

Something important you have learned recently

باید بتوانید به مدت 1 تا 2 دقیقه در رابطه با این موضوع صحبت کنید. یک دقیقه زمان به شما داده می شود تا در مورد سوال و پاسخ خود فکر کنید. در مدت این یک دقیقه می توانید یادداشت برداری کنید.

Describe something important you have learned recently.

You should say:

- what you have learned
- where you learned it from
- how important the lesson was
- and explain what impact this has on your mind.

پاسخ نمونه:

We, as human, constantly learn and this knowledge and our life experiences shape who we become or choose to become. Pretty recently, I have learned about something called "minimalism" from a documentary on TV and it was entertaining and thought-provoking. I would like to thank you for the opportunity to let me talk about it.

"Minimalism" is not about becoming a hermit in a jungle or giving away everything we have. Rather it's a concept that allows us to focus on more important aspects of life by breaking the chain of gaining and owing more and more. Statistically speaking, we are living in a rich era of affluence and prosperity and yet we are slaves to our desire of material gain and success that seems

unattainable due to our changing goals and social pressure. We are living lives defined by capitalism and the corporate world and have little time to focus on what is truly important in our life like our family and friends, neighbours, relationship, peace and happiness. "Minimalism" thus tells us to get rid of things we do not need like three smartphones, 30 pairs of shoes and closet full of designers clothes and focus on what makes us happy.

I learned it from a TV documentary that I watched a few weeks ago and it was a top-class production. The way it was presented, the speakers who talked about it and the way it was made are simply outstanding. It was not just another TV shows or movies that we often forget about just after watching it. It was deep and it covered an unpopular topics that people usually tend to avoid thinking about.

The impact of the concept that it has had on me is tremendous. I no longer feel bad because I don't own the latest car or don't earn a six-figure salary. I have been thinking about the messages this documentary tried to give us and it was astounding. I have started focusing on being happier and spending quality time with people I care and people who care about me rather than feeling bad about all the things I don't have. Minimalism teaches about being happier with less because it's always quality that counts, not the quantity.