



BISCUIT NOTES



BISCUITNOTES ON CAROUSELL



BISCUITNOTES GROUP ON
TELEGRAM



BISCUITNOTES ON TIKTOK

- a. Would you enjoy taking part in organized exercise activities like the one in the picture? Why or why not?

<p><u>Agreeing that taking part in organised exercise is enjoyable</u></p> <p><u>Opinion</u></p> <ul style="list-style-type: none"> - Personally, I'll be glad to/I'll enjoy taking part in an organized activity such as the one shown in the picture.
<p><u>Personal experience</u></p> <ul style="list-style-type: none"> - Our school does not organise such an activity. Thus, apart from the mass workout we do on ACES day, I have not really participated in a mass exercise programme.
<p><u>Judgement</u></p> <ul style="list-style-type: none"> - However, it is quite common to see large scale fitness events in Singapore and many Singaporeans do support and participate in such events. For example,
<p><u>Judgement</u></p> <ul style="list-style-type: none"> - Exercise is important especially for Singaporeans who lead very hectic lives, tend to be workaholics (like my father). They accumulate high levels of stress and get physically and mentally worn out by the work they do. Thus, exercise will help them to take a break from work and flush out the stress that can be harmful in the long run.
<p><u>Personal experience/example (example is missing)</u></p> <ul style="list-style-type: none"> - As a student, I too am overwhelmed with studies and assignments and feel the pressure of preparing for the 'O' levels. - I will thus look forward to/be enthusiastic about participating in such a mass event to unwind, keep fit and mingle with others.
<p><u>Benefits of exercise</u></p> <ul style="list-style-type: none"> - The exercise will be beneficial because: - It promote healthy lifestyle, active lifestyle - Improves fitness level and energy level of participants, - Improves blood circulation - Helps them to relieve stress and - Bond or interact with people from the community/neighbourhood - It is fun to exercise with others as we will feel more motivated to work out. - Though the work-out ,such as the stretching being done in the picture, may not be too strenuous, it will be a useful routine to learn and can be done as warm-ups before we do something more rigorous such as run or play floorball. During our P.E. lessons, we hardly do any stretching and plunge straight away into the sport. Thus, after the activity we have to pay for not doing warm-ups and suffer the pain of aching muscles.
<p><u>Disagreeing</u></p> <ul style="list-style-type: none"> - I do not think I would like to take part in such a mass exercise as it may not be suitable for my fitness needs.
<p><u>Reasons</u></p>

<ul style="list-style-type: none"> - When people do mass exercise, the routine may not be rigorous enough for a satisfying work-out. For some people, the exercises may be unsuitable especially if they have pre-existing health conditions such as a bad back.
<u>Opinion+ reason</u> <ul style="list-style-type: none"> - If I had to exercise with a group of people, I would prefer to do it with friends who will want an intensive session as it will be more fruitful/meaningful.
<u>Opinion + reason</u> <ul style="list-style-type: none"> - I would also be happy to work out with the family as it is a good way for us to bond and it is a great way to get my busy parents to work out and take care of their health and fitness level.

b. What sort of problems might a lack of fitness bring to our daily lives?

Some interesting points:

<u>Introduction + Problem 1+ effect</u> <ul style="list-style-type: none"> - Physical health is important but life in the big cities often takes its toll on the physical well-being of people who suffer from the effects of the modern work syndrome where people spend most of their time in front of their computer screens and thus suffer from aching shoulders, headaches and leg cramps. This passive lifestyle thus makes people physically weaker and more prone to aches and pains.
<u>Problem 2 + effect</u> <ul style="list-style-type: none"> - People who are not fit will get tired easily and will lack the stamina to carry out their duties or even go for a leisurely walk
<u>Problem 3+ effect</u> <ul style="list-style-type: none"> - People who do not watch their diets or exercise will also suffer from obesity. People work and then indulge in unhealthy foods and end up putting on weight – weight gain can lead to other more serious problems such as diabetes and high blood pressure. My father suffers from high blood pressure as he spends all his time at work and cannot control his urge to eat fried food. The doctor has asked him to monitor his diet and to exercise but he is not following the doctor's orders. Thus, his blood pressure is not under control.
<u>Problem 4+ effect</u> <ul style="list-style-type: none"> - When a person is not fit, he will also feel the effects mentally and emotionally. A person will feel mentally exhausted and his concentration will drop. A student who cannot concentrate will not be able to grasp the key focus of the lesson and will do badly for tests and exams.
<ul style="list-style-type: none"> - A person may also feel depressed or unhappy and will be more irritable when he is unfit.
<u>Problem 5+ effect</u> <ul style="list-style-type: none"> - The elderly may become physically frail and unable to look after themselves. They will become over-reliant on their family/care-givers to look after them and even might need to be fed. The family members will feel burdened.

