

## Bài 1

### How I climbed a 3,000-foot (914 meters) vertical cliff without ropes

#### Bài tập 1: Multiple Choice

(Phần bài tập 1 & 2 này các em có thể nghe 2 lần / mỗi lần làm bài để hoàn thiện cho xong nhé)

1. How many years has Alex been climbing?

- a) more than 10
- b) more than 20
- c) more than 30
- d) more than 40

2. What was the problem with climbing Half Dome?

- a) it was too easy
- b) it was too big
- c) it was too alluring
- d) it was too far away

3. When Alex came back to climb without a rope, what happened?

- a) he was too afraid to climb
- b) he did exactly as he did the first time
- c) he changed his mind about which way to climb
- d) the weather was bad, so he quit

## Bài tập 2: Gap-Fill

Fill in the blanks with the words you hear by using NO MORE THAN THREE WORDS AND/OR A NUMBER.

The thing that makes El Cap so \_\_\_\_1\_\_\_\_ is the sheer scale of the wall. Most climbers take three to five days to ascend the \_\_\_\_2\_\_\_\_ of vertical granite. The idea of setting out up a wall of that size with nothing but shoes and a chalk bag seemed \_\_\_\_3\_\_\_\_. 3,000 feet of climbing represents thousands of \_\_\_\_4\_\_\_\_ hand and foot movements, which is a lot to remember. Many of the moves I knew through \_\_\_\_5\_\_\_\_. I'd climbed El Cap maybe 50 times over the previous decade with a \_\_\_\_6\_\_\_\_. But this photo shows my preferred method of rehearsing the moves. I'm on the summit, about to rappel down the face with \_\_\_\_7\_\_\_\_ feet of rope to spend the day practicing. Once I found sequences that felt \_\_\_\_8\_\_\_\_, I had to memorize them. I had to make sure that they were so deeply ingrained within me that there was no \_\_\_\_9\_\_\_\_. I didn't want to be wondering if I was going the right way or using the best holds. I needed everything to feel \_\_\_\_10\_\_\_\_.

## Bài 2

### Super Volcanoes

#### Bài tập 1: Multiple Choice

(Phần bài tập 1 này các em có thể nghe **2 lần** / mỗi lần làm bài để hoàn thiện cho xong nhé)

1. Where did the strange snow fall?

- A. England and the USA
- B. Hungary and Italy
- C. Italy and England
- D. All over Europe

2. What was the strange phenomenon known as?

- A. The year without summer
- B. The year of the Famine
- C. The year the Apocalypse began
- D. The year of darkness

3. Which aspect of a supervolcanic eruption makes it the most deadly?

- A. Earthquakes after the eruption
- B. Magma destroying everything on its way
- C. Particles and gases released into the air
- D. The wind it causes

4. Which of these create a 'volcanic winter'?

- A. the cooling temperatures
- B. Ash and particles blocking out sunlight
- C. Sulfur dioxide reacting in the stratosphere
- D. All of the above

**5.** Where is a volcanic Caldera nowadays?

- A. Yellowstone National Park
- B. Mount Vesubio
- C. Russia
- D. The Minx Dynasty

**6.** Which would be the most devastating effect of another supervolcano?

- A. we won't be able to build cannals
- B. Acid rain
- C. vegetation would die
- D. we would have nowhere to run

## Bài 3

*Bài tập thuộc chương trình học của Lớp IELTS ONLINE 1 KÈM 1 của IELTS TUTOR*

### Where did English come from?

Hướng dẫn: Bài tập 1 & 2 các em có thể nghe 3 lần /mỗi lần làm bài để hoàn thành bài làm nhé!

#### **Bài tập 1: Summary Completion**

Complete the text with NO MORE THAN TWO WORDS in each blank.

Words with Latin origins came into English with an invasion of England happening in 1 ..... Thanks to this invasion and the new words a new language evolved known as 2..... Other languages also added to language mix and it is possible to trace them thanks to 3..... Which studies sound patterns and specific vocabulary. Studies in the area have shown that English, brother languages like 4..... and 5....., descend from Proto Germanic spoken centuries before Christ. This in turn has its 6..... in an older language spoken in today Ukraine and Russia. However, historical and 7..... won't allow us to go deeper in the study.

