LESSON 30 · DAILY PRACTICE

Full Simulation 09

실전 15문항 먼저 답하기 → 해설 | 모범답변은 실제 생활에 맞게 바꾸는 연습 예시입니다.

오늘의 학습 구조

Q1	자기소개: 직업·가족·건강 루틴
Q2-Q4	달리기: 장소 묘사·운동 루틴·돌발 날씨 경험
Q5-Q7	가족 식사: 일상·기념 식사·과거/현재 변화
Q8-Q10	생활 소음: 원인·재택근무 방해 경험·관리 방식 변화
Q11-Q13	헬스장: 수업 문의·예약 누락 해결·관련 경험
Q14-Q15	심화: 개인/단체 운동 비교·건강도시와 소음 균형

훈련 원칙
짧은 완성 문장으로 시작한 뒤 장소, 활동, 이유, 결과를 한 덩어리씩 추가하세요. 답변 전체를 외우기보다 구조를 재사용합니다.

주의
등급이 올라가도 사실관계를 바꾸지 않습니다. 같은 정보에 구체 묘사와 연결어만 더해 질문 요구사항을 빠뜨리지 않습니다.

Q1 · INTRODUCTION

Full Simulation 09

직업과 가족생활을 짧게 소개하고, 실제 일정에 맞춰 유지하는 운동 습관과 그 효과를 연결하세요.

Please introduce yourself. Tell me about your work, your family, and a healthy routine you try to maintain.

IL

I am an engineer and I live with my family. I work during the week. I try to walk or run to stay healthy.

IM

I work as an engineer, and I live with my family. My weekdays are usually busy, so I try to exercise in the evening. A short run or walk helps me relax and sleep better.

IH

I work as an engineer, and much of my weekday requires concentration. After work, I value quiet time with my family because it helps me reset. I also try to maintain a realistic exercise routine. Instead of planning a long workout every day, I run or walk for a short time when my schedule allows. That habit gives me energy and creates a clear boundary between work and home.

AL

I work as an engineer, so my weekdays involve technical decisions, deadlines, and sustained concentration. At home, I value ordinary time with my family, such as sharing dinner or talking about the day. A healthy routine I try to maintain is running several times a week. I used to set ambitious goals and then skip exercise when work became busy. Now I choose a shorter route that fits my actual schedule. That approach has made me more consistent, improved my mood, and given me a dependable way to move out of work mode.

CHECK · fit my actual schedule / stay consistent / move out of work mode

Q2 · RUNNING · PLACE DESCRIPTION

Full Simulation 09

위치, 노면, 시설, 풍경, 시간대별 이용자 순서로 달리는 장소를 구체적으로 묘사하세요.

Describe a place where you usually run. Tell me about its location, scenery, surface, facilities, and the people you see there.

IL

I run on a path near my home. It is flat and clean. There are trees, lights, and many walkers.

IM

I usually run on a path near my apartment. It follows a small stream and has trees, lights, and benches. The surface is smooth, so runners, walkers, and families use it in the evening.

IH

The place where I run most often is a streamside path about ten minutes from my apartment. It has a smooth surface, distance markers, lights, and a few water fountains. Trees separate much of the path from the road, so it feels calmer than the surrounding neighborhood. In the morning I see serious runners, while evenings bring families, dog walkers, and people commuting by bicycle.

AL

My regular running route follows a stream near my apartment and connects several neighborhood parks. The path is wide enough for runners and walkers to share, and painted lanes help separate bicycles in the busiest sections. Distance markers make pacing easy, while trees, lighting, benches, and water fountains keep the route comfortable in different seasons. Early mornings are quiet and attract focused runners. After dinner, the atmosphere becomes more social as families, older residents, and dog walkers arrive. I like the route because it feels connected to the neighborhood while still providing enough space to concentrate on my pace.

CHECK · streamside path / distance markers / concentrate on my pace

Q3 · RUNNING · ROUTINE

Full Simulation 09

준비, 워밍업, 속도 조절, 마무리 걷기, 기록과 회복을 시간 순서대로 말하세요.

Walk me through your usual running routine, from preparing at home to cooling down afterward.

IL

I change clothes and stretch. I run for about thirty minutes. Then I walk, drink water, and go home.

