện.

Tham gia hoạt động tình nguyện ở trại trẻ mồ côi đã dạy em giá trị của tình yêu thương và sự cống hiến cho cộng đồng. Nó cũng làm vững chắc thêm ước mơ của em là trở thành một người có ảnh hưởng tích cực và hỗ trợ những người gặp khó khăn. Em mong muốn sẽ tiếp tục được tham gia vào những sự kiện ý nghĩa như vậy trong tương lai.

C. BÀI KIỂM TRA

Mark the letter A, B, C or D to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions

- Question 1: A. remote **B. form** C. donation D. focus
 Question 2: A. raise B. visitor C. organise **D. sense**

Mark the letter A, B, C or D to indicate the word that differs from the other three in the position of the primary stress in each of the following questions

- Question 3: A. deliver B. essential **C. management** D. disaster
 Question 4: **A. focus** B. apply C. upset D. provide

Mark the letter A, B, C or D to indicate the correct answer to each of the following questions

Question 5: After completing the training program, Thuy decided to volunteer at the local centre and helped deliver free clothes to the _____.

- A. positive **B. homeless** C. helpful D. excited

Question 6: Despite feeling _____ that the charity event was cancelled due to bad weather, the volunteers looked forward to planning another event soon.

- A. disappointed** B. digital C. pleased D. relaxed

Question 7: As a volunteer at the community centre, I have access _____ various educational materials

- A. from B. for C. through **D. to**

Question 8: As a volunteer lifeguard at the local swimming pool, I have the opportunity to put my _____ skills to ensure the safety of all the swimmers.

- A. saved-life **B. life-saving** C. saving-life D. life-saved

Question 9: I regularly communicate with the _____ office to help manage volunteers for our community projects.

- A. leading B. job **C. head** D. household

Question 10: _____ I joined the event, the volunteers were picking up trash from the streets.

- A. When** B. If C. Though D. Neither

Question 11: I am volunteering at the local wildlife conservation group and I want to _____ people's interest in protecting endangered species.

- A. donate **B. increase** C. sort D. realise

Question 12: I helped _____ the fundraising event by arranging tables and preparing donation booths.

- A. focus on B. search for C. apply for **D. setup**

Question 13: When I was volunteering at the local soup kitchen, a famous chef _____.

- A. was visiting B. was visited **C. visited** D. was being visited

Question 14: As a volunteer with a _____ organisation, I have had the opportunity to work on various community development projects.

- A. governmental B. governed C. ungovernmental **D. non-governmental**

Question 15: Volunteering at the local library gives me a _____ of purpose.

- A. need **B. sense** C. hardship D. value

Question 16: When I _____ at the community centre, I made many new friends.

- A. was volunteering** B. volunteered C. volunteer D. was volunteered

Question 17: She travelled to _____ areas to provide medical aid and education to minor ethnic groups.

- A. generous B. essential **C. remote** D. similar

Question 18: While I _____ at the local library, I discovered many interesting fiction books and novels.

- A. was helping** B. helped C. help D. was helped

Question 19: If you want to join the volunteer club, please make sure to fill _____ the application form with your name and contact details.

- A. on B. at **C. in** D. of

Mark the letter A, B, C or D to indicate the sentence that best completes each of the following exchanges.

Question 20: A: How did you feel about the volunteer trip yesterday? - B: _____.

- A. I felt pleased about what we had done** B. That sounded fun
C. I am planning on a new one D. Sure. Why not?

Question 21: A: How do you feel about becoming a member of the charity club? - B: _____.

- A. Here you are **B. I am excited and eager for future events**
C. I know what you are talking about D. It seems like a good view

Mark the letter A, B, C, D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.

Question 22: She is a reliable volunteer who works at the community centre every Saturday to teach children art and crafts.

- A. dependable** B. charitable C. available D. predictable

Question 23: As a volunteer, I saw the suffering of many vulnerable communities.

- A. poverty **B. hardship** C. quality D. deadline

Mark the letter A, B, C, D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions.

Question 24: Despite feeling stressed from a long day at work, she chose to volunteer at the community centre.

- A. disappointed B. confused C. practical **D. relaxed**

Question 25: After completing her studies, she decided to pursue her passion for volunteering later in life.