Problem 6 + effect

- Medical expenses will go up and more money will have to be spent on doctor's bills, something which could have been avoided if the individual is fit.

- c. How far do you think it is the responsibility of every citizen to keep themselves as fit as they can?

Some interesting points:

- **Stand** – agree that each citizen is responsible for keeping himself fit

Justification**Reason**

- Every citizen has the duty to take care of his own fitness. If he is fit, the quality of his life will improve, if not, he will fall sick easily and he has no one to blame but himself.

Example

- For example, the bread winner should take special care of his health and exercise regularly to keep fit as if he falls sick, he may lose his job and his family will suffer. In this case, the saying 'health is wealth' is true/relevant/applicable and one must look after one's health to be economically productive.

Reason + example

- The elderly must make greater effort to exercise and watch their diet, if not they will be prone to getting diseases such as diabetes and heart problems. They may also suffer from weak bones which will affect their mobility. By exercising, the elderly will be able to alleviate physical ailments and improve their mental sharpness as well.

Reason + example

- Teenagers must exercise and maintain their fitness so they have the stamina to study and complete all the work assigned to them. With a higher fitness level, they will fall sick less frequently, not miss school and not miss exams.

Obstacles to keeping fit

- Though people are aware that exercise is important, they may be lethargic to set time aside to exercise. They will be tempted to use lack of time or too much work as an excuse to skip exercising. Such excuses will eventually harm the individual. We thus have to be disciplined and determined to devote time for exercise so our overall health and fitness improves. The effort has to be self-initiated as no one else is going to bother except perhaps for family members.

Balanced view – role of government in promoting fitness

- However, I also believe that government can play a role to motivate and push and inspire us to exercise. As people are so busy, they will be negligent of their health. Thus, the organized events such as walkathons and marathons will serve as gentle reminders to spur people to make time for exercise. If the government plays an active

role in encouraging people to exercise, then they will have less of a burden in terms of medical costs.
- So, I think the individual and the government should work hand in hand towards the goal of having a healthy and happy population.
- Children need to be guided

Day 1 Oral Exam

Reading Passage:

