LESSON 38 · DAILY PRACTICE

Full Simulation 17

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

오늘의 학습 구조

Q1	자기소개
Q2–Q4	독서 루틴·경험·변화
Q5–Q7	스포츠 관람 루틴·경험·변화
Q8–Q10	재활용 루틴·문제·사회 변화
Q11–Q13	운동시설 문의·문제 해결·관련 경험
Q14–Q15	운동 방식 비교·건강한 지역사회 의견

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 · 자기소개

Full Simulation 17

직업과 생활 패턴을 먼저 밝히고 독서, 스포츠 시청, 건강 관리가 각각 어떤 역할을 하는지 연결하세요.

Please introduce yourself and explain how reading, sports, and healthy routines fit into your life.

IL

I work during the week. I read, watch sports, and try to stay healthy.

IM

I have a regular work schedule. In my free time, I read, watch sports, and exercise to manage stress.

IH

I work on weekdays, so I use my free time carefully. Reading helps me slow down, sports give me energy, and regular exercise keeps me physically balanced.

AL

I work on weekdays, and my hobbies help me recover from a structured schedule. Reading gives me quiet time and exposes me to ideas outside my daily routine. I also enjoy watching sports because a close game creates excitement that is easy to share with family or friends. For my health, I walk often and do simple strength exercises several times a week. I do not follow a perfect routine, but I try to be consistent. These activities serve different purposes: reading clears my mind, sports entertain me, and exercise gives me enough energy for work and family life.

CHECK · recover from a structured schedule / try to be consistent

Q2 · 독서 루틴

Full Simulation 17

읽는 시간과 장소, 선호 장르, 책을 선택하는 기준을 구체적인 순서로 설명하세요.

Tell me about your reading routine. What do you read, when do you read, and how do you choose a book?

IL

I read essays at night. I choose short books with useful topics.

IM

I usually read before bed or on weekends. I choose books from recommendations and read a sample before buying.

IH

I read for about twenty minutes before bed and sometimes longer on weekends. I enjoy essays and practical nonfiction, and I choose books by checking reviews, the table of contents, and a short sample.

AL

My reading routine is simple enough to maintain. On weekdays, I read for about twenty minutes before bed because that is when the house becomes quiet. On weekends, I sometimes take a book to a cafe and read for an hour without checking my phone. I prefer essays, biographies, and practical nonfiction, although I occasionally choose a novel for a change of pace. Before buying a book, I read the table of contents, sample a few pages, and compare several thoughtful reviews. I choose a book that matches a real question I have rather than the title that happens to be most popular.

CHECK · simple enough to maintain / matches a real question

Q3 · 기억에 남는 독서 경험

Full Simulation 17

책을 읽게 된 상황, 핵심 아이디어, 실제 행동 변화와 지금까지 남은 영향을 시간 순서로 말하세요.

Describe a memorable experience you had while reading a book. What was the book about, and why did it affect you?

IL

I read a book about habits. It helped me start small.

IM

I once read a book about building habits. Its advice was practical, so I changed my morning routine.

IH

During a stressful period, I read a book about small habits. Instead of demanding a dramatic change, it suggested reducing the first step, and that idea helped me rebuild a manageable morning routine.

AL

A memorable reading experience happened during a period when I felt overwhelmed by several responsibilities. I picked up a book about habits, expecting general motivation, but one idea was surprisingly practical: make the first action so small that resistance has no time to grow. I applied it by preparing my clothes at night and walking for only ten minutes the next morning. The routine gradually became longer without feeling forced. What affected me was not the promise of a perfect life, but the realistic view that consistent systems matter more than occasional enthusiasm. I still return to that principle when a goal feels too large.

CHECK · resistance has no time to grow / consistent systems

Q4 · 독서 방식의 변화

Full Simulation 17

과거와 현재를 접근성, 집중력, 휴대성 기준으로 비교하고 상황별 선호를 결론으로 제시하세요.

How has the way people read changed compared with the past? Compare printed books, e-books, and short online content.

IL

People use phones and e-books now. Printed books are still comfortable.

IM

In the past, people mainly read printed books. Now they use e-books and short online articles because they are convenient.

IH

Reading has become more portable and fragmented. E-books provide instant access, while short online content delivers quick information, but printed books still help many people concentrate for longer periods.

AL

The biggest change is that reading now happens across several formats. Printed books once dominated because they were the main practical option. E-books now make an entire library portable and allow readers to search, highlight, and adjust text size. At the same time, short articles and social posts have trained people to consume information in smaller pieces. That speed is useful for updates, but it can weaken concentration and remove context. I use digital formats for travel and reference, while I choose printed books when I want deep attention. The best format depends on whether the goal is quick access, serious study, or uninterrupted enjoyment.