- A. currently B. hopelessly **C. immediately** D. essentially

Mark the letter A, B, C or D to indicate the underlined part that needs correction in each of the following questions.

Question 26: He decided to apply in the volunteer position at the local food bank to deliver free meals to the poor.

- A. in** B. at C. deliver D. the

Question 27: She joined the un-profit organisation as a volunteer to improve the educational resources of poor children.

- A. un-profit** B. as C. resources D. poor

Question 28: When I arrived at the community centre yesterday, the other volunteers set up for the event.

A. at

B. the

C. set

D. for

Read the following passage and mark the letter A, B, C, or D to indicate the correct word that best fits each of the numbered blanks.

One of the easiest ways to save money on things like clothing, furniture, and electronics is (29) _____ buying secondhand. Many people think that only new things are worth anything, but this isn't necessarily true. In fact, it's easy to find old items that work properly and match your style, and it's important to try this option before (30) _____ a lot of money on new items.

Besides saving you money, second-hand items save the environment because they don't need raw materials. Buying such items means they won't (31) _____ up in landfills soon.

Finally, secondhand items are often more durable than new ones because they've been through previous ownership(s), (32) _____ makes them even better quality. You can find great deals on websites where people sell their (33) _____ items online for cash instead of throwing them away.

Source: <https://www.unsustainablemagazine.com/sustainable-living-ideas-2023/>

Question 29: A. in

B. with

C. by

D. from

Question 30: A. making

B. spending

C. forming

D. delivering

Question 31: A. make

B. see

C. turn

D. end

Question 32: A. that

B. who

C. which

D. when

Question 33: A. unwanted

B. wanted

C. unwanting

D. wanting

Read the following passage and mark the letter A, B, C or D to indicate the correct answer to each of the questions.

Volunteering, especially when it's done on a regular basis, can help you make new acquaintances. Whether you volunteer for an organisation on a daily, weekly or monthly basis, over time you will develop strong relationships, typically with other volunteers and staff members.

Regular volunteers may get these benefits to a greater degree than people who volunteer infrequently. Consider this: Handing out water at a fundraising run in April and then helping in an orphanage in November is surely easier to squeeze into a activities aren't as likely to help you build relationships over time.

There are benefits and drawbacks to every type of volunteering. For example, volunteering once in a while is often easy to schedule and is something families or busy schedule than volunteering regularly in an office. But those more convenient friends can do together. However, volunteers who take part in occasionally may not feel very connected to the mission of the nonprofits they support or get to know many other volunteers.

Regularly volunteering, on the other hand, makes it more likely that you will develop a deep relationship to the cause and to other staff and volunteers. However, this kind of volunteering requires a longer-term and bigger time **commitment**. It can also become frustrating if the volunteer's duties aren't a good fit for them.

Still, if people are willing to work toward finding the right fit and making time in their schedules, volunteering on a regular basis can help **them** get more out of their efforts, including new friends and acquaintances.

Source: <https://theconversation.com/4-ways-that-volunteering-can-be-good-for-you-163336>

Question 34: Which of the following can be the best title for the passage?

A. Making Friends with Volunteers

B. Volunteer Activities

C. Regular Volunteering

D. Volunteer Applications

Question 35: Why might regular volunteers experience more benefits than infrequent ones?

A. Because they have more free time.

B. Because they receive better rewards.

C. Because they build stronger relationships over time.

D. Because they are better organizers.

Question 36: The word "**commitment**" in paragraph 4 is CLOSEST in meaning to _____.

A. responsibility

B. refusal

C. organisation

D. purpose

Question 37: The word “**them**” in paragraph 5 refers to _____.

A. efforts

B. schedules

C. people

D. friends

Question 38: Which of the following is NOT TRUE according to the passage?

A. Occasional volunteering can be done together by families and friends

B. People volunteering occasionally may not feel connected well with the purpose of the activities they do.

C. Regular volunteering needs a long-term commitment.

D. Regular volunteering cannot be frustrating.

Read the following passage and mark the letter A, B, C or D to indicate the correct answer to each of the questions.

Firstly, the most common reason for not volunteering is lack of free time (about half of Americans cite this as the main reason), and is that the volunteer schedules and commitments are too inflexible. Therefore, a possible solution is to make volunteering more accessible and automatic. If working parents are volunteering, it is most likely at their kids’ schools, which is a location **they** are already familiar with. Employers could encourage volunteerism on-site or in a **proximate** location. Organisations could be more flexible in the way they use volunteer work, including work that could be done at home, or during evening or weekend hours.

