

MEDIATION

Oral and Written Activities

B1 - B2 - C1 levels

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|-------------|--|
| 1. ORAL | B2 / C1 ADOLESCENTS AND SCREENTIME |
| 2. WRITTEN | B2 / C1 OBESITY |
| 3. ORAL | B1 / B2 VIDEOGAMES |
| 4. ORAL | B1 / B2 READING & STRESS |
| 5. WRITTEN | B1 / B2 BOOK READERSHIP |
| 6. ORAL | B2 / C1 SOLAR PANELS |
| 7. ORAL | B2 / C1 EDUCATION: VOCABULARY CRISIS |
| 8. WRITTEN | B2 / C1 BENEFITS OF COMPOSTING |
| 9. WRITTEN | B1 / B2 AGAINST SEDENTARISM |
| 10. ORAL | B2 / C1 HAVING A PET |
| 11. WRITTEN | B1 / B2 BAD EATING HABITS |
| 12. ORAL | B2 / C1 CLIMATE RISKS |
| 13. ORAL | B2 / C1 FAMILY HEALTH CHALLENGE |
| 14. WRITTEN | B2 / C1 RELUCTANT READING |
| 15. WRITTEN | B2 / C1 JOB OPPORTUNITIES FOR SCIENTISTS |
| 16. ORAL | B2 / C1 YOUNG PEOPLE AND EMPLOYMENT |
| 17. ORAL | B1 / B2 TIPS TO BE SUCCESSFUL |
| 18. WRITTEN | B2 / C1 CITY LIFE EXPERIMENT |
| 19. WRITTEN | B2 / C1 WRITING JOBS |
| 20. ORAL | B1 / B2 PROTECT YOUR PLANET |
| 21. WRITTEN | B1 / B2 FARM EXPERIENCE |
| 22. ORAL | B1 / B2 JOB INTERVIEW |
| 23. ORAL | B2 / C1 CONTROVERSIAL ADVERTISEMENT |

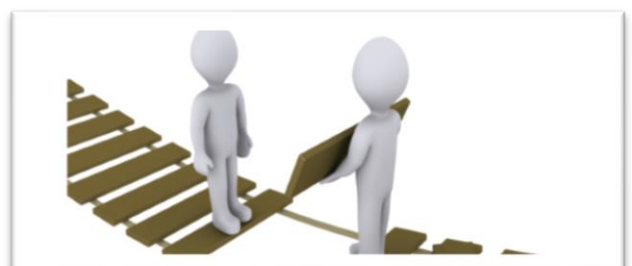
Watch out:

Most of the activities are based on the B2 exam timing.

ORAL MEDIATION (5 M PREPARATION & 2/3 M. SPEECH)

WRITTEN MEDIATION (140-180 WORDS)

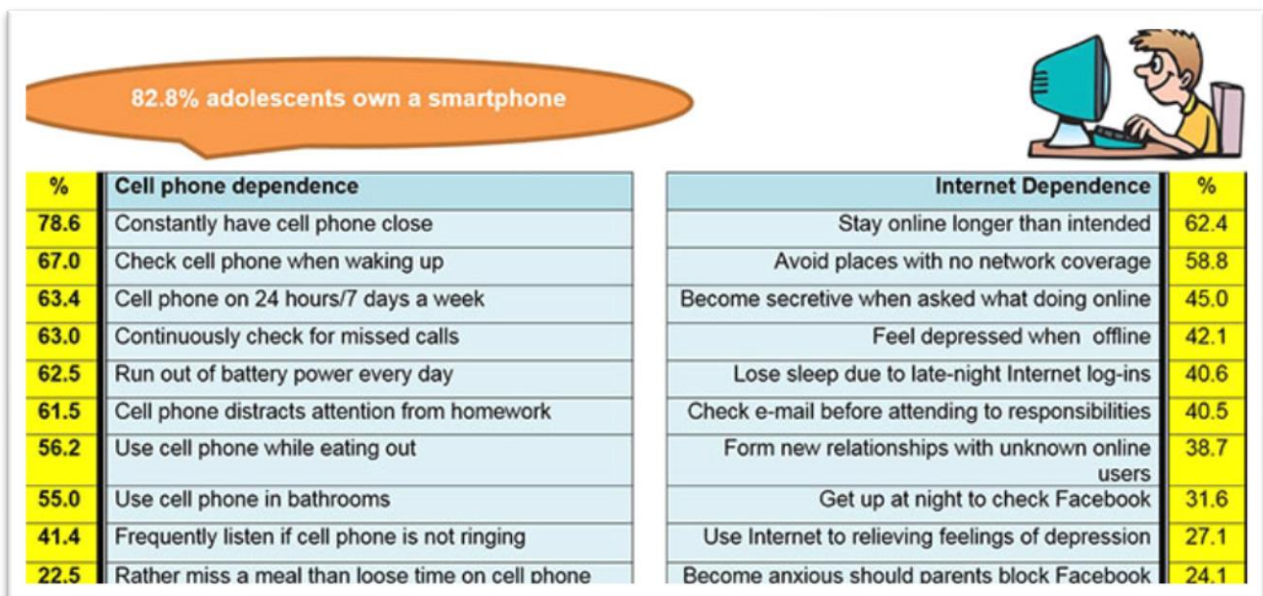
A.S.



You think your 17-year-old brother is spending too much time in front of his computer or cell phone screen and you and your family are getting worried. Read the info below and try to convince him with that he should get out more.

You have 4 minutes to prepare your speech and 2 minutes to deliver it.

Tips: Try to reason your arguments exploring the risks and the gains. Use the chart below to develop your reasoning but be creative; add any extra background info which you consider may be appropriate and / or relevant. Do not rely too much on figures to develop your two-minute monologue.



In your kid's school they have just found out you are a renown nutritionist. Since lately the school food policy has been changed (especially concerning lunch menus and food allowed onto the premises), and there have been many complaints coming from parents and children alike, the school director has invited you to give a lecture about the risks of obesity to a group of secondary school parents.