CHECK · portable and fragmented / uninterrupted enjoyment

Q5 · 스포츠 관람 루틴

Full Simulation 17

종목, 시청 장소, 함께 보는 사람과 중요한 경기 전 준비 행동을 일상 루틴으로 설명하세요.

Tell me how you usually watch sports. Which sports do you follow, where do you watch them, and who joins you?

IL

I watch baseball at home. Sometimes my family watches with me.

IM

I usually watch baseball or soccer at home. I check the schedule and watch important games with my family.

IH

I mainly follow baseball and major soccer matches. I usually watch at home, but for important games I prepare snacks and invite a family member so we can react together.

AL

I mainly follow baseball during the season and watch major soccer matches when the schedule allows. Most of the time, I watch at home because it is comfortable and I can pause or check statistics. For an important game, I finish my chores early, prepare a simple meal, and watch with my family. We do not support every team in the same way, so the conversation can be as entertaining as the game. I occasionally attend a stadium event because the crowd creates a completely different atmosphere, but home viewing remains my regular routine because it is practical and easy to share.

CHECK · finish my chores early / a different atmosphere

Q6 · 기억에 남는 경기 관람

Full Simulation 17

경기 상황, 긴장감이 높아진 과정, 결정적 장면과 본인의 반응을 생생하게 서술하세요.

Tell me about the most exciting sports event you have watched. What happened, and how did you react?

IL

I watched a close baseball game. My team won at the end.

IM

I watched a baseball game that stayed tied until the final inning. A late hit won the game, and everyone shouted.

IH

The most exciting game I watched remained tied until the final inning. After several missed chances, one clean hit brought in the winning run, and the entire room erupted.

AL

One of the most exciting games I watched was a baseball playoff that stayed close from beginning to end. Both teams wasted scoring chances, so every pitch felt important. In the final inning, the team I supported put a runner on base with two outs. The next batter hit a line drive into the gap, and the winning run scored before the throw reached home. My family and I jumped up at the same time and replayed the moment several times. I remember the game because the tension built gradually, and the final play released all of that emotion in a few seconds.

CHECK · every pitch felt important / released all of that emotion

Q7 · 스포츠 관람의 변화

Full Simulation 17

접근성·재생 기능·통계의 장점과 구독 분산·지연·집중력 저하의 단점을 균형 있게 말하세요.

How has watching sports changed because of streaming services and mobile devices? Discuss both benefits and drawbacks.

IL

People can watch anywhere now. Too many subscriptions are expensive.

IM

Streaming lets people watch games on phones and replay important moments. However, services are divided and can cost a lot.

IH

Mobile streaming has made sports more accessible through live viewing, replays, and statistics. The drawbacks are fragmented subscriptions, delayed notifications, and the temptation to watch without giving the game full attention.

AL

Streaming services and mobile devices have removed many limits from sports viewing. Fans can watch a live game while commuting, replay a disputed moment, or follow statistics that were once available only to broadcasters. This access also helps less popular sports reach audiences outside their local region. However, the market has become fragmented. A fan may need several subscriptions, and different platforms can have delays that cause score alerts to arrive before the video. Mobile viewing can also reduce attention because messages compete with the game. Overall, technology has expanded access, but providers need simpler pricing and more reliable, synchronized service.

CHECK · removed many limits / fragmented subscriptions

Q8 · 재활용 루틴

Full Simulation 17

분리 공간, 세척·압축, 오염 방지, 특수 폐기물 처리 순서로 실제 행동을 설명하세요.

Describe how you sort and recycle household waste. Explain the steps you follow at home.

IL

I separate paper, plastic, cans, and food waste. I rinse containers.

IM

At home, I separate paper, plastic, glass, cans, and food waste. I rinse containers and remove labels when necessary.

IH

I keep separate bins for common materials and check local rules for unusual items. Before disposal, I empty and rinse containers, flatten boxes, and keep contaminated waste out of the recycling.

AL

At home, I make recycling easier by sorting materials as soon as they are used. Paper and flattened boxes go into one area, while clean plastic, glass, and cans are stored separately. I empty and rinse food containers because residue can contaminate an entire batch. Labels or mixed materials are removed when local rules require it, and food waste is drained before it goes into its own container. Batteries, electronics, and large items are never placed with ordinary recycling; I check the collection location first. A simple system near the kitchen prevents last-minute confusion on collection day.