IM

Before I run, I check the weather, change into comfortable clothes, and do a short warm-up. I start slowly, run for about thirty minutes, and finish with walking, water, and light stretching.

IH

My routine begins by checking the weather and deciding on a realistic distance. I change clothes, drink a little water, and warm up my ankles and hips. For the first few minutes, I run slowly instead of chasing a target pace. I then settle into a steady rhythm and adjust if I feel tired. At the end, I walk until my breathing calms down, stretch lightly, record the run, and prepare for the next day.

AL

My usual routine is designed to remove small excuses before they become reasons to skip exercise. I check the weather, lay out simple clothing, and choose a distance that matches my energy rather than an ideal plan. After a brief mobility warm-up, I begin slowly and use the first kilometer to judge how my body feels. Most runs are steady and conversational instead of exhausting. I finish by walking until my breathing settles, drinking water, and stretching the areas that feel tight. I record only a few details, such as distance and effort, because the main goal is consistency rather than turning every run into a test.

CHECK · remove small excuses / steady rhythm / consistency rather than a test

Q4 · RUNNING · MEMORABLE EXPERIENCE

Full Simulation 09

원래 계획, 돌발 날씨, 위험 판단, 안전한 대처, 이후 바뀐 준비 습관을 과거 시제로 설명하세요.

Tell me about a memorable time when a run did not go as planned. Explain what happened, what you did, and what you learned.

IL

One evening it started raining during my run. I slowed down and went to a nearby store. I waited and returned home safely.

IM

Once, heavy rain started while I was running far from home. The path became slippery, so I stopped trying to finish my distance. I walked to a convenience store, checked the weather, and took a bus home. I learned to plan a safe exit.

IH

I once began a run under a cloudy sky, but a sudden downpour arrived when I was several kilometers from home. The surface became slippery and visibility dropped. I first reduced my pace, then decided that finishing the planned distance was not worth the risk. I sheltered at a convenience store, checked the radar, contacted my family, and used public transportation to return. The experience taught me to carry a transit card and identify safe exit points before longer runs.

AL

One of my most useful running lessons came from a route that looked manageable at the start but changed quickly when a storm moved in. I was far from home when the rain became intense, the path began collecting water, and cyclists had difficulty seeing pedestrians. My first instinct was to keep going so the workout would feel complete. Instead, I slowed down, left the path at the nearest public exit, and waited in a convenience store while checking the weather radar. I informed my family and took a bus home. Since then, I have treated changing conditions as part of the run and planned multiple safe exit points rather than tying success to a fixed distance.

CHECK · not worth the risk / safe exit points / changing conditions

Q5 · FAMILY MEALS · ROUTINE

Full Simulation 09

누가 준비하는지, 음식 구성, 역할 분담, 실제 대화 주제, 함께 먹는 의미를 자연스럽게 연결하세요.

Tell me about a typical family meal at your home. Who prepares it, what do you eat, and what do you usually talk about?

IL

My family eats dinner together. We have rice, soup, and side dishes. We talk about work, school, and our plans.

IM

On many evenings, my family eats dinner together after work and school. We usually have rice, soup, vegetables, and one main dish. We share the preparation and talk about our day or weekend plans.

IH

A typical family dinner is simple rather than formal. One person may prepare the main dish while someone else sets the table or washes vegetables. We often eat rice, soup, several side dishes, and a dish everyone can share. During the meal, we talk about work, school, small problems, or plans for the weekend. The conversation matters as much as the food because it helps us notice how everyone is doing.

AL

A typical family meal at my home is built around convenience, shared work, and conversation. We usually eat rice, soup, vegetables, and one main dish that can be placed in the center of the table. Preparation is divided naturally: one person cooks, another sets the table, and someone else clears dishes afterward. We do not force a serious conversation, but the meal gives us a regular chance to mention work, school, appointments, or something funny that happened. Even when dinner is brief, sitting together keeps small concerns from being postponed and makes the home feel coordinated rather than rushed.

CHECK · shared work / a regular chance / feel coordinated

Q6 · FAMILY MEALS · SPECIAL EXPERIENCE

Full Simulation 09

행사 배경, 준비 분담, 작은 사건, 분위기, 기억에 남은 이유를 장면처럼 설명하세요.