Your goal should be to raise awareness about the risks of obesity at an early age. You DO NOT need to use all the information and you may add extra data to develop your arguments in an informative, convincing and professional way that enables to get your message across. Remember the importance of paragraphing and drafting your reasoning in advance.

Prepare your lecture in form of a personal essay, using the information below.

Write about 140-180 words. You can read it to an audience /class afterwards.

OBESITY

IN INFANTS TO PRESCHOOLERS

1 IN 3 CHILDREN and adolescents, ages 2-19, **ARE OVERWEIGHT OR OBESE** and nearly **NONE** meet healthy diet and physical activity recommendations.

FACT An estimated **12.5 MILLION CHILDREN**, ages 5 years or younger, spend **33 HOURS PER WEEK** in **CHILD CARE SETTINGS** where they may **CONSUME MOST OF THEIR DAILY CALORIES**.

OBESITY is linked to **MORE CHRONIC CONDITIONS THAN:**

- SMOKING
- POVERTY
- DRINKING

increasing the **RISK** of more than **20 PREVENTABLE CONDITIONS**, including sleep apnea, asthma, heart disease, Type 2 diabetes, osteoarthritis, high blood pressure and high cholesterol stroke.

RISK FACTORS

- Children in their early teens who are obese and who have high triglyceride levels have arteries similar to those of 45-year-olds.
- Obese children as young as age 3 show indicators for developing heart disease later in life.
- Children who are overweight from the ages of 7 to 13 may develop heart disease as early as age 25.
- Obese children are twice as likely to die before age 55 than their slimmer peers.

OBESITY MAY BE PREVENTED BY

- PHYSICAL ACTIVITY
- GOOD NUTRITION
- LESS SCREEN TIME
- MORE SLEEP

DEVELOPMENTALLY, BIRTH TO AGE FIVE, is an important time to **TEACH** children to **PREFER HEALTHY FOODS** and **DEVELOP GROSS MOTOR SKILLS**, setting positive patterns and habits.

French FRIES are the most common vegetable that children eat, making up **25%** of their vegetable intake.

JUICE (which may lack important fiber found in whole fruit) makes up **40%** of children's daily fruit intake.

Between 40% and 50% OF TODDLERS, ages 12- to 35-months-old, **watch MORE television** than is recommended.

Nearly 1/2 OF PRESCHOOL-AGED CHILDREN DON'T get enough PHYSICAL ACTIVITY.

The COST of obesity in the United States is staggering, totaling about **\$147 billion.**

Children who **EAT HEALTHY FOODS** and **GET DAILY PHYSICAL ACTIVITY** have:

- FEWER SCHOOL ABSENCES
- HIGHER ACADEMIC ACHIEVEMENT
- HIGHER SELF-ESTEEM
- FEWER BEHAVIORAL PROBLEMS

©2013, American Heart Association 7/13DS7001

heart.org/healthierkids

Your teacher has very strong ideas about video games. Study the infographic below and try to convince him that they can be beneficial.

You have 2 minutes to prepare your task.

Tips: Use the chart below to develop your reasoning but be creative; add any extra background info which you consider may be appropriate and / or relevant. Try to use persuasive language and give examples if necessary.

Two-minute monologue.



Your American friend of Cuban origin, Dana Segundo, who works for an international non-profit organization, has been under a lot of pressure at work lately. She's always been empathetic, caring and supportive to others but now she's having second thought about her life choices. She has been given many tips to reduce stress such as tea and yoga but she's skeptical. You consider her to be a good friend and you think this job is a perfect match for her and she shouldn't quit. You are meeting for dinner tonight and you are bringing a large collection of books on Cuban authors and themes that you found on sale and you know she will love.

Study briefly the infographic below and try to convince her that her life choices aren't wrong and that those books can be beneficial and in what way. Add any information that might be relevant to help you in your task.

You have 2 minutes to prepare your speech and 1.5-2 minutes to deliver it.

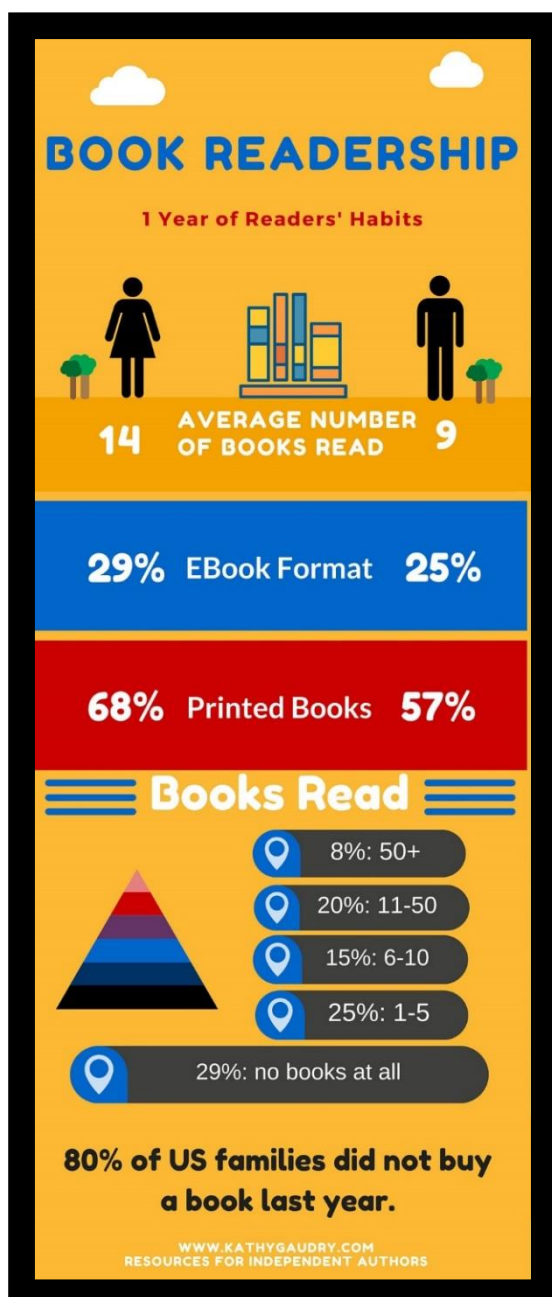


Using the infographic below based on the U.S. population, write an article on reading habits in the United States. Try to compare them with the ones in your own country. Do not forget to mention gender differences (are they really relevant?), the rise of the e-book at the expense of paper-back editions (or not?), the place of reading in an ordinary household and the evolution of the habit in the US compared to Spain.