Secondly, another very common reason is that people don’t have information about where to volunteer, or if they do, the jobs are not meaningful or purposeful. While motivation to volunteer can vary by age, with younger volunteers more motivated by future preparation (such as increasing skills, knowledge, and advancing careers) and older volunteers more likely to cite social values as a reason for volunteering, most people are motivated to volunteer by personal gratification and having a meaningful experience. A solution would be for organisations who use volunteers to make sure they are matching the skills and experience of their volunteers to the roles they have available. Making copies and coffee are certainly not meaningful to most. Some organisations have a short interview process where they discuss the background of the potential volunteer to closely match **it** to the needs they have.

Adapted from: <https://longevity.stanford.edu/three-reasons-why-people-dont-volunteer-and-what-can-be-done-about-it/>

Question 39: What is the main idea of the passage?

A. The benefits of volunteering for personal growth and career development.

B. Common reasons for not volunteering and potential solutions to encourage it.

C. The importance of matching volunteer skills and experience to available roles.

D. The motivation behind volunteering and how it varies by age.

Question 40: The word “**they**” in paragraph 1 refers to _____.

A. employers

B. schools

C. kids

D. working parents

Question 41: The word “**proximate**” in paragraph 1 is CLOSEST in meaning to _____.

A. nearby

B. clear

C. fun

D. meaningful

Question 42: How can the lack of free time for volunteering be solved?

A. making copies and coffee for volunteers

B. encouraging volunteerism at kids’ schools for working parents

C. letting parents work during evenings or weekends

D. encouraging parents to volunteer with their children

Question 43: Why are younger volunteers often more motivated than older volunteers?

A. Because they seek meaningful experiences.

B. Because they are more focused on future preparation and career development.

C. Because they prefer to volunteer at familiar places like kids’ schools.

D. Because they lack information about available volunteering opportunities.

Question 44: The word “**it**” in paragraph 2 refers to _____.

A. volunteer

B. process

C. background

D. interview

Question 45: Which of the following is NOT TRUE?

- A. Lack of free time is a common reason why one-third of Americans do not volunteer.
- B. Organisations should consider the skills and experience of volunteers when assigning roles.
- C. Volunteer work should be done more flexibly at home or or during evening or weekend hours.
- D. Older volunteers are more likely to use social values as a reason for volunteering.

Mark the letter A, B, C or D to indicate the sentence that is closest in meaning to each of the following questions.

Question 46: The volunteers were cleaning the beach when we came.

- A. We came and the volunteers cleaned the beach.
- B. We came while the volunteers were cleaning the beach.
- C. The volunteers were cleaning the beach when we were coming.
- D. We came while the volunteers cleaned the beach.

Question 47: When we met them, they were helping the elderly at the local community centre.

- A. We met them while they were helping the elderly at the local community centre.
- B. We met them while they helped the elderly at the local community centre.
- C. They helped the elderly at the local community centre and met us.
- D. They wanted to meet us at the local community centre where they were working.

Question 48: Son found out about the charity event while he was volunteering at the food bank.

- A. Son volunteered at the food bank and he found out about the charity event
- B. Son was volunteering at the food bank and charity event
- C. Son was volunteering at the food bank when he found out about the charity event.
- D. Son volunteered at the food bank and charity event

Mark the letter A, B, C or D to indicate the sentence that best combines each pair of sentences in the following questions.

Question 49: Manh was volunteering at the animal shelter. He heard about the upcoming charity event.

- A. Manh was volunteering at the animal shelter when he heard about the upcoming charity event.
- B. Manh volunteered at the animal shelter and he heard about the upcoming charity event.
- C. Manh volunteered at the animal shelter while he was hearing about the upcoming charity event.
- D. Manh was volunteering at the animal shelter while he was hearing about the upcoming charity event.

Question 50: Duong was serving food at the charity event. She accidentally met her old friend.

- A. Duong served food at the charity event while she accidentally met her old friend.
- B. Duong was serving food at the charity event while she was accidentally meeting her old friend
- C. Duong served food at the charity event with accidentally meeting her old friend.
- D. While Duong was serving food at the charity event, she accidentally met her old friend.