Tell me about a memorable family meal or celebration. Describe the occasion, preparation, atmosphere, and why it stayed with you.

IL

We had a birthday dinner at home. We cooked favorite food and bought a cake. Everyone laughed, and I remember the warm atmosphere.

IM

A memorable meal was a family birthday dinner at home. We prepared a favorite dish, decorated the table, and brought out a small cake. The plan was simple, but everyone relaxed and shared stories, so the evening felt special.

IH

A memorable family meal happened when we celebrated a birthday at home instead of going to a crowded restaurant. We planned the menu around the person's favorite food, divided the cooking, and kept the decorations simple. During dinner, we looked at old photos and told stories that had been forgotten. The meal lasted longer than expected because no one felt rushed. What stayed with me was the relaxed atmosphere and the feeling that preparation itself was part of the celebration.

AL

One family birthday remains memorable because it showed that a meaningful celebration does not require an expensive restaurant. We cooked at home, assigned each person a manageable task, and prepared a favorite main dish with a small cake. A minor mistake in the kitchen actually made everyone laugh and lowered the pressure to make the evening perfect. After dinner, we looked through old photos and heard stories that had not come up in years. Because there was no fixed reservation time, the conversation developed naturally. I remember the meal less for the menu than for the sense that everyone had contributed and had time to be fully present.

CHECK · manageable task / lowered the pressure / fully present

Q7 · FAMILY MEALS · PAST AND PRESENT

Full Simulation 09

과거와 현재를 일정, 조리 방식, 기술, 대화라는 같은 기준으로 비교하고 가족의 적응 방법을 말하세요.

How have family meals changed over time? Compare the past and present in terms of schedules, food choices, technology, and communication.

IL

In the past, my family ate together more often. Now schedules are busier and we order food sometimes. We also use messages to plan meals.

IM

In the past, family meals followed a fixed time and were mostly home-cooked. Now work and school schedules are less predictable, so we plan by message and sometimes use delivery. We eat together less often, but we try to protect a few meals each week.

IH

In the past, family meals were organized around a more predictable schedule, and most dishes were prepared at home. Today, different work and school hours make a fixed dinner time harder. Messaging helps us coordinate, while delivery services and meal kits provide flexibility. Technology saves time, but it can also bring phones to the table. We now focus less on eating together every day and more on protecting several meals when everyone can actually talk.

AL

Family meals have shifted from a fixed household routine to something that requires active coordination. In the past, schedules were more predictable, meals were mainly home-cooked, and people usually knew when to come to the table. Now work, school, and outside activities change from day to day. Messaging, grocery delivery, and meal kits make dinner possible even when time is limited, but screens can weaken the conversation that gives the meal its value. My family has responded by planning a few shared meals instead of expecting perfect attendance every evening. The frequency may be lower, but the meals we protect are often more intentional.

CHECK · active coordination / protect shared meals / more intentional

Q8 · UNEXPECTED · NOISE DESCRIPTION

Full Simulation 09

소음의 종류, 발생 시간, 수면과 스트레스 영향, 이웃 갈등으로 커지는 이유를 설명하세요.

What kinds of noise problems can occur where people live? Describe common sources, when they happen, and how they affect residents.

IL

People hear traffic, construction, and loud music. Noise is worse at night. It can disturb sleep and cause stress.

IM

Common noise comes from traffic, construction, pets, furniture, or loud music. Daytime noise is annoying, but late-night noise is more serious because it interrupts sleep and creates conflict between neighbors.

IH

Residential noise can come from roads, construction, delivery vehicles, pets, appliances, or sound traveling between apartments. The timing matters as much as the volume. A short repair during the day may be acceptable, while repeated impact sounds late at night can interrupt sleep. Noise also creates uncertainty because residents may not know where it comes from or how long it will continue. If communication fails, a small disturbance can become a personal conflict.

AL

Noise in residential areas is rarely caused by a single source. Traffic and construction create predictable daytime sound, while pets, moving furniture, exercise equipment, appliances, or music may travel through shared walls and floors. Residents usually tolerate brief noise when they understand the reason and duration. The greatest stress comes from repeated sound late at night or early in the morning because it affects sleep and gives people little control over their environment. Poor communication can make the problem feel intentional even when it is accidental. Clear quiet hours, early notice, and a neutral reporting process can prevent ordinary noise from turning into lasting conflict.