Tips: Prepare your article, using the information below and resort to personal experience if you do not have much information about reading habits in Spain.

Add extra data in order to develop your arguments in an informative and entertaining way. You may add a conclusion or your personal opinion as a closure. Remember the importance of paragraphing and drafting your reasoning in advance.

Write about 120-140 words. You can read it to an audience /class afterwards.





You are currently working as a Spanish teacher in a high school in Southhampton. The school is promoting more and more workshops and cooperative working to improve the educational process. In this context, your colleague Nynke, the literature teacher, has been recently told in class that just nerds can follow her classes. She is therefore having second thoughts about her teaching methods and she's blaming herself for not having been able to adapt to changes and resonate enough with students.

You have just read the article below where a university teacher complains about the lack of appropriate literacy skills among university students. Extract the information which may be useful for you to encourage your colleague and persuade her that she's doing a good job and preparing her pupils for subsequent academic life.

Tip: Select the information you need and add extra data and background details / supporting arguments to back up your speech. Make sure you use appropriate and topic-related vocabulary. You have 5 minutes to prepare your two/three-minute speech.

(...) My thesis is that university students, generally speaking, are academically unprepared for a rigorous education because they are victims of the whole-word method of reading instruction. The whole-word method created a crisis of vocabulary. The vocabulary crisis made books inaccessible to students, which then necessitated a drop in content-knowledge levels. This lack of content knowledge made it futile for teachers to expect students to think critically and independently. The system then created a number of ways to cover up this problem.

I began this paper by mentioning one of my favorite complaints, namely, "too much reading." This complaint applied not only to books but also to test scripts. To expect students to come to class with the assigned readings done ahead of time was to expect a miracle.

Moreover, I noticed that I could use vocabulary as a shortcut for spotting plagiarism. If a word looked somewhat complicated, then it probably was not the student's word. A simple Google search of a phrase was sufficient to demonstrate this.

I was accused of being "condescending" for using "big" words. How to explain Keynesian economics without mentioning "desired aggregate expenditure" or "the multiplier effect" in order to use a "noncondescending" vocabulary was a mystery to me. Another popular complaint was the insolent demand "Just tell me the answer." This complaint usually arose if I did not tell students directly the answer but rather posed questions to them.

Assigning written case studies to students was invariably a bad idea. Here's a case in point: students were given a 40-page business plan that must have been deliberately designed to be a disaster. Yet, the students would write the same kind of responses semester after semester, with hardly anybody actually writing a legitimate critique of the plan. In addition, I was amazed that I could easily confuse students with high-school-level mathematics.

Another disturbing trend I observed was the tendency to water down textbooks.

To summarize, let me paraphrase *Hamlet*. Something is rotten, not only in the state of Denmark, but also in the modern public university.

Text extract from: <https://mises.org/library/why-do-students-regard-reading-torture>

You have been asked to write an article on the benefits of compost for your local school magazine. With the title “One person’s trash is another’s black gold” write about the positive impact of composting on our environment on a global level.

Use the info below to support your reasoning. You DO NOT need to use all the information and you may add extra data / background information and /or provide examples to support your arguments. Remember the importance of paragraphing and drafting your arguments in advance. Do not copy any part of the text; rephrase and paraphrase using new vocabulary and structures when needed. Write about 180-200 words. You can read it to an audience /class afterwards.

COMPOST: Impacts More Than You Think

Composting is the aerobic decomposition of organic materials by microorganisms. It transforms raw materials—such as leaves, grass clippings, garden trimmings, food scraps, animal manure, and agricultural residues—into compost, a valuable earthy-smelling soil conditioner, teeming with life.

One Person's Trash is...

...another's black gold.

Every year, U.S. landfills and trash incinerators receive **167 MILLION TONS** of garbage.

> 50% of typical municipal garbage set out at the curb is compostable.

Landfills and incinerators are dangerous. Every bag thrown out contributes to:

- Pollution of surrounding soil, air, and water
- Climate change
- Health hazards to humans and animals

21% is food scraps alone

15% paper/paperboard

8% yard trimmings

8% wood waste

SOURCES:
Brenda Platt, Nora Goldstein, Craig Coker, and Sally Brown, *The State of Composting in the U.S.: What, Why, Where, & How*, Institute for Local Self-Reliance (ILSR), June 2015.
US EPA, *Advancing Sustainable Materials Management: Facts and Figures 2013*, June 2015, pp. 12, 46.
Brenda Platt, Eric Lombardi, and David Ciolet, *Stop Tossing the Climate*, Institute for Local Self-Reliance (ILSR), 2008.
Brenda Platt, Robby Bell, and Cameron Harsh, *Play Dirty: Composting in Maryland to Reduce Waste, Create Jobs & Protect the Bay*, Institute for Local Self-Reliance (ILSR), May 2013.
Mike Ewell, *Trash Incineration Factsheet*, Energy Justice Network web page, <http://www.energyjustice.net>, accessed April 2016.

ILSR INSTITUTE FOR Local Self-Reliance
To learn more, visit: ilsr.org/compost-impacts

Here you have some figures and information to encourage women to do more exercise and avoid sedentarism. Without reproducing numbers, write an article for you school magazine briefly analyzing the reasons for the lack of exercise and poor physical condition, and pointing out the benefits of getting fit.

Your goal should be to raise awareness about the risks of a sedentary life for women. You may add extra data in order to develop your arguments in an informative and convincing way. Remember the importance of paragraphing and drafting your reasoning in advance.

Write about 140-180 words. You can read it to an audience /class afterwards.