CHECK · contaminate an entire batch / prevents last-minute confusion

Q9 · 재활용 문제 경험

Full Simulation 17

수거 실패를 발견한 장면, 원인 확인, 재분류·문의 행동과 다음 수거 결과를 과거 시제로 말하세요.

Tell me about a time when recycling or waste collection did not go as planned. What did you do?

IL

Our recycling was not collected. I checked the rules and sorted it again.

IM

One day, the recycling truck left our bags behind. I found that some items were mixed incorrectly, so I sorted them again.

IH

Once, our recycling was left at the collection point because several plastic items still contained food residue. I checked the notice, cleaned and resorted everything, and asked the building manager about the correct day.

AL

One morning, I noticed that our recycling bags were still at the collection point after the truck had passed. A notice explained that the bags contained food-stained plastic and a small electronic item that required separate disposal. I brought everything back inside instead of leaving it for someone else. I washed the containers, moved the electronic item to a community collection box, and checked the building schedule with the manager. The bags were accepted on the next collection day. The experience was inconvenient, but it taught me that sorting by material is not enough; cleanliness and local collection rules matter just as much.

CHECK · required separate disposal / cleanliness and local rules

Q10 · 재활용 제도의 변화

Full Simulation 17

시설·정보·인식의 개선점을 말한 뒤 지역별 규칙 차이와 포장 감축 과제를 제시하세요.

Compare recycling in your community now with the past. What has improved, and what still needs work?

IL

People separate more materials now. The rules are still confusing.

IM

Recycling stations are better organized now, and people know more about sorting. However, labels and local rules can still be confusing.

IH

My community now provides clearer collection areas and accepts more materials than before. Awareness has improved, but inconsistent labels, excessive packaging, and different rules between districts still create mistakes.

AL

Recycling in my community is more organized than it was in the past. Collection points now have separate sections, schedules are available online, and residents receive notices about batteries, electronics, and large waste. People also understand contamination better, so fewer dirty containers are mixed with clean materials. The remaining problem is inconsistency. Packaging labels are not always clear, and rules can change across nearby districts, which confuses residents who move or work in different areas. Recycling alone also cannot solve excessive packaging. The next improvement should combine simpler nationwide labels, producer responsibility, and convenient refill or reuse systems.

CHECK · the remaining problem is inconsistency / producer responsibility

Q11 · 운동시설 정보 문의

Full Simulation 17

회원권 가격, 저녁 수업, 장비, 개인 지도, 정지·취소 규정을 서로 다른 질문으로 나누세요.

You are interested in joining a fitness center. Call the center and ask at least four questions about membership plans, class schedules, equipment, personal training, and cancellation rules.

IL

Hello, how much is membership? What classes do you have? Is there personal training? Can I cancel?

IM

Hello, I am interested in joining. Could you explain the monthly plans, evening class schedule, available equipment, personal training fees, and cancellation policy?

IH

Hello, I would like information before joining your fitness center. Could you compare the monthly and three-month plans, tell me which evening classes are available, and explain whether personal training or an orientation is included? I also need to know the cancellation and freeze rules.

AL

Hello, I am considering joining your fitness center and would like to compare a few options. First, what is the difference between the monthly, three-month, and annual plans, including registration fees? Which group classes are available after seven in the evening, and do I need to reserve them in advance? Please tell me whether the center has free weights, treadmills, and stretching space during busy hours. I would also like to know the cost of personal training and whether new members receive an equipment orientation. Finally, what are the rules for freezing or canceling a membership, and are any fees refundable?

CHECK · compare a few options / freezing or canceling

Q12 · 운동수업 문제 해결

Full Simulation 17

선택한 저녁 시간과 잘못 배정된 오전 시간을 명확히 대비하고 이동, 우선 대기, 다음 달 이월 대안을 제시하세요.

You registered for an evening exercise class, but the center placed you in a morning class that you cannot attend. Call the center, explain the problem, and offer two or three solutions.

IL

Hello, I chose the evening class, but I got the morning class. Please move me to the evening class or give me a refund.

IM

Hello, my confirmation shows a morning class, but I registered for the evening session. Could you move me to the correct class, place me on the waiting list, or transfer the fee to next month?

IH

Hello, I believe there was a registration error. I selected the Tuesday evening class, but my confirmation lists Tuesday morning, when I am at work. Could you move me to the evening group, add me to its priority waiting list, or transfer my payment to a comparable class next month?

