

IELTS SPEAKING

Domino High Score Course

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Are there any ways to improve sleeping quality?

Well, there is no sure way to guarantee a good night's sleep because it varies from person to person. To me, I take no caffeine or alcohol before I go to bed; exercise half an hour in the evening; have some hot milk and have a hot bath; sometimes, some light music helps a lot as well.

Concentration

What is the importance of concentration?

Focusing one's mind on one thing can make people work efficiently and effectively. It is hard to imagine how someone can work perfectly in an environment where he or she is easily distracted!

Under what circumstances can you be easily distracted?

As far as I am concerned, only two things can distract people. One is environment, say, noisy people around, loud music, construction and traffic sound or even an incoming call; the other one is my mind. If there is something on my mind, I can get distracted really easily.

Are there any good ways to keep focused?

To me, I think it is all about your mind. Once your mind really focuses on one thing, you can ignore everything around you. But it is always easier said than done.

Boating

Do you love boating?

Totally, it enables me to release my stress and spice up my life. I love the feeling of going boating on the lake, enjoying the view, listening to the birds chirping on the trees, breathing in the fresh air while soaking up the sun. The feeling is incredible!

Do you want to have a boat of your own?

To be honest, it has never occurred to me. Right now, my top priority is to have a flat of my own. The house prices in Beijing are soaring at an extremely fast speed.

Do Chinese love boating?

Most of them love boating at parks on weekends, which is a great way to loosen up.

谢谢

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