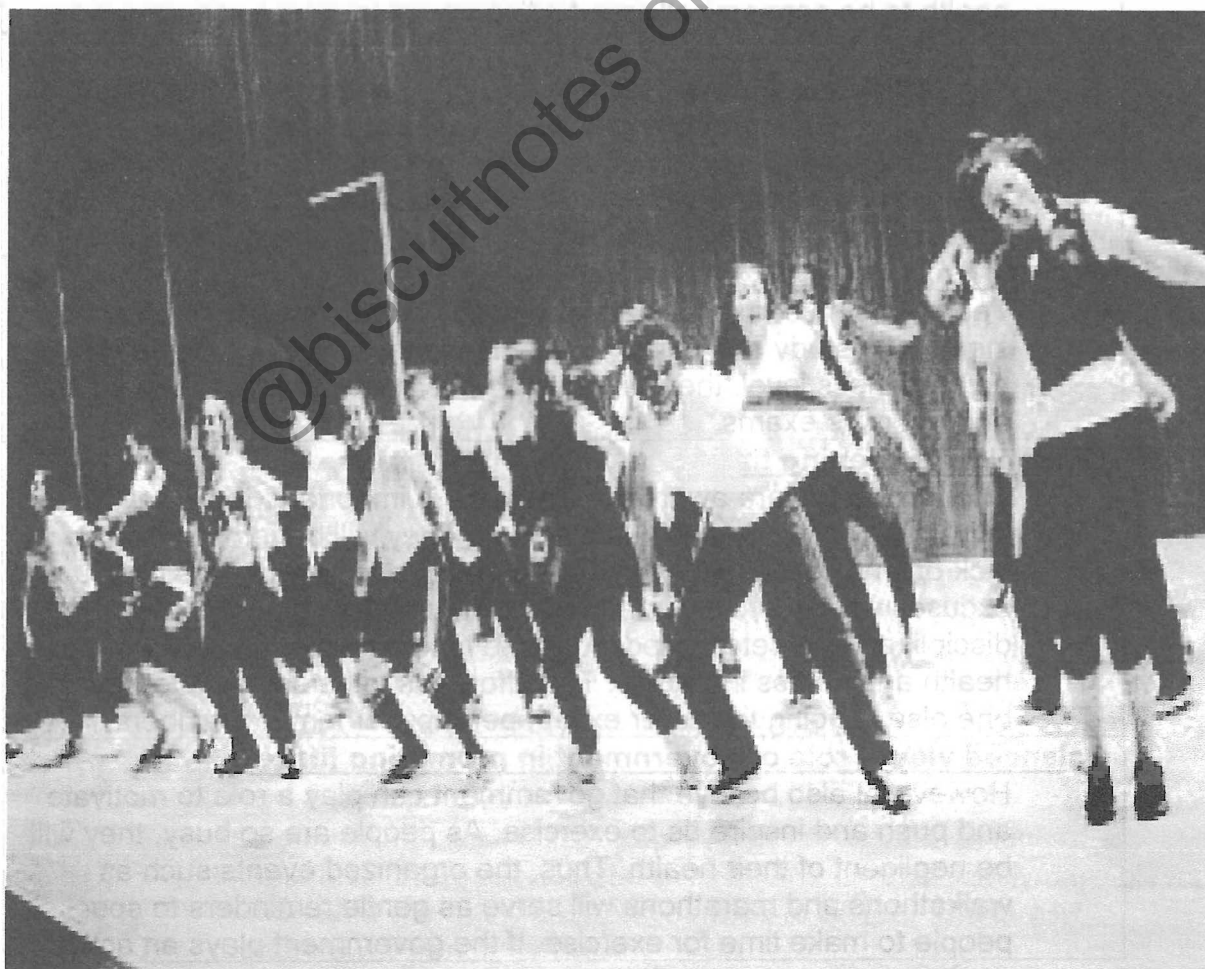
Ashley is involved in a bad accident that causes her to be in a wheelchair. Despite this, she makes the effort to speed up her recovery and resumes as normal a life as possible. She gets back to choir training and works with her dance troupe to train for the Asian Youth Festival. Her determination pays off as she is able to recover and take part in the AYF.

Difficult words –

horrific, troupe, motto

Contractions:
wouldn't, I'd

Spoken Interaction



Picture stimulus : Hip-Hop Dancers dancing in sync at Asian Youth Carnival
(Indicated on banner)

- 1) Would you enjoy being part of a performance like the one in the picture? Why or why not?

Response	Yes, I would be delighted to be part of the performance.
Reasons/Benefits Challenges and how to overcome challenges	<ul style="list-style-type: none"> - This is because the dancers who are part of a hip-hop group seem to be having fun. - Furthermore, their enthusiasm and passion is evident from the way they are dancing. - Thus, I feel tempted to join them to experience the exhilaration and high energy level the dancers seem to be enjoying. - This genre of dance is popular among the younger generation as it is a wonderful medium for them to express themselves. - Through dance, I can de-stress and take a break from the hectic routine of studying and exams. - Taking part in such a performance is also a good chance for me to showcase my talent as I am in the dance club/ choir/ drama club and I know what it is like to be up on stage to perform. Every opportunity to perform is one that I look forward to as it is a chance for me to prove myself. - No doubt, performing in public can cause us to feel nervous but once we are on stage, the nerves evaporate and the excitement and exhilaration take over and overpower the fear and nervousness. - Other than that, such a performance will also be one that I look forward to as I can develop my teamwork skills. It will be a great way to work together, to bond through dance/music and experience a sense of pride and belonging to the group.

- 2) Some students just give up if they fail or don't do well at something. How would you encourage them to keep trying?

Feelings experienced and why	<p>Defeated, demoralised, inferior, affects self-esteem, tend to delve in failure</p> <p>Example given – not doing well in a subject, failing an exam, climbing Mt Kinabalu</p>
How to help	<ul style="list-style-type: none"> - Verbal encouragement – say that failure comes before success, to tell them that there still is hope, that they should believe in themselves

	<ul style="list-style-type: none"> - Support – study with them, help them to identify weaknesses and teach them so they improve, guide them, - Use rewards or incentives to further boost their morale and motivate them when some improvement is seen – e.g. little gifts, a movie treat etc. - Be a role model and show that you have failed but picked yourself up, persevered and succeeded
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How far would you agree with the view that determination is the secret of success?