AL

Hello, I am calling about a class registration problem. I selected the Tuesday seven-thirty evening strength class and paid online, but the confirmation email placed me in the Tuesday morning session, which I cannot attend because of work. My first choice is to move the registration to the correct evening class without an additional fee. If that class is full, could you place me at the top of the waiting list and let me use the gym independently until a space opens? A third option would be to transfer the full payment to next month's evening course. If none of these is possible, I would like a refund under the center's registration-error policy.

CHECK · registration error / transfer the full payment

Q13 · 관련 과거 경험

Full Simulation 17

전화 질문이 아니라 과거 예약 오류, 증거 제시, 대안 협의, 해결 결과를 하나의 사건으로 서술하세요.

Tell me about a past experience when a class or activity booking went wrong. Describe what happened, how you handled it, and the result.

IL

My class booking was missing once. I showed my receipt, and the staff found another class.

IM

Once, my reservation for a weekend class did not appear. I showed the payment message, and the staff moved me to another session.

IH

A few years ago, I arrived for a weekend exercise class, but my name was missing from the list even though I had paid. I showed the confirmation email, stayed calm, and accepted a place in a later session.

AL

A few years ago, I booked a weekend exercise workshop through a mobile app. When I arrived, my name was not on the instructor's list, and the class was already full. I showed the staff my payment receipt and confirmation email, which proved that the reservation had been processed. Instead of arguing at the crowded desk, I asked for practical alternatives. The manager offered an open place in the afternoon session, free gym access while I waited, and a small credit for the inconvenience. I accepted the later class, and the staff corrected my account before I left. Since then, I save confirmations offline and check bookings the day before.

CHECK · practical alternatives / save confirmations offline

Q14 · 운동 방식 비교

Full Simulation 17

비용·이동·장비·동기·전문 지도를 같은 기준으로 비교하고 사람과 상황에 따라 결론을 나누세요.

Compare exercising at home with exercising at a fitness center. Which option works better for different people?

IL

Home exercise is cheap and convenient. A fitness center has more equipment.

IM

Working out at home saves time and money, while a fitness center provides equipment, classes, and motivation.

IH

Home exercise offers privacy and flexibility, but it requires self-discipline and limited equipment. A fitness center provides structure, professional guidance, and variety, although it costs more and requires travel.

AL

Home exercise and fitness centers solve different problems. Exercising at home is inexpensive, private, and easy to fit into a short schedule. It works well for people who know a safe routine and can stay motivated without external pressure. Its limits are space, equipment, and the temptation to stop early. A fitness center costs more and requires travel, but it offers heavier equipment, group classes, professional feedback, and a clear environment for exercise. Beginners may benefit from that structure, while experienced people with limited time may prefer home workouts. I use both: simple sessions at home and the center when I need equipment or guidance.

CHECK · external pressure / benefit from that structure

Q15 · 건강한 지역사회 의견

Full Simulation 17

시설 확충뿐 아니라 운영 시간, 초보자 접근성, 예방 건강 정보와 현실적인 장벽 제거를 중심으로 의견을 전개하세요.

What should communities do to help adults live healthier lives? Give your opinion and practical examples.

IL

Communities should make safe parks and affordable exercise programs.

IM

Communities can support health with walking paths, public sports programs, clear information, and affordable checkups.

IH

Healthy choices become easier when communities provide safe walking routes, affordable facilities, preventive care, and schedules that working adults can actually use. Programs should also reduce barriers for older adults and beginners.

AL

Communities should design health support around daily life rather than expecting every adult to become highly disciplined alone. Safe walking routes, well-lit parks, public exercise rooms, and affordable classes make activity possible close to home. Programs should run before or after normal work hours and include beginner options so people are not discouraged. Preventive checkups, nutrition education, and mental-health guidance should be easy to find in one place. Local employers and community centers can also organize short activity breaks or family events. The goal is not to pressure everyone into the same lifestyle, but to remove practical barriers and make healthier choices convenient, inclusive, and sustainable.

CHECK · design health support around daily life / remove practical barriers

FINAL REVIEW · FULL SIMULATION

Simulation Quick Review

질문의 요구사항을 먼저 채우고, 등급별로 세부 정보만 확장합니다.

재사용 핵심 표현

Q4	portable and fragmented, uninterrupted enjoyment
Q7	removed many limits, fragmented subscriptions
Q11	compare a few options, freezing or canceling
Q12	registration error, transfer the full payment
Q13	practical alternatives, save confirmations offline

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. 운동시설 문의에서 회원권·수업·장비·개인지도·취소 규정을 물었는가? 3. 잘못 배정된 수업에서 이동·대기·이월 대안을 제시했는가? 4. 관련 경험을 과거 시제로 사건·행동·결과까지 말했는가?