CHECK · shared walls and floors / quiet hours / neutral reporting process

Q9 · UNEXPECTED · NOISE EXPERIENCE

Full Simulation 09

중요한 일정, 갑작스러운 소음, 출처 확인, 대체 장소 선택, 결과와 교훈을 사건 순서로 말하세요.

Tell me about a time when unexpected noise disrupted your plans at home. Explain the source, your response, and the outcome.

IL

Once, drilling noise started while I was working at home. I checked the notice and moved to a quiet cafe. The repair ended in the afternoon.

IM

Once, loud drilling started in a nearby apartment while I was working from home. I checked the building notice and learned it was an emergency repair. I changed my meeting location and later thanked the office for posting an update.

IH

I once had an important online meeting when loud drilling began in the apartment above mine. At first I thought it was an unannounced renovation, so I checked the building application and called the management office. The sound came from an emergency water-pipe repair and would continue for two hours. I informed my team, moved to a quiet shared office nearby, and completed the meeting. The management office later posted a clearer notice, which prevented more complaints.

AL

An unexpected noise problem occurred on a day when I had scheduled an important online presentation from home. Just before the meeting, heavy drilling began in the apartment above, making normal conversation impossible. Rather than confronting the neighbor without information, I checked the building notices and contacted the management office. The work was an emergency repair caused by a leaking pipe, and the office estimated that it would last about two hours. I notified my team, moved to a nearby shared workspace, and joined only a few minutes late. Afterward, the office improved its emergency notification message. The experience showed me that confirming the source first leads to a faster and less emotional solution.

CHECK · confirm the source / emergency repair / less emotional solution

Q10 · UNEXPECTED · NOISE MANAGEMENT CHANGE

Full Simulation 09

과거와 현재를 신고 방식, 기술, 건물 설계, 중재라는 기준으로 비교하고 아직 남은 한계를 제시하세요.

How has the way communities handle noise changed? Discuss technology, building design, communication, and remaining problems.

IL

In the past, people complained directly. Now buildings use apps, notices, and sound meters. Better windows also reduce noise, but conflicts still happen.

IM

In the past, residents often had to guess where noise came from and complain face to face. Now apartment apps, digital notices, and measurement devices improve communication. Building materials are also better, but impact noise and different lifestyles remain difficult.

IH

Noise management has become more organized. Building applications provide repair schedules and quiet-hour reminders, while security offices can record repeated complaints. Better windows and insulation reduce outside sound, and some communities use measurement devices before making a judgment. However, technology cannot fully solve impact noise or conflicts between people with different schedules. Communities still need clear rules, fair mediation, and reasonable expectations on both sides.

AL

Communities now manage noise with more information and less dependence on direct confrontation. Apartment applications can announce repairs, collect reports, and show quiet-hour policies, while sensors or professional measurements help distinguish a repeated problem from a single event. Building codes and improved windows reduce some traffic and construction noise. The remaining difficulty is impact sound inside shared buildings, where location is hard to identify and residents may have very different schedules. Technology is useful when it supports evidence and communication, but it cannot replace fair mediation. Effective systems combine better design, advance notice, consistent rules, and practical solutions for both the person affected and the person causing the sound.

CHECK · direct confrontation / professional measurement / fair mediation

Q11 · ROLE-PLAY · FITNESS CLASS INQUIRY

Full Simulation 09

실제 의문문으로 시간, 난이도, 강사, 비용, 체험 수업, 취소 조건 중 네 가지 이상을 구체적으로 물으세요.

You want to join an evening fitness class at a neighborhood gym. Call the gym and ask three or four questions about the schedule, class level, instructor, membership fee, trial participation, and cancellation rules.

IL

Hello, I want to join an evening fitness class. What time does it start? Is it for beginners? How much is it, and can I try one class?

IM

Hello, I am interested in an evening fitness class. Could you tell me the available days and times? Is the class suitable for beginners, and who teaches it? I would also like to know the fee, trial option, and cancellation rule.

