

## 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.