Stand	Agree that determination is an important ingredient for success.
Reasons	<ul style="list-style-type: none"> - Determination helps us to persevere and work hard to do well in whatever we set out to do. It could be in the area of academics, sports or performing arts. Without determination, not much success can be achieved. -
Examples	<ul style="list-style-type: none"> - For example, Steve Jobs, Michael Jordan - Steve Jobs failed when he first started apple. Not deterred by failure. Tried again and eventually succeeded in setting up million dollar apple company - Michael Jordan – started out being weaker in jumps compared to other players in his team. Worked hard – set time aside to do more jumps than other players each day and eventually excelled in this area. Hence, this shows that with determination, success is possible. - Joseph Schooling – clinched many medals in the commonwealth games because he had a goal and worked towards it with great determination. - Personal Example – mother has just picked up line dancing. She is quite old but she is not letting age hold her back because she is determined to learn. With determination she will be able to pick up line dancing and enjoy it.
Consider other factors too	<ul style="list-style-type: none"> - However, determination, while important, is not the only factor that explains success. Other factors such as talent, hard work, passion, intelligence and interest are important as well. - Alternative – determination is the most important factor for success. You may have talent but talent on its own cannot get you far. You need determination to propel you forward.

Spoken Interaction:

Day 1

Questions	Responses
<p>What do you think the woman on the right might be feeling?</p> <p>Type of question: Personal response</p>	<p>Reference to picture + prediction I think the woman might be feeling: Judging from her facial expression, I think the woman might be</p> <p>Candidate responses</p> <ul style="list-style-type: none"> - Angry/irritated/upset - Curious - Uncomfortable - Confused - Offended - Unhappy - Guilty <p>Reasons + Predictions: She <u>might be</u> displeased as she might be wondering why her picture is being taken. <u>Moreover</u>, she <u>might view it</u> as an invasion of her privacy and is puzzled and upset that her picture is taken without her permission. <u>Furthermore</u>, she <u>might think</u> it is disrespectful to be photographed in this manner. <u>Also</u>, being photographed may make her anxious as she does not know why she is being photographed and not knowing the purpose or intention would make her feel uneasy as it might be used negatively and get her into trouble.</p> <p>Generalising on the issue <u>There have been many cases published recently</u> about young people taking shots of elderly people or of certain inappropriate behaviours on public transport and posting on social media. It can cause a person to be unfairly victimised and the lady may not like the idea of being photographed and may not like the unnecessary publicity given, especially if it will not do credit to her or ruin her reputation.</p> <p><u>If I were the lady</u>, I too would feel uncomfortable and would confront the photographer to question his intention.</p> <p>Reasons + Prediction: Perhaps the lady is wondering why the photograph is being taken. Given that, train breakdowns are occurring more frequently nowadays, the lady may be thinking if the person taking the photo could be checking on the train's operations and to see if it is functioning well and efficiently.</p> <p>Reasons + Prediction:</p>

	<p>She might be feeling guilty as she is occupying the priority seat reserved for the elderly and expectant women and she may realise that someone has noticed this and is not happy about it. She may think that since she got on the train first, she has the right to occupy the seat. <u>She may not like the fact that people are judging her</u> and she may think that they should mind their own business and not stir unnecessary trouble.</p> <p><u>I think she should be more considerate</u> and not occupy seats meant for people who need it more than she does.</p> <p>Reasons + Prediction: <u>I assume</u> the lady is tired and is on her way home from work. She may have been standing for some time and managed to get the seat only a short time ago and is feeling relieved to be able to sit.</p> <p><u>There have been instances</u> when I have had to stand on the train all the way from the east to the west. As I am young, I am able to take it but for an older person, standing for an hour or so can be quite exhausting.</p> <p>Reasons + Prediction: I think the woman's attention is captured by the behaviour of some commuters on the train who may be alighting/exiting the train in a disorderly manner and she might be feeling disgusted by these inconsiderate commuters.</p>
<p>Tell me about how you travel to school each day.</p> <p>Type of question: Personal Experience</p>	<p>Describe + state effects and personal judgement (Compare) Many ways of coming to school <u>On some days</u>, I am dropped by my parents who are on their way to work. <u>I feel blessed</u> as it makes my commute to school comfortable and fast. It takes only 15 minutes to get to school. If my parents are not in Singapore or are busy, I have to take the bus and this is not always the most comfortable way to travel as in the morning, during peak hours the buses are always crowded with many students and workers. Even if I leave my home early, I find it almost impossible to get a seat on the bus and have to stand in the crowd all the way to school. If I take the bus, the journey is 3 times longer compared to going by car. Moreover, when the bus is too crowded, it will not stop and I will have to wait for the next bus and may end up being late for school. If I am really late or if it is raining and cannot be dropped off, I will use the Grab taxi service to get to school. I find this convenient on days when I know I might be late. No doubt, it is expensive, but it does help me to get to school on time on rainy days. I try not to over-use this service as I do not wish to waste my pocket money on such expensive means of transport</p> <p>Walk to school. Am fortunate to live close by to the school. It is an advantage as I can leave my house later than my peers and get to sleep a little longer than them.</p>