IH

Hello, I am calling about your evening fitness classes. Could you tell me which classes are available after seven on weekdays and how long each session lasts? I am returning to exercise, so I need to know whether the class is appropriate for beginners. Who is the instructor, and does the fee require a full gym membership? I would also like to ask whether I can attend one trial class and how early I must cancel.

AL

Hello, I would like some information about joining an evening fitness class at your neighborhood gym. Which weekday classes begin after seven, and how long does each session last? I have exercised before, but I am returning after a break, so could you explain the level and whether the instructor offers modifications for beginners? Is the class fee included in a regular membership, or may I pay only for the class? I would also like to know whether one trial session is available, what I should bring, and how far in advance I must cancel to avoid losing the reservation.

CHECK · evening classes / trial session / cancel in advance

Q12 · ROLE-PLAY · FITNESS RESERVATION PROBLEM

Full Simulation 09

확인 번호와 결제 사실을 설명하고, 우선 대기·당일 다른 수업·무불이익 다음 회차 이전을 서로 다른 대안으로 제시하세요.

You arrive at the gym, but your class reservation is missing and the class is full. Explain the problem and suggest two or three alternatives.

IL

Hello, my reservation is missing, but I have the confirmation. Could I join if someone cancels, take another class, or move the booking without a fee?

IM

Hello, I booked this class and have a confirmation message, but my name is missing and the class is full. Could you place me first on the waiting list, let me join another class tonight, or transfer my payment to the next session?

IH

Hello, I need help with a missing class reservation. My confirmation shows today's time and payment, but my name is not on the list and the room has reached capacity. Could you check whether a cancellation allows me to enter and place me first on the waiting list? If that is not possible, could I join another suitable class this evening? A third option would be transferring the payment to the next available session without a penalty.

AL

Hello, I would like to resolve a reservation problem. I registered and paid for this evening's class, and my confirmation clearly shows today's date and time, but my name is missing from the system and the room is now full. Could you first verify the reference number and place me at the top of the waiting list in case someone does not arrive? If capacity cannot be increased, could you move me to another instructor's class tonight at no additional charge? A third solution would be transferring the full payment and trial benefit to the earliest suitable session without a cancellation penalty. Please confirm which option you can arrange now.

CHECK · verify the reference number / top of the waiting list / without a cancellation penalty

Q13 · ROLE-PLAY · RELATED EXPERIENCE

Full Simulation 09

전화 질문이 아니라 과거 경험으로 예약 오류, 확인 자료, 직원과의 해결 과정, 결과와 교훈을 서술하세요.

Tell me about a past experience when an exercise class, appointment, or activity reservation was missing or incorrect. Describe the problem, how you handled it, and the outcome.

IL

I once had a missing reservation for a sports class. I showed the confirmation. The staff moved me to a later class, and I could exercise that day.

IM

Once, my reservation for a weekend sports class did not appear in the system. I showed the confirmation and payment record. The staff checked the reference number and moved me to a later class without charging me again.

IH

I once arrived for a weekend exercise class and learned that my reservation was not listed. I showed the confirmation email and payment record, and the employee discovered that the booking date had been entered incorrectly. The current class was full, so the staff offered a later session and allowed me to use the gym while I waited. I completed the class that day and received a credit for the inconvenience.

AL

A related experience happened when I arrived for a weekend exercise class and found that my paid reservation had been entered under the wrong date. I stayed calm, opened the confirmation email, and showed the employee the reference number and payment record. Because the class in front of me was already full, adding one more person would have created a safety issue. The staff offered a later session, allowed me to use the gym while I waited, and added a small credit to my account. I accepted the solution and completed the class that afternoon. The experience taught me to keep confirmation details available and to ask for a practical alternative rather than insisting on an unsafe exception.

CHECK · entered under the wrong date / safety issue / practical alternative

Q14 · ADVANCED · EXERCISE COMPARISON

Full Simulation 09

시간, 속도, 비용, 동기, 피드백이라는 같은 기준으로 개인 운동과 단체 수업을 비교하고 선택 기준을 말하세요.

Compare exercising alone with exercising in a group or class. What are the advantages and disadvantages, and when would you choose each option?

