



دوره فوت و فن مکالمه

جلسه ششم

صحبت در مورد روتین زندگی

talk about your routine

زمان حال ساده: برای صحبت در مورد کارهایی که
به طور روزانه و یا به طور منظم انجام میدیم.

من هر روز به سرکار میروم

I go to work every day

من صبح ها مسواک میزنم

I brush my teeth in the morning

او هرروز ساعت 8 از خواب بیدار میشه

she wakes up at 8 in the morning

ما معمولا ساعت 13 ناهار ميخوريم

We usually have lunch at 13

او هیچوقت ساعت 5 از خونه بیرون نمیره

He never goes out at 5

من گاهی اوقات با خانواده سفر میکنم

I sometimes travel with my family

برادرم به ندرت صبحونه پنیر میخوره

My brother hardly ever **eats** cheese for breakfast

برای منفی کردن این جملات کافیه که قبل از فعل از
don't و یا **doesn't** استفاده کنیم.

I go to work every day

I don't go to work every day

I brush my teeth in the morning

I don't brush my teeth in the morning

she wakes up at 8 in the morning

She doesn't wake up at 8 in the morning

We usually have lunch at 13

We don't usually have lunch at 13

Hi! My name is Joanna, I'm 24 and I live in Oslo, Norway. I usually wake up at 7 am, but I get up only half an hour later. **Then**, I **take a shower** and **get dressed**. **After that** I **do my hair** and **makeup** and then **make my bed**. I hate making my bed, but I like the feeling of completing that first task right after waking up. I don't have breakfast, but I always drink a cup of coffee. **Then** I wait for the bus to take me to college. **While I'm on the bus**, I check my social media and my emails.



I wake up at 6 o'clock. I get up at 6.50. I make a cup of tea and **iron my clothes**. I **have a shower** and **get dressed**. I usually wear jeans, a blouse, a jumper or cardigan and boots in the winter, or a skirt and blouse in the summer. I brush my hair, put on my make-up. I pack my bag with all my teaching materials. I then put on my coat and leave the house. I walk to the bus stop. I **catch the bus** at 8.15, and then I **pay my fare** and sit down. **It takes about 45 minutes** to get to my destination three miles away. **I get off the bus** and walk to the school where I teach English. I have to sign in and get the key. Class starts at 9.25 and ends at 11.25.



Hi! My name is Brandon, I'm 36 and I live in San Francisco. I work as a marketing director. I'm married and I have one son, Charlie, and two cats. I usually **finish work** around 6 pm. Then, I go to the supermarket to buy groceries. I get home around 7 pm and then I make dinner. My wife loves pasta, so that's something I make **quite often**. After having dinner, I wash the dishes and my wife **feeds our cats**, Milk, and Honey. Then, I take a shower. After that, I brush my teeth and **put on my pajamas**. I usually watch an episode of my favorite sitcom before bed. Then, I check the locks of the house, **set my alarm clock**, and **put my phone away** to charge. I **tuck my son in** and then I go to bed. I **fall asleep** shortly after my wife turns off the lights.



I have lunch at 12. I eat a baguette or sandwich at the local café. I sometimes **do some shopping** before I walk back to school. I **do some photocopying** and go back to my classroom. I teach in the afternoon from 1 to 3pm. I then **catch the bus back home** and **spend a couple of hours** relaxing before I cook dinner.

My son goes to work shortly after I come home. Sometimes he cooks dinner before I get home, and sometimes I cook. I like to eat rice or pasta with a sauce. I **chop the onions, fry** them and then **mix** them with garlic, tomatoes, carrots, and spinach. I boil the rice and then add the sauce. After dinner I **wash up, sweep the floor, and tidy up** a bit. Then I **make phone calls, mark my students' work, do the laundry**. Then I go on Facebook, or watch TV until about 10.30 when my son comes home. We catch up on our day, and at about 11 o'clock I go to bed.

تمرین 1: یک پاراگراف و در حدود 10 خط در مورد
روتین زندگی خودت بنویس

تمرین 2: یک فایل صوتی ضبط کن و در حد 3 دقیقه در مورد
روتین روزانه خودت صحبت کن (متفاوت از تمرین 1)