Heart disease and stroke

kills **one third of women in Europe**

54% of women still don't realise it is the **biggest killer**

30 minutes of moderate exercise, **5 days a week** can help keep your heart healthy

Only 1 in 4 women does this amount of exercise

74% of women would like to be more active **...what's holding them back?**

31% **too embarrassed**

42% **too busy**

36% **too expensive**

#MatchFitWoman **A HEALTHY HEART YOUR GOAL**

Join the #MatchFitWoman Challenge

in the run up to **UEFA Women's EURO 2017** for your chance to get fit and **win fantastic prizes.**

Enter now at www.facebook.com/worldheartfederation

RESPECT | #MatchFitWoman | WORLD HEART FEDERATION | UEFA EURO 2017 | 50+ Healthy Study

Data from a research conducted by Cerasuside on behalf of the World Heart Federation amongst 4199 women in UK, France, Germany and Sweden for the A healthy heart your goal project.

Your British friend Violet, who lives in Mallorca with her family, has contacted you because she is playing with the idea of buying a pet for her children but she's concerned about the dangers and risks of having an animal at home. You have recently read the article below. Using information from it and based on your own experience as a pet-lover, prepare your arguments to help her make a decision. You are meeting for lunch tomorrow and you want your speech to be convincing and persuasive.

You may take some notes, underline information you wish to remember, and specific vocabulary you would like to use in your speech, but DO NOT read any part of the article. You have five minutes preparation time for a two/three-minute speech.

Here are some benefits to adding a pet to your family:

1. Pets give unconditional love. They are non-judgmental, and, especially for only children, lonely children, or children who have sibling rivalry or emotional distress, a pet gives them someone to talk to. A pet can comfort, give support, and listen to a child's troubles without judgment or consequence. And, when playing, a pet can become your child's partner and best buddy.

2. A pet can teach a child that he doesn't have to take out his anger or fear on others. Some children become bullies and if they don't have a safe place to share their truest emotions, they may project those emotions onto other children. Because a pet will love your child no matter what he says, a pet gives him a confidant, a safe place in which to verbally pour out his fears and his anger.

3. A pet can teach empathy. Caring for a pet that is so dependent on you teaches empathy. Your child learns to read your pet's needs: is he hungry? Does he need to go outside? Maybe the pet is scared of the wind, rain or snow and needs to be comforted. Moreover, empathy is the one skill that can be taught and a skill that bullies often lack.

4. A pet can teach confidence and responsibility. Children can gain confidence by having the responsibility of caring for a pet. Children as young as three years old can manage simple tasks such as filling the pet's water and food bowls. As your child gets older, he can groom and walk the pet.

5. Animals can help socialize children and increase verbal skills. You've likely seen even little kids who are still learning to talk attempting to chatter away with pets. In this way, pets give not only social and emotional support but also cognitive language skill support to children. A pet's simple presence provides verbal stimulus to help your child practice talking and socializing with another being.

6. Pets (and animals in general) can be very therapeutic for children. Studies have shown how pets can help lower blood pressure, speed up recovery time, and reduce stress and anxiety. We see this with troubled children and Autistic children, and, as my horse whisperer friend has, with children who experience PTSD: when they are with animals they can immediately relate because they sense the animals are unconditional in their love and affection.

Adapted from: Huff.Post: https://www.huffpost.com/entry/the-benefits-of-children-growing-up-with-pets_b_7013398



In your English class in Bournemouth, a group of international students have been asked to write an article for the school online magazine about wrong nutritional behaviors. You have been selected to represent your country.

Using the infographic below, write an article about general common bad eating habits and the potential way to fix them. You may add information and resort to personal experience and do not forget to mention the typical ones in your own country. Write about 120-140 words. Remember to organize your writing with an opening, main body and closure.

BREAKING

Bad Eating Habits

a helpful guide to more nutritional behaviors

HABIT #1
Mindless Eating
Continuing to eat even though you know you're full? Can't put down that bag of chips while watching TV?

The Fix
Eat from smaller dishes. Swap out a dinner plate for a salad plate. Never eat straight from the container!

HABIT #2
Nighttime Munching
Often find yourself heading for the fridge well after the sun goes down? Eating before bed can greatly impair weight loss.

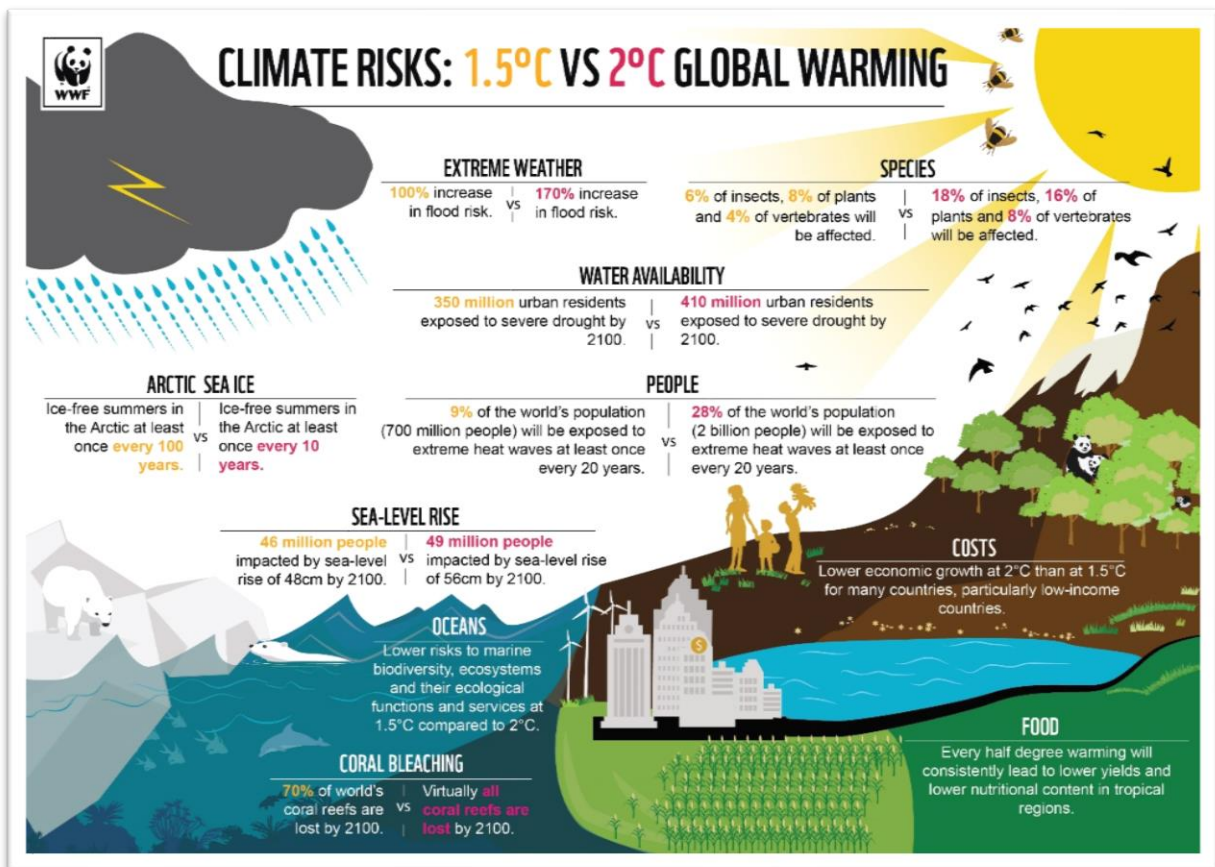
The Fix
After dinner, teach yourself to think of the kitchen as being closed for the night, and brush your teeth — you'll want to eat less with a newly cleaned mouth.