IL

Exercising alone is flexible and quiet. Group exercise gives motivation and instruction. I choose alone for running and a class when I need help.

IM

Exercise alone gives me control over time and pace, while a group provides energy, structure, and feedback. Solo exercise can be easy to skip, and classes have fixed schedules. I choose based on my goal and available time.

IH

Exercising alone offers flexibility, privacy, and control over pace. It works well for running or short workouts that must fit around work. The weakness is that motivation and technique depend on the individual. Group exercise provides a schedule, social energy, and instructor feedback, but it costs more and may not match everyone's level. I exercise alone for consistency and choose a class when I want instruction or a stronger push.

AL

Solo and group exercise solve different problems. Exercising alone gives me control over timing, route, intensity, and recovery, which makes it easier to fit activity into an unpredictable workday. It also encourages independence, but there is less feedback and it can be tempting to shorten the session. A class provides structure, professional guidance, and social accountability. Those benefits are valuable when learning a movement or rebuilding motivation, although fixed schedules, cost, and mismatched ability levels can reduce flexibility. I choose solo running for regular maintenance and use a class when technique, variety, or external commitment matters more than convenience.

CHECK · social accountability / external commitment / regular maintenance

Q15 · ADVANCED · ACTIVE CITIES AND NOISE

Full Simulation 09

건강 증진의 이익을 인정한 뒤 입지, 방음, 운영시간, 교통, 사전 안내, 주민 신고 원칙을 균형 있게 제시하세요.

Cities want residents to be active, but gyms, sports facilities, and outdoor events can create traffic and noise. What should cities and residents do to balance health and neighborhood comfort?

IL

Cities should build exercise spaces and set quiet hours. Facilities should control music and traffic. Residents should follow rules and respect neighbors.

IM

Cities should provide parks and sports facilities, but they also need clear hours, parking plans, and noise limits. Facility operators should communicate with neighbors, and residents should report problems calmly and follow shared rules.

IH

Cities can support healthy activity while protecting neighborhood comfort through planning rather than choosing one goal over the other. Facilities should be placed near transportation, use sound insulation, and publish clear operating hours. Outdoor events need traffic plans and early notice. Residents should follow quiet hours and use formal reporting channels. Authorities should measure repeated problems and adjust rules using evidence instead of reacting only to individual complaints.

AL

Healthy cities need accessible places to exercise, but those facilities remain sustainable only when nearby residents can sleep, travel, and use public space comfortably. Local authorities should locate major facilities near public transportation, require sound control, and set operating hours that reflect the surrounding neighborhood. Event organizers should provide advance notice, manage parking and crowds, and monitor sound rather than waiting for conflict. Residents also have responsibilities: follow quiet hours, avoid exaggerated complaints, and use documented channels when a problem repeats. The goal is a predictable system in which exercise is easy to access and disruption is measured, communicated, and corrected before it damages trust.

CHECK · accessible places to exercise / advance notice / documented channels

FINAL REVIEW · FULL SIMULATION

Simulation Quick Review

질문의 요구사항을 먼저 채우고, 등급별로 세부 정보만 확장합니다.

재사용 핵심 표현

Q4	not worth the risk, safe exit points, changing conditions
Q7	active coordination, protect shared meals, more intentional
Q11	evening classes, trial session, cancel in advance
Q12	verify the reference number, top of the waiting list, without a cancellation penalty
Q13	entered under the wrong date, safety issue, practical alternative

실전 모의고사 운영 순서

STEP 1	학습자료를 덮고 음성 질문마다 60초 직접 답변
STEP 2	15문항을 모두 푼 뒤 해설 구간 청취
STEP 3	문의 4개 이상, 대안 2개 이상, 관련 경험의 사건 흐름 점검
STEP 4	녹음에서 반복된 실수 2개만 선택해 수정
STEP 5	다음 연습에서는 자료 없이 다시 발화

마지막 점검
1. 15문항을 먼저 직접 답했는가? 2. 헬스장 정보 문의에서 질문을 4개 이상 했는가? 3. 예약 누락 문제에서 서로 다른 대안을 2개 이상 제시했는가?
4. 관련 경험을 과거 시제로 사건·행동·결과까지 설명했는가?