#### **Bài tập 2: Answer TRUE, FALSE or NOT GIVEN for the following statements**

1. English shares many words with Italian.
2. Beowulf is an example of Old English.
3. Words that start with a “pf” sound in German start with “p” in English.
4. The Indo European family compresses all the languages spoken round the world.
5. More than 3 billion people around the world are studying English.

## Bài 4

### Tại sao chúng ta hay ngáp theo người khác

Bài này các em có thể nghe 2 lần / mỗi lần nghe để hoàn thành bài tập điền từ nhé

**Bài tập 1: Watch the video and complete the summary with NO MORE THAN TWO WORDS in each space.**

There are three 1 \_\_\_\_\_ under research: two 2 \_\_\_\_\_ and one psychological.

The first suggests that yawning is triggered by a 3 \_\_\_\_\_: an initial yawn, and it is called 4 \_\_\_\_\_ pattern. It is similar to a 5 \_\_\_\_\_ effect.

The second is known as the 6 \_\_\_\_\_ effect. It states that people imitate each other's behaviour without knowing it. This behaviour might be possible due to 7 \_\_\_\_\_ which are also important for learning.

The third one is called the 8 \_\_\_\_\_. Scientists set up an experiment to prove that 9 \_\_\_\_\_ would yawn at the sound of yawning and they also discovered that we yawn more frequently at the yawns of 10 \_\_\_\_\_ rather than strangers.

## Bài 5

### How to succeed? Get more sleep

Các em nghe bài này 3 lần / 1 lần làm bài nhé!

#### Bài tập 1: Gap-fill

Watch the video again and fill in the blanks

1. This is a room of \_\_\_\_\_ women.
2. And I began the journey of \_\_\_\_\_ the value of sleep.
3. And we women are going to lead the way in this new revolution, this new \_\_\_\_\_ issue.
4. I was recently having dinner with a guy who \_\_\_\_\_ that he had only gotten four hours sleep the night before.
5. And they think that means that they are so incredibly busy and \_\_\_\_\_.
6. We are facing all the multiple \_\_\_\_\_ in our world at the moment.

#### Bài tập 2: True or False?

Listen to the material and answer true or false to the following statements:

1. She fainted from exhaustion three and a half years ago.
2. Women are going to lead the revolution in getting more sleep.
3. Many men consider a lack of sleep to be a sign of strength.
4. In Washington DC, most people have breakfast at 8am.
5. Business leaders made terrible decisions because of their low IQs.
6. Ariana Huffington recommends we all get more sleep.

## Bài 6

*Bài tập thuộc chương trình học của Lớp IELTS ONLINE 1 KÈM 1 của IELTS TUTOR*

### Nếu bạn không uống nước

Bài này các em sẽ nghe 2 lần / mỗi lần làm bài cho bài tập số 1 & 2 nhé!

#### Bài tập 1: Sentence Completion

Which TWO organs in our body are more than 50% water?

1.....

2.....

Which are the two extremes of water consumption?

3.....

4.....

What does the recommended water intake depend on?

5.....

6.....

Where else can you find your necessary water intake?

7.....

8.....

## Bài tập 2: Multiple choice

For each questions choose the correct answer A, B, or C

1. What percentage of a human baby is made of water at birth?

A/ 55%

B/ 65%

C/ 75%

2. How do we mainly loose water each day?

A/ Breathing

B/ Urinating

C/ both of the above

3. What problem does a dehydrated brain have?

A/ Shrinks

B/ Shakes

C/ Melts

4. What's the amount of water consumption recommended for women

A/ 2.5 to 2.7

B/ 2 to 2.7

C/ 2.5 to 3.7

## Bài 7

### Dream

**Bài tập 1: Complete the sentence with NO MORE THAN TWO WORDS**

Ở bài tập 1 các em sẽ nghe 1 lần / 1 lần làm bài

(Example) The first people to record their dreams were 1. **Mesopotamian kings** and 2. **Ancient Egyptians**

Freud proposed that everything we remember when we wake up from a dream is a 3..... of our unconscious mind.

During sleep 4 .....neural connections are deleted.

Dreams involving dangerous and threatening situations are very common and they allow you to practice your fight or 5 .....

Going over daily traumatic events in your dreams may help the dreamer process these events in a 6..... way.

Dreaming can also help the dreamer create different 7.....to solve his problems.