	<p>Also, I prefer walking as it is good for me and will improve my fitness level.</p> <p>In addition, walking is better as I do not have to experience the discomfort of travelling on crowded buses or trains, or endure a long journey to school.</p> <p>My mother drops me to school on her scooter. It is better than coming to school on a bus as the bus is often crowded and slower than travelling on the scooter. Moreover, my mother is an expert in negotiating the traffic conditions and she can manoeuvre the traffic on the expressway and avoid the jam that is often seen in the morning. If I took the bus, I could be caught in the traffic jam and end up being late for school.</p> <p>Other ideas not raised: Cycle to school School bus Car pool with friend whose parents drop us</p>
<p>Do you think public transport should be free for everyone? Why or why not?</p> <p>Type of question: Expressing Opinion</p>	<p>Most disagreed with the view.</p> <p>Stand taken No. I do not think public transport should be free for everyone.</p> <p>Reasons Operating costs This is because transport companies need to cover costs of running the services and paying their workers. Fuel is not cheap. Moreover, cleaning, maintain and repair works can be costly. Also workers and drivers need to be paid.</p> <p>Government does not owe us a living. Travel expenses should be individually borne Moreover, we should not expect the government to pay for public transport.</p> <p>Praise government for good transport system The government has done a good job to provide us with an excellent public transportation system that is generally reliable with trains and buses arriving at frequent/regular intervals that help us to get from one destination to another conveniently and relatively quickly.</p> <p>Inference + role of citizens We should thus take the responsibility and pay for our journey ourselves, considering how cheap it is. It is not right to expect the government to pay for our travelling expenses. As a student, I only pay 65 cents to get from one place to another. This subsidy is one I am grateful for. Senior citizens are also given subsidies that makes it more affordable for them to travel cheaply.</p> <p>Counterview + benefits <u>I acknowledge that</u> making public transportation free will be an incentive to the public and encourage them to travel on buses and trains instead of cars.</p>

This will reduce congestion and jams on the road and reduce air pollution. It is definitely more environmentally friendly and will minimise the emission of greenhouse gases.

Rebuttal + consequences

However, it is impractical to expect it to be free as if that is the case, then there will be less money to maintain the high standards of our transport system. With lower standards, we the commuters will suffer. Thus/In a nutshell, I believe we should pay for public transportation.

Suggestion

If people do not want to pay, then they should walk or make a one-time investment in a bicycle and cycle around. If not, they should be appreciative of the convenient transportation that is provided and not complain about having to pay for it.

Suggestion

It could be made free for a certain sector of the population e.g. the elderly who are not working and who are not able to afford even the extremely reasonable amount that is charged or the disabled to make it affordable for them to travel

Suggestion

On certain occasions, e.g. SG50, it could be made free for a few days to commemorate this special event.

Group 1 = theme = sports, competition

Vocabulary	Structure/Content
Fireworks, exciting, mesmerising, brilliant display of lights, helps to liven up festive mood, great way to celebrate a special event Noisy, explosions can be scary and overshadow the brilliance of the pyrotechnic display	Yes/No, I do not enjoy fireworks – I look forward to/do not look forward to It is a great way to The display of ... is always a mesmerising experience as It is a brilliant way to mark a(event) As a student, I have had the opportunity to watch my peers in several school-based sporting competitions. Just a few months ago, I had the opportunity to ... Our school (sport) team was vying for ... position. It was exciting watching the match as I felt proud to be one of the supporters cheering our team on/rooting for our team as it would encourage them to play their best and know that they have the whole school behind them, regardless of the outcome I admire/appreciate the dedication of our school (sport) team as they
Sports, skills, values, fun, fitness, stamina, bonding, teamwork, de- stress, love for outdoors,	I agree to some extent that it is important to encourage sports in school as sports is an important way for every student to It is also important to foster a love for sports as sports can ... Moreover, sports is an ideal way for students to learn important values such as ... For example,
Competition, test skills, develop sportsmanship, incentive to do well when one wins, experience a sense of accomplishment, push your boundaries, test your mettle, be disciplined and perseverant to train, resilient to recover from defeat and try again	That being said, sports teams in schools need to also be exposed to competition to test their skills and prowess. They need to be competitive to some extent as competition is an important driving force/can motivate them/ can spur them to Our floorball team for instance are one of the best in the east zone. They thrive on competition which helps them to

