> Cue Card

Describe a quiet place you like to go to
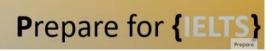
You should say:

- **Where it is**

- **How often you go there**

- **What you do there**

- **And explain how you feel about the place**

Prepare for **{**IELTS**}**

me-time = time to yourself

to shut out the world = to stop yourself seeing, hearing or thinking about things

a hive of activity = very busy

peace and quiet = freedom from stress and interruptions

to disturb = to come in; to interrupt

to clear my mind = to empty your head of all thoughts

I tend to + infinitive = usually

an hour or so = about an hour

to catch up on = to find out about

to scroll through = to look at

pretty = very

full-on = intense; busy

to wind down = to relax after something stressful

When I need some **me-time** and want **to shut out the world**, I go to my bedroom. In our house, the kitchen is always **a hive of activity** and the TV is always on in the living room so the only place I can get a bit of **peace and quiet** is my room. When the door is shut, my family knows not **to disturb** me and I can **clear my mind**.

I tend to spend **an hour or so** in there, nearly every night. When I get in from work/school/college, I lie on my bed and sometimes I might **catch up on** the news or **scroll through** social media. My job/course is **pretty full-on** so I need to **wind down** for a bit before dinner. Sometimes, I just listen to an audio book and stare into space. I just need time to switch off from work/study.

My room is decorated in white and grey and these colours have a calming effect. I'm rushed off my feet all day and if I come home and start doing homework/household chores, I find it hard to get to sleep and suffer from insomnia. Having an hour to myself helps to recharge my batteries and reduce my stress levels.

I absolutely love my bedroom. It's my little oasis that I can escape to and it keeps me sane. Sometimes I think I haven't got time **to chill** but if I don't, I know I'll regret it so I try to go there for an hour each day.

for a bit = for a short time

an audio book = a recording of a book

to stare into space = to look straight ahead without actually looking at anything

to switch off = to stop thinking about things

a calming effect = to make you feel calm and relaxed

I'm rushed off my feet = I'm very busy

household chores = washing, cleaning etc

to suffer from insomnia = to be unable to sleep

to recharge my batteries = to regain energy

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My room is decorated in white and grey and these colours have **a calming effect**. **I'm rushed off my feet** all day and if I come home and start doing homework/**household chores**, I find it hard to get to sleep and **suffer from insomnia**. Having an hour to myself helps **to recharge my batteries** and reduce my stress levels.

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