HABIT #3
Skipping Breakfast
You're in a rush trying to get out the door so you head through the drive-thru at the coffee shop for your liquid breakfast or skip it all together.

The Fix
Have ready healthy breakfast foods you can consume on the run such as whole fruit, yogurt, homemade cereal bars, and smoothies.

You are having lunch with some English-speaking friends. Some of them claim that climate change and environmental issues have been greatly exaggerated and half-a-degree increase in temperature cannot make such a big difference on a global scale. Use the information below to voice and support your opinion.

You do not need to use all the information or mention the figures. Adding relevant information and resorting to examples will be praised. You can underline and take notes but reading won't be allowed. Take 5 minutes preparation time to deliver a two/three-minute speech.



You and your family are currently living in the USA and have decided to take a four-week family challenge which has been promoted by the American Heart Association to promote health and fitness at a household level. Explain what the challenge is about to your American friend Sam and try to encourage her to join you.

Do not forget to mention the reasons why you are doing it and the four different areas it is focused on. Adding relevant information and resorting to examples will be praised. You can underline and take notes but reading won't be allowed. Take 5-minutes to prepare and deliver a two/three-minute speech.

The poster is titled "life is why Family Health Challenge™" and is sponsored by the American Heart Association and American Stroke Association. It features a red banner that says "It starts at home. It starts with you." Below the banner are four activity cards:

- My Cart is Why (1):** "Make shopping for fruits and veggies a fun and easy activity." Includes "What's Your Secret?" (a basket of produce) and "Color Your Plate" (a plate with food icons).
- My Glass is Why (2):** "Make sugary drinks a thing of the past." Includes "Nutrition Addition: Sugar Edition" (a glass with a plus sign and a sugar packet) and "Wacky Water" (a glass with various fruit and vegetable icons).
- My Taste is Why (3):** "Tame your taste buds by reducing the sodium in your diet." Includes "Sandwich Swap Out" (two burgers with arrows) and "Sodium Shocks" (a lightning bolt with an 'S').
- My Movement is Why (4):** "Make physical activity fast, simple and fit in any schedule." Includes "Walk this Way" (a family walking) and "Exercise isn't a Chore!" (a person raking).

For free activity templates and further challenge information visit heart.org/healthierkids

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Your Irish friend Ashling wants her 7-year-old and 10-year-old kids to read more and enjoy reading but she is a bit concerned because they do not show any interest in any kind of books or literature. She has emailed you seeking advice since she knows you are a bit of a book worm and you kids are also avid readers.

Read the article below and email her back with some tips.



You may take some notes, underline information you wish to remember, and specific vocabulary you would like to use in your speech, summarize parts of the text in your own words... but DO NOT COPY any part of the article. Add any extra or background info which you consider may be appropriate and / or relevant. Write 140-180 words.

<https://blog.allaboutlearningpress.com/motivating-kids-to-read/>

Some Tips to Help You Motivate a Reluctant Reader

1. Make time for reading. If you and your children have jam-packed schedules and reading is shoved between gymnastics and band practice, reading may seem like an unwelcome chore. Allow reading to be a relaxing and enjoyable time.
2. Set aside a regular read-aloud time with your children. Reading aloud helps your child develop an interest in reading. Choose a variety of high quality literature that appeals to your child's age and interests. Don't abandon read-aloud time when your children get older—even teenagers love being read to. Don't forget about audio books, either; they can offer another great option for a reluctant reader.
3. Create a cozy reading nook for your child. A special reading space may be all the encouragement your child needs to settle down and spend time with a good book!
4. Make sure the reading material isn't beyond your child's reading abilities. The interest may be there, but if the book is hard to read, your child's motivation will wane.
5. Look for a variety of reading material. Children often gravitate toward the fiction shelves in the library, but don't stop there. There are many other genres to consider. Picture books—even for older kids—can be sentimental favorites. Joke books, cookbooks, how-to books, graphic novels, and biographies are all great non-fiction possibilities. And children's magazines can be a great out-of-the-box way to encourage a child to read.
6. Have your reluctant reader read easy picture books to younger siblings. This provides excellent practice yet it doesn't feel like work.
7. Exhibit a love of reading. When your kids observe that you love to read, they will likely develop a love of reading themselves.
8. Provide access to books. Use your public library. Create a home library. Keep books accessible. When your child decides he wants to read, you want to be sure there's a book at his fingertips!



Your Welsh friend Oswald, who has a degree in chemistry, has recently been made redundant from a very well-known pharma company where he worked for seven years. He is a bit down right now but he would love to try something a bit more creative. Unfortunately, he does not know where to start. You have just read an article mentioning new interesting job opportunities for scientists and you know right now in Spain these fields are booming. Write an email to Oswald encouraging him to give it a try. Explain what the jobs are about and why he would be a suitable candidate for them. He's got a B1 level in Spanish.