Day 8

- Do you enjoy firework displays? Why or why not?
- Tell me about a sporting event you have attended or seen.
- How far would you agree that encouraging sport in schools is more important than promoting competitions for top athletes?

Group 2 = theme = school life, career, friendships

Vocabulary	Structure/Content
<p>School reunion, catching up, renewing ties, relive the good old days, maintain friendship ties, reconnect with those we have lost touch with</p> <p>workshops, visits, talks, career advise guidance, interest, ability/qualification, remuneration,</p>	<p>If given the chance to attend a school reunion as seen in this picture, I would be glad to do so. As is evident in the picture, the reunion has brought smiles to those who are present. A reunion is a great way to</p> <p>In addition, it</p> <p>Other than that, a class or school reunion also</p> <p>Some may claim that it is more convenient to keep in touch via social media and thus an actual school reunion is unnecessary. That may be the case, but I do believe that social media cannot take the place of a physical reunion which is more meaningful as</p> <p>I have not given my future career much thought at this point in time, but I would definitely consider a number of factors before I decide on taking up a job.</p> <p>Firstly, I would</p> <p>Secondly, I would look into</p> <p>Finally, I would consider the</p>

2014 Day 6

- Would you enjoy attending a school reunion like the one in the picture? Why, or why not?
- How do you think students can be helped to make a smooth transition from school to higher education or work?
- When choosing a career, what are the important points that need to be considered?

Group 3 = theme = international friendship, education, forging links

Vocabulary	Structure/Content
<p>International friendship, cross cultural exchanges, broadening horizons, fostering understanding and appreciation of other communities. Establishing connections with people from other parts of the world to widen our social network</p>	<p>I would welcome the opportunity to be acquainted with people from different countries. It is always delightful to meet people who have lead lives that are quite unlike ours and learn about some of their practices, challenges, dreams and aspirations that are important to them.</p> <p>I have had the opportunity to</p> <p>I appreciated the chance to get to interact and bond with because I learnt about</p> <p>This meeting also shed light on</p> <p>In addition, I became aware of/realised</p> <p>It has increased my respect for</p> <p>Firstly, friendships with people from other countries can be encouraged through exchange programme. In our school, we</p> <p>Secondly, we could develop international friendship on our own by</p> <p>It is also possible to extend our hand of friendship to an overseas counterpart by</p>

	<p>Yes, I agree to some extent that a trip to another country helps us to understand the people's lifestyle and culture.</p> <p>A trip overseas allows us to become culturally more sensitive to the lifestyle and values that guide others. It will increase our awareness and understanding of certain behaviours for example</p> <p>Such understanding is not only fascinating but also important as it helps us to see where the other person is coming from and can minimise misunderstandings. It will help to break stereotyped views of the people which may unfairly label them with negative terms</p> <p>Another benefit of meeting people from another country face to face during our travel overseas is that it allows us to learn more about their language and their challenges</p> <p>In our increasingly globalised world, it is possible for some of us to be working overseas in the near future. An understanding of the people's mindsets/attitudes and habits will help us adapt and relate to them more easily.</p> <p>For these reasons, I believe it is important to meet people from other countries and endeavour to maintain the links established through social media.</p>
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Day 10

- Do you enjoy meeting people from different countries? Why, or why not?
- How do you think friendships between young people from different countries can be encouraged?
- Do you agree that visiting other countries helps us to understand the people who live in them? Why, or why not?

