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## Part 1.

**Interviewer**: Good morning Matthew and welcome to the show.

**Matthew**: Thank you. It’s good to be here.

**Interviewer**: So Matthew, how did you become a fitness instructor?

**Matthew**: Well, I haven’t always been into fitness. In fact, no one in my family is very sporty. I didn’t work out in the gym or do much sport when I was young, but over the years I realized how important regular exercise is. Being a fitness instructor isn’t a great way to get rich, but I can help myself and help other people to get fit too.

**Interviewer**: For our listeners, I should just add at this point that Matthew’s foot is in a plaster cast. Can you tell us what happened?

**Matthew**: I know. I shouldn’t be talking about keeping fit when I can hardly walk. I sprained my ankle last week while I was in the gym. It could have been worse, but still it’s very annoying. I had to cancel all my classes for the next couple of weeks, but hopefully I’ll be back to normal next month.

**Interviewer**: But it’s not only important to keep our bodies fit, of course. We all know the saying, healthy body, healthy mind. Do you feel happier when you exercise?

**Matthew**: Yes, I do. It’s important to keep your body and your mind in good shape. A healthy diet and half an hour’s exercise each day is the best fitness program. You don’t have to know exactly how your body works, but you certainly know when you feel healthy and when you don’t. And when your body is healthy, your mind is too.

**Interviewer**: And what about your friends? Do they all agree with your way of life?

**Matthew**: They think I’m very focused on exercise, too focused maybe. They’re also surprised that I don’t always eat well. It’s true that I care about what I eat, but I won’t say no to a tasty burger or some chocolate from time to time. But actually, I don’t usually eat much meat unless I’m training for something special.

**Interviewer**: So one final piece of advice to all our listeners out there?

**Matthew**: Well, I think the best thing is to do what makes you feel good. It’s good to exercise every day. I do, but you shouldn’t copy me. My exercise program wouldn’t necessarily suit everyone. Just try to do as much as you feel comfortable with. Don’t overdo it and always have fun.

**Interviewer**: Thank you, Matthew.

## Part 2.

**Cathy**: Hello, Hilary Lodge retirement home, Cathy speaking.

**John**: Hello, my name’s John Shepherd. Could I ask if you’re the manager of the home?

**Cathy**: That’s right.

**John**: Oh, good. Hello, Cathy. A friend of mine is a volunteer at Hilary Lodge, and I’d like to help out, too, if you need more people. I work part-time, so I have quite a lot of free time.

**Cathy**: We’re always glad of more help, John.

**John**: Ahha.

**Cathy**: Now obviously we’d need to get to know you before you become one of our volunteers.

**John**: Of course.

**Cathy**: Could you come in for an informal interview – later this week, maybe?

**John**: I’m busy the next couple of days, but would **Saturday** be possible?

**Cathy**: Certainly. Just drop in any time during the day I won’t be working then, so you’ll see my assistant, Mairead.

**John**: Sorry, how do you spell that?

**Cathy**: It’s **M-A-I-R-E-A-D**, Mairead.

**John**: OK, got that. It’s not a name I’m familiar with.

**Cathy**: It’s an Irish name. She comes from Dublin.

**John**: Right. And the road that Hilary Lodge is in is called Bridge Road, isn’t it?

**Cathy**: That’s right. Number **73**.

**John**: Fine.

**Cathy**: Oh, one other thing you might be interested in – we’re holding a couple of ‘open house’ days, and still need a few volunteers, if you’re available.

**John**: What are the dates?

**Cathy**: There’s one on April 9th, and another on 14th May. They’re both Saturdays, and all-day events.

**John**: I can certainly manage **May 14th**. I’ve got another commitment on April 9th, though.

**Cathy**: That would be a great help. We’re having several guest entertainers – singers, a brass band, and so on- and we’re expecting a lot of visitors. So one possibility is to help look after the **entertainers**, or you could spend an hour or so organising people as they arrive, and then just be part of the team making sure everything’s going smoothly.

**John**: Well, shall I show people where they can park?

**Cathy**: Lovely. Thank you. One reason for holding the open house days is to get **publicity** for Hilary Lodge locally. So you may find you have someone from a **newspaper** wanting to interview you. They’ll want to find out from two or three people why they **volunteer** to help at the home. We’re trying to get a TV station to come, too, but they don’t seem very interested.

**John**: I don’t mind being interviewed.

**Cathy**: Good. Well, if you come in for a chat, as we arranged, we’ll take it from there. Thank you very much for calling.

**John**: My pleasure. Goodbye.

**Cathy**: Bye.

## Part 3.

Tonight I’m going to talk to you about that remarkable continent Antarctica - remote, hostile and at present uninhabited on a permanent basis. For early explorers, it was the ultimate survival contest; for researchers like me, it remains a place of great intellectual challenge; while for the modern tourist, it’s simply a wilderness of great beauty.

First, some facts and figures. Antarctica is a place of extremes - the highest, coldest and windiest continent and over fifty-eight times the size of the UK. The ice-cap contains almost 70% of the world’s fresh water and 90% of its ice, but with very low snowfall, most of the continent technically falls unbelievably into the category of desert! Huge icebergs break off the continent each year, while in winter half the surrounding ocean freezes over, which means its size almost doubles.

Research and exploration has been going on in Antarctica for more than two hundred years, and has involved scientists from many different countries, who work together on research stations. Here science and technical support have been integrated in a very cost-effective way - our Antarctic research programme has several summers-only stations and two all-year-round ones; I was based on one of the all-year-round ones.

The research stations are really self-contained communities of about twenty people. There’s living and working space, a kitchen with a huge food store, a small hospital and a well-equipped gym to ensure everyone keeps fit in their spare time. The station generates its own electricity and communicates with the outside world using a satellite link.

Our station - Zero One - had some special features. It wasn’t built on land but on an ice-shelf, hundreds of metres thick. Supplies were brought to us on large sledges from a ship fifteen kilometres away at the ice edge.

There are an increasing number of opportunities for young people to work for a period in Antarctica - not only as research assistants in projects like mine, but also in a wide range of junior administrative and technical positions including vacancies for map-makers. I hope that the insights I’ve provided will encourage you to take up these opportunities in this fascinating continent.