Prepare your mail, using the information below. You may summarize what you find important and add some background information about your friend; his abilities and experience. Write about 140-180 words. You can read it to an audience /class afterwards.



Flavorist

Flavorists are chemists who formulate both natural and artificial flavors. Flavorists often have a Ph.D. in biochemistry or chemistry, but many take apprenticeships with flavor companies, known as "flavor houses," in addition to their formal schooling and certification. This offbeat job can also be lucrative – some flavorist jobs pay six-figure salaries.

Fragrance Chemist

Fragrance chemists are scientists who specialize in the study of odor molecules and how such molecules can be used for perfumes. Fragrance chemists may develop and test scents for women's and men's perfume, soap, lotion, and other toiletries. They often have backgrounds in chemistry and biochemistry, and often have high-level degrees, such as a master's or Ph.D.

Forensic Scientist

Forensic scientists search for and analyse forensic materials found at crime scenes, for example blood and other bodily fluids, hair, or non-biological substances such as paint. They are then able to present this evidence for use in legal investigations and courts of law. Forensic scientists may sometimes be called in to speak in court as experts in their field, to explain the evidence to the jury.

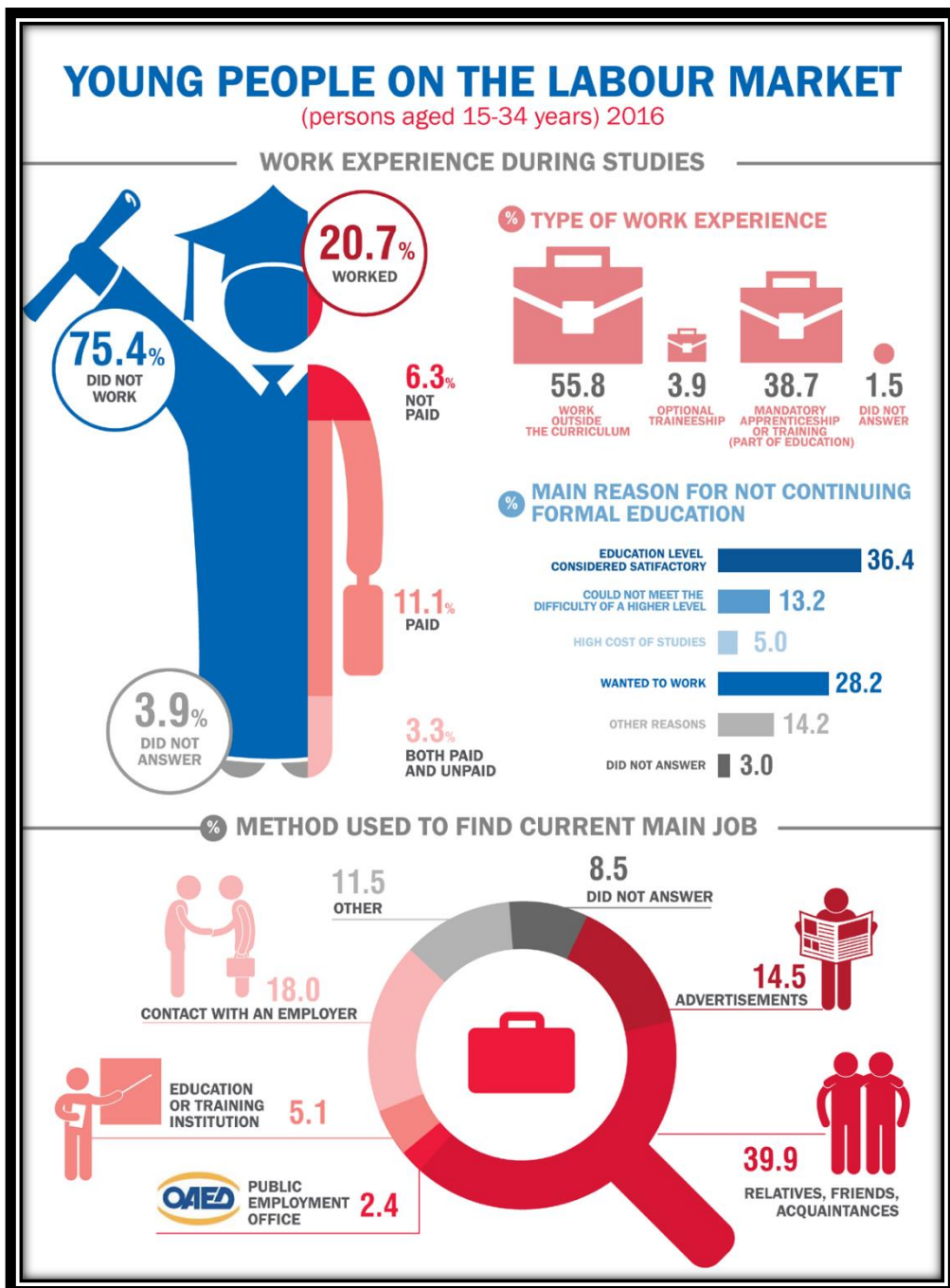
Hazardous Waste Chemist

Hazardous waste chemists deal with the management and safe relocation of hazardous materials (hence the common abbreviation 'hazmat'). They use their expertise to identify harmful chemical components in the air, water or soil, evaluate the danger they present and coordinate their removal and containment.

<https://www.thebalancecareers.com/top-weird-and-interesting-jobs-2060110>

You work at the employment office and have been asked to give a speech about the situation of university students and graduates on the labour market. The last figures available are from a two-year-old survey conducted among university students and post-graduates, but you know it hasn't substantially changed much since then.

Using the infographic below, take 5 minutes to prepare your two/three-minute speech. Do not forget a relevant introduction, select the information you need and add extra data and background details / supporting arguments to back up your speech if necessary. Make sure you use appropriate and topic-related vocabulary. (*enroll, drop out, leverage, connections, fees...*)



You have been very stressed lately and are having trouble finding life-work balance. For this reason, you are doing therapy to learn how to better handle your stress. In your therapist's waiting room, you meet Elias every Tuesday. He is having serious self-esteem issues after his second divorce and losing his umpteenth job. He feels he's a bit of a loser and you feel very sorry for him, but he's willing to try whatever to improve his daily life. This morning you read an article in a magazine with tips to be a successful person and you are going to bring up the topic this Tuesday afternoon to try to cheer him up.