Group 4 = theme = fund-raising, community involvement, VIA

Vocabulary	Structure/Content
Fund-raising, needy, support, generosity, compassion, team effort, promote event, render help to alleviate suffering, funds could be used to cater to, obligation to give back to society, show care and empathy to others	<p>I would be happy to support such an event as it would be for a worthy cause.</p> <p>It would be akin to killing two birds with one stone – exercise, bond with like-minded people and do a good deed as well</p> <p>Example of a time when you helped to raise funds – how you felt, any challenges faced, what lessons you learnt</p> <p>Sell flags –</p> <p>Charity golf tournament – pay money to play – donate to needy students in school – pros and cons</p> <p>President star charity concert – celebrities perform, public donate for major welfare services</p> <p>Car wash in school</p> <p>Make and sell trinkets and food products, charity bake project – raise funds for needy students</p> <p>Discuss pros and cons of each way</p> <p>Personal examples</p> <p>Agree</p> <p>Why</p> <p>Believe in the saying 'charity begins at home' – better to help the needy in our own 'backyard' first before rendering help to people in other countries. I think it is hypocritical to not help people in our own country and let them live in poverty or poor health while channelling funds to relieve the suffering of overseas victims.</p>

	<p>Thus, personally, I would want to garner support from friends and fellow Singaporeans to donate to the poor children who do not have enough money for their daily needs and their education.</p> <p>I am heartened to see how well provided for local charities are – many have enough funds. There are many generous well-wishers looking after local charities.</p> <p>Since they are well provided for and do not need as much financial aid, then I think we can think of helping the needy in neighbouring countries – e.g. victims of the Nepal earthquake, floods in India, Indonesia, tsunamis etc. Suffering of these people is massive – lose homes, lose livelihood, have no access to food, clean water or medical supplies – their need for aid is urgent and we should do our part to donate to help them get through the crisis.</p>
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Day 7

- Would you enjoy taking part in an event like the one in the picture? Why, or why not?
- What are some other ways to raise money for charity?
- How far do you agree that giving to local charities should always come first before giving to overseas charities?

Group 5 = theme = outdoor activities, school trips, leisure, holidays

Vocabulary	Structure/Content
<p>Outdoor camping, roughing it out, connecting with nature, disconnecting from comforts of modern life, getting away from stresses of hectic pace of work, picking up skills to survive in outdoors, bonding, appreciating simplicity of life</p> <p>Rejuvenate, re-energise, detrimental to health, feel burnt out, over-work, takes it toll on mind and body</p> <p>Many ways to make the most of holidays to recuperate</p>	<p>As a lover of the great outdoors, I would definitely look forward to any chance to be part of a camping trip. In my view, camping is an effective way to break away from the monotony of everyday life at minimal cost. It is quite a unique and fulfilling experience to set up camp, cook and eat outdoors and gaze at the stars in serene and peaceful surroundings. It helps us to relax and get in touch with our inner selves.</p> <p>Other than that, camping is also a wonderful opportunity to reconnect with nature. It provides us a respite from the entrapments of the concrete jungle we live in, from being hyper-connected, from traffic jams and from school work. No doubt, we may have to put up with the inconvenience over insects but once we know how to protect ourselves from these pests, we are bound to have a glorious time out.</p> <p>Personally, I am no stranger to camping. One camp experience I enjoyed was</p> <p>Other benefits of camping</p> <p>Exercise and keep fit</p> <p>Enjoy fresh air</p> <p>Forge stronger friendships with campmates</p> <p>Learn the importance of give and take when as campmates we have to work together/in teams.</p> <p>Although I personally do enjoy camping, I do realise that not everyone shares my passion. There are people who have no interest or love for camping and the whole experience will be considered to be torturous and unpleasant rather than relaxing.</p> <p>I do agree that people are not spending time to take a break and enjoy their holidays. Although holidays should be a time to rest, the</p>

	<p>reality is that many people are workaholics and tend to forego holidays as they feel there is too much to do.</p> <p>For example, my father/mother is a case in point. He/she</p> <p>Even when they do take a break, it is not uncommon for them to work remotely, check work e-mails. The holiday is thus not a total break as work continues to hover in their lives. As a student, I too find myself being bogged down with school commitments even during the holidays. I continue to go for tuition classes even during the holidays. Teachers arrange to hold extra lessons during holidays.</p> <p>Such a scenario where work dominates our lives is detrimental to our physical and mental well-being.</p> <p>Thus, it is important for us to make a greater effort to spend our holidays on resting and relaxing so that we feel we have had enough break and are sufficiently restored to get back into the swing of things with zest and drive.</p>
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Day 4

- Would you find an activity like the one shown in the picture relaxing? Why or why not?
- Tell me about a holiday or a school trip that you have enjoyed.
- Some people say we work too hard and do not take enough holidays. What is your opinion?

