

SAMPLE A (LOTS OF TIPS)



Task: Your Polish friend Maia is very stressed. She has asked for your advice. Leave a voice message (1'-1'30'')

Ready-made phrases for mediation 2A2

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SAMPLE A (lots of tips: things to do)

INTRODUCTION:

Hi X (name),

It's nice / great to hear from you. So, you tell me that (what's the problem? – you're very stressed / you can't sleep well / you want to learn English / you need to eat better...). Well, I read / saw an infographic and I think I can help you.

BODY:

Tips: organise the information. Example:

Paragraph 1 = Block 1: a group of tips

Paragraph 2 = Block 2: a second group of tips

Paragraph 3 = The last paragraph (final advice or third group of tips)

(Paragraph 1)

To begin with, you should ... (do something) because Besides, you need to... (do another thing). => include here the tips in the first group

(Paragraph 2)

In addition, you can try and ... (do things outdoors). [For example, you can try and go out and meet friends. You can go together to the cinema to see a film. You can also go to a disco and dance or listen to music...]

(Last paragraph)

And finally, if you can, **IMPERATIVE** (e.g. *take up a new hobby. It's important to have some "me" time*)

CONCLUSION:

Well, that's all for now. Hope it helps.

Keep in touch,

(Your name) **PS** In the oral mediation you don't need to say your name, it's optional // In the written mediation, you need to write your name

SAMPLE B (THINGS TO DO OR NOT TO DO)



Task: Your Maltese friend Emily has had a child and wants to get fit again. She has asked for your advice. Leave a voice message (1'-1'30'')

Ready-made phrases for mediation 2A2

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SAMPLE B (things to do or not to do)

INTRODUCTION:

Hi X (name),

It's nice / great to hear from you. So, you tell me that (what's the problem? – you're very stressed / you can't sleep well / you want to learn English / you need to eat better...). Well, I 've read / I've seen an infographic and I think I can help you.

BODY:

Tips: organise the information. Example:

Paragraph 1 = Block 1: things the person in question should do (+ positive)

Paragraph 2 = Block 2: things the person in question shouldn't do (- negative)

Paragraph 3 = The last paragraph (final advice)

(Paragraph 1 - diet)

On the one hand, you should ... (do something: *eat healthy food like veggies, fruit, fish and meat*) because

Besides, you need to... (do another thing: *drink enough water every day*). => include here the positive things to do

(Paragraph 2 – the no-noes)

On the other hand, you shouldn't (do something) because... (*you shouldn't have junk food and drinks with sugar. They are not good for your health*) And remember: *don't skip breakfast and don't eat fast*. => include here the things your friend shouldn't do

(Last paragraph – a last tip: sports)

And finally, if you can, **IMPERATIVE** (e.g. *find time to do sports. For example, you can go to the gym or take up yoga. If time is a problem, just go for a walk every day.*)

CONCLUSION:

Well, that's all for now. Hope it helps.

Keep in touch,

(Your name) **PS** In the oral mediation you don't need to say your name, it's optional. In the written mediation, you need to write your name.