You have 5 minutes to prepare your task.

Tips: Use the chart below to develop your reasoning but be creative; add any extra background info which you consider may be appropriate and / or relevant. Try to use persuasive language and give examples if necessary.

Two/three-minute monologue.

The FIVE Things SUPER Successful People Do BEFORE 8 AM

Good morning, sunshine! Love it or hate it, the early morning hours are a key component for leading a healthy and successful lifestyle. If you think you do your best work at night, think again. According to *Inc Magazine*, the early bird is more proactive and more productive. So, you want to be the next Margaret Thatcher or Frank Lloyd Wright? Then rise and shine, because below is a list of **The 5 Things Super Successful People Do before 8AM.**

6:20 Map out your day
Get the most out of your day by mapping out your goals and to do's. The AM is prime, uninterrupted problem solving time, providing easier reflection that will help you to prioritize your activities. Don't forget about mental health; schedule a 10 minute break after stressful meetings or calls.

6:45 Eat breakfast
Take the extra time in the morning to give your body the fuel it needs to accomplish the tasks you've outlined for it. Having a healthy breakfast means you'll be free to concentrate on what's at hand, rather than on your empty stomach. Even if you only have 5 minutes, have some cereal or a fruit.

7:04 Get some exercise
Work out. But more importantly, work out in the morning. Whether you do yoga or hit the gym, do it *before* going to work so that you benefit from the boost of energy and the well deserved sense of accomplishment. Working out in the morning will help to wake up both your mind and body; and eliminates any chance of flaking out after a long day of work.

7:34 Visualize your day
Now that your body's awake, its time to rouse your mind. Meditate and visualize the day ahead; send some positive energy into the successes you plan to achieve today. Not only will you improve your mood and outlook for the day, you will be more likely to recognize the best way to reach your goals as you visualized them earlier on.

7:50 Worst tasks 1st
Do the least desirable task on your list **first**. Every To Do list holds at least 1 item that we dread, don't let it loom over you all day or even all week. Acknowledge that it will be unpleasant, and get it out of the way. Once its done, your day will simply get easier. In the morning you are well rested and your energy level is up, which means you are better equipped to handle more difficult activities.

Source: Forbes - 5 Things Super Successful People Do Before 8 AM by Jennifer Cohen
Another awesome infographic by Fast Business Canada

fastbusiness



VIDEO ACTIVITY

<https://www.youtube.com/watch?v=fvuK7Wkb-zo>

BBC Exposed. **City Life experiment:**

The BBC produced experiment involving a stranger's lost letter & a fallen and helpless stranger. Who will mail the letter or help the stranger more often? City or town dwellers?

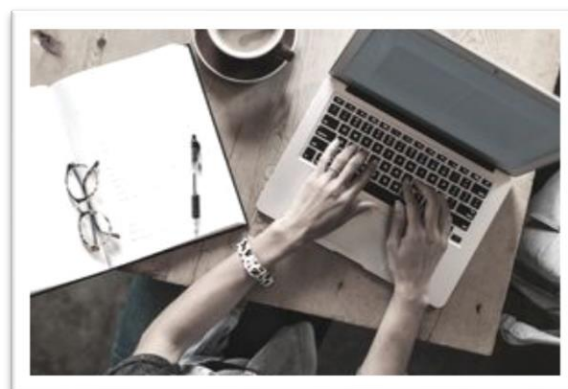
Your school magazine has asked you to write an article with the goal to highlight the dangers of the increasing anonymity and individualism of city life. Watch this video on youtube and write an article with the results and your conclusions.

Remember to use the article-writing conventions, brainstorm and draft your ideas first, and try to use challenging and relevant vocabulary, (descriptive adjectives, related expressions) and synonyms to reason your arguments.

Write 140-180 words.

(vibrant/ dull/well-run/run down/affluent/ congested/ spotless/ sprawling/ condemned/ mugging/ housing /crime rate/ public services / economic activity...)

Your cousin Íñigo has just finished his university studies and would like to become a writer in the future. He knows that this is not a smooth path, and for this reason, he would love to work in some interesting and creative writing-related job first to get into the business and learn how to move within. His mother is Irish and he is bilingual. He's been thinking of moving to the States in search of opportunities but is taken aback by his lack of experience.



Read the article below and write an email to him trying to encourage him to make the move. 140-180 words.

You DO NOT need to use all the information and you may add extra data / background information and /or provide examples to support your arguments. Remember the importance of paragraphing and drafting your arguments in advance. Do not copy any part of the text; rephrase and paraphrase using new vocabulary and structures when needed.

Awesome Jobs for Writers That Offer Real Opportunities

Here's a news flash: Good jobs for writers really do exist. You *can* parlay your love of the written word into a paying gig. The truth is that the technology, media, entertainment, public relations, marketing, publishing, and advertising industries all need people who can craft high-quality content. The range of possible writing careers is far broader than you might expect.

1. Video game writer

Writing the narrative behind a video game is not like writing for other forms of media. Game players are constantly making choices that affect how the story develops and what happens to the characters, so you get to write scenes and dialog to fit all the different possibilities. You also get to work closely with developers, graphic designers, animators, and voice actors in order to make sure that what you write is technically feasible within the project's timeline and budget.

Average salary—\$50,868

2. Social media specialist

More and more companies are realizing they need to maintain a social media presence, which means lots of opportunity for writers who know how to tailor messages to the demographics, text limits, and content styles of platforms like Facebook and Twitter. You could find yourself blogging about the latest high-tech gadget or analyzing metrics on the company's audience and views. Training in marketing or communications can be helpful.