Further tips for Spoken Interaction

Steps	Thinking Framework
Read the passage and examine the picture/visual/photo	What <u>themes</u> come to mind?
Response to picture	<p>How <u>are the people/subjects in the video feeling/thinking</u> as they are <u>engaged</u> in the activity?/as they <u>participate</u> in the event?</p> <ul style="list-style-type: none"> Positive feelings – enjoying it/seem to be excited to .../are engrossed/focused/appear to be enthusiastic as evident from their smiles/attentive/absorbed by/captivated by/in awe/appreciative/grateful for Reasons for feelings I presume they are fond of .../welcome the opportunity to .../appreciate /find it meaningful to Negative feelings – unhappy/reluctant/confused/unsure/insecure/wary/tensed/anxious/bored/indifferent/nonchalant/inconsiderate/inattentive

	<ul style="list-style-type: none"> • Reasons for feelings Not interested, afraid, unsure, uninspiring, reckless, irresponsible
<p>Picture to personal response</p> <p>Verbs to cover learning</p> <ul style="list-style-type: none"> - Pick up a new skill - Acquire - Gain insights into ... - Learn something new - Gain exposure to - Become aware of - Become familiar with ... - Get to experience 	<p>Would you be keen to do this activity? OR Would you be keen to participate in this event? Why? Or why not?</p> <p><u>Personally, I would be keen/would look forward to/would find ... appealing/attractive/interesting/engaging/would be grateful for the opportunity to</u></p> <p>If yes, give reasons that could cover:</p> <ul style="list-style-type: none"> • Cover benefits and show how these benefits are realised • Pleasure/enjoyment <ul style="list-style-type: none"> - Fun - Lifted my spirits/livened up our moods/cheered us - de-stress/relax/unwind • Learning – gaining Insights <ul style="list-style-type: none"> - learn something new/make new discoveries/broaden my horizons • Learning - skills <ul style="list-style-type: none"> - gain useful skills (specify) that will aid me to • Learning – open-minded <ul style="list-style-type: none"> - will make me more open/receptive to/appreciate other - Look at the issue from the perspective of others • Learning – values/personal strengths/qualities <ul style="list-style-type: none"> - developing/strengthening/building up ... - ... will be instrumental in developing my resilience/determination/courage/confidence/compassion by ... - overcome my fear of(Values) • Learning – awareness/attitude – feel grateful for .. <ul style="list-style-type: none"> - Will increase my awareness of the importance of/danger affecting our - ... will make me realise that I am fortunate/privileged to enjoy the comforts that ... are denied/deprived of. I will thus learn to appreciate what I have and not take it for granted. • Learning (personal skills to prepare for future challenges) <ul style="list-style-type: none"> - Develop my team-work skills. This is important as it will help me in the future when I move on to the ... or join the workforce - Leadership skills

	<ul style="list-style-type: none"> - Problem-solving skills - Bond with friends • Learning – to improve self-worth <ul style="list-style-type: none"> - Experience a sense of personal satisfaction when I (personal growth and gain) - Gain confidence - Feel satisfied/contented as I have achieved my goal/my dream of - Experience a sense of accomplishment as I have done well and my hard work has paid off - Be inspired by ... - Role-models - Agent of change • If not interested, give reasons that cover: <ul style="list-style-type: none"> - Lack of interest – I am not cut out to .../I am not drawn to is an activity that I do not really enjoy because: - Personality which makes you less inclined to the because (too uninspiring, not stimulating to mind/body, not physically exhilarating, you are too shy to ..., too frightening/dangerous/risky - Lack talent - Lack of time
Challenges you might face in pursuing/embarking/conducting Implementing/carrying out the project/activity/event etc.	<ul style="list-style-type: none"> - Lack of time - Too difficult/daunting/demanding/tough/risky to master - Too time consuming – preoccupied with studies and CCA commitments which can be quite overwhelming. Thus, it is not easy to add on another commitment to an already packed schedule. - Not offered in your school - No support given by - No interest shown – people/peers are indifferent to it because they do not sense the urgency to/they do not realise the importance of/they consider it a waste of time and effort
Recount	<ul style="list-style-type: none"> • One voluntary activity/holiday experience with my family/competition/performance I attended/took part in was when I • <u>Time phrases</u> • When I was in secondary one/two/primary school • Describe – wh and how • I remember/recall vividly I was • Outcome and impact of experience – what you learnt from experience • It was a turning point for me/an important moment for me as it paved the way for/inspired me/made me aware of/shook me out of my complacency and motivated me to
Opinion	<ul style="list-style-type: none"> • I agree to some extent that