Average salary—\$41,152

3. Travel writer

For wordsmiths with wanderlust, a career as a travel writer may be what's needed to satisfy those creative and nomadic urges. You could develop a wide range of content, from guidebooks and magazine features to blogs and how-to-travel articles. Coming up with original and interesting ways to describe a destination can be a real challenge. This is almost entirely freelance work, which means self-promotion is a big part of the job.

Average earnings—\$37,313

4. Greeting card writer

More than 75 percent of people buy greeting cards based on the connection they make with the text, according to the Greeting Card Association.⁶ Whether you're creating a funny happy birthday message or a compassionate get-well card, you need to craft concise verses that touch people's emotions. The key is to come up with something that a broad spectrum of people can relate to. Playing around with rhymes, allusions, and metaphors can be good practice.

Average pay—\$25 to \$150 per accepted submission⁶

5. Ghostwriter

A ghostwriter is an "invisible" contributor to a piece of content. You write it; your client gets to claim the credit for it. As a ghostwriter, you could be writing corporate blogs, putting out social media updates in a celebrity's name, or transforming a client's ideas, research, or life stories into a book. Ghostwriting can lead to many opportunities, though the field is not without controversy.

Average pay—Rates vary enormously; you could make anywhere from \$15,000 to \$150,000 or more per book.

Adapted from: <https://www.trade-schools.net/articles/jobs-for-writers.asp>

PROTECT YOUR PLANET

An old school friend of yours, who had taken part in a research project in the Amazon jungle for the last 20 years, has come back to real life and is currently struggling to adjust.

He has been given this flier and needs help to interpret it. Help him understanding some of the concerns about the environment and the actions we can / should take to be eco-friendlier.

Read the flyer for two minutes and then, you'll have 5 minutes to talk to your partner / to the examiner. Try to include all the points you can remember, add extra information if necessary and remember to make it simple for him to understand his potential contributions. Try to develop reasoned arguments.

You are allowed to write down some bullet points but not to read. You may use the pictures to help you. Take 4 minutes to prepare your two/three-minute speech.

PROTECTING OUR PLANET STARTS WITH YOU

BIKE MORE DRIVE LESS
 Bike more, drive less.

reduce REUSE recycle
 Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.

choose sustainable seafood
 Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.
PLANT A TREE

EDUCATE
 When you further your own education, you can help others understand the importance and value of our natural resources.

CONSERVE WATER
 The less water you use, the less runoff and wastewater that eventually end up in the ocean.

-SHOP-WISELY
 Buy less plastic and bring a reusable shopping bag.

Don't send chemicals into our waterways.
 Choose nontoxic chemicals in the home and office.

Volunteer!
 Volunteer for cleanups in your community. You can get involved in protecting your watershed too!

Long-lasting light bulbs - ARE A - BRIGHT IDEA
 Energy efficient light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room!

NOAA
NATIONAL OCEANOGRAPHIC AND ATMOSPHERIC ADMINISTRATION
U.S. DEPARTMENT OF COMMERCE

oceanservice.noaa.gov

WOMEN'S FARM EXPERIENCE

Your workmate Sara, who you really get along with, is going through a lot of tension lately both privately and at work. Being worried about her health and her moody behaviour, you're determined to help her.

You have been given this flier and you think the experience could be helpful. You are definitely going to try to persuade her to enroll the course.

Read the flyer and write an email to your friend. Include all the points, add extra information if you find it necessary. Try to develop reasoned arguments in about 140-180 words. You may use the pictures to help you.

YOGA RETREAT
WITH
Linda Cicero
ON A PEACFUL FAMILY FARM

THE COUNTRY EXPERIENCE
- AMSTUTZ FAMILY FARM CAMP -

MAY 4 - 7, 2018
yoga & wellness classes on a scenic farm,
enjoy farm-fresh meals, the cuddly
animals, and cozy cabins

WHEN:
MAY 4 - 7
JOIN US ON THE FARM
FRIDAY EVENING AND
STAY THROUGH
MONDAY MORNING

WHERE:
115 WIND MILL ROAD
ELIZABETH, ILLINOIS
www.TheCountryExperience.com

WHAT:
ALL THINGS HEALTHY.
A WOMEN'S RETREAT FOR
THE MIND, BODY
AND SOUL...
AND A LITTLE
ANIMAL LOVE

\$500: Includes all lodging, meals, classes & relaxation for the weekend
CLASSES: Linda & guest instructors will hold various types of sessions on the farm to choose
LODGING: cozy cabins (A/C, heat, electricity), full modern bathrooms & showers in the barn
MEALS: all meals Friday PM-Monday AM (healthy & farm fresh), BYOB

REGISTER NOW: www.TheCountryExperience.com/retreat-registration/

Hi Sara, I've just been given a flyer with information about a Yoga retreat and I thought of you. I beg you to open your mind because....
First at all... / keep in mind... / you also need to take into account that.../ Regarding.../As for.../ moreover..



Your friend Oliver is currently looking for a job and you have the feeling he's doing / saying something wrong at the interviews because he's been turn down 6 times in the last two months after having been interviewed by interesting and field- related companies. As far as you are concerned, he is witty, really qualified, smart-looking and sympathetic, so there must be something you and he are missing or overlooking.

This video will share with you five things you should never say in a job interview. You must be careful in a job interview to make sure you know what to say and what to avoid saying. Most people screw up their interviews by blurting out things they never should say and ruin their chances. Watch the video and prepare a two/three-minute talk to help him improve his chances. You might take notes and prepare bullet points but DO NOT read any part of your speech.

<https://www.youtube.com/watch?v=wjK-6Do6lg>

The advertisement below has sparked a heated debate in Poland and it has spread to other European countries. It has been considered politically incorrect and accused of promoting unhealthy habits. Why do you think is that? What's implicit? Is longevity in any way related to consumption habits? If so, could that be right? did the European Healthcare agency overreact? Can you think of any example of something like this in your country?

Take 4 minutes to prepare your two/three-minute speech. You can write down some notes but you are not allowed to read any text.

Organize your arguments in a coherent way, try to use accurate and non-repetitive vocabulary related to the topic (health/ advertisement...). You might, introduce current nutritional concerns, resort to examples, trace it back to polemic issues such as "dry laws" or the "prohibition" time in the American 20s...

