

13 READING

A Skim the three posts. What do Jack, Maya, and Andrés ask for advice about?

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1

JACK – LONDON

12

I am overweight, and I'd really like to slim down. I've tried all kinds of diets, but none of them seem to work. And there's so much advice on the Internet – I don't know what to believe any more. What would you recommend?

I had the same problem until I tried a high protein/no carbohydrate diet. It was very strict – in the first couple of weeks you have to eat less than 40 grams of carbohydrates a day, so no bread, pasta, or potatoes! But I lost nine pounds in just 13 days, so for me it was worth it. I had a lot of meat and eggs and some butter, too, which was great! I'd give it a shot if I were you. (Sarah, Edinburgh)

2

MAYA – SAN FRANCISCO

22

I'm traveling to Rio de Janeiro next month, and I'd like to see as much of the city as possible. The problem is that I'm only going to be there for a couple of days, and I'm not sure how to fit everything in. Should I book an organized tour?

I was in Rio a couple of months ago. I travel a lot and like to be independent, so I chose to find my own way around the city. What a mistake! Rio's so big that I kept getting lost! And in the end, I didn't get to see the beach of Ipanema or the cathedral. It would have been nice to have somebody to talk to also. I really should have gone on a guided tour. (Dag, Oslo)

3

ANDRÉS – BOGOTÁ

11

I've just finished my degree, and I'm on the fence about what to do next. Here in Bogotá, there aren't many job possibilities right now. Should I go back to college to get a Master's? Or go stay with my cousin in New York and try to get a job there? (My English is not very good, by the way – a friend wrote this!)

Stay where you are! I moved to the United States from Poland and got a job as a server, but it's long hours and not much money. I haven't really made many friends, and I miss home. I should have stayed there and continued with my studies. (Marta, Krakow)

B Read the posts. Who would say these sentences? Write names from the posts.

- Should I go abroad or stay where I am? _____
- It worked for me, so why don't you try it? _____
- I would have been happier if I hadn't moved. _____
- How can I choose the right eating plan? _____
- If I went there again, I'd definitely join a group. _____
- I don't have much time, so I need to be organized. _____

C Find words or expressions in the posts to match these definitions.

- Be an important or useful thing to do (post 1) _____
- Find enough time for something (post 2) _____
- To be unable to make a decision (post 3) _____

D Do you agree with the advice given above? What advice would you give?

I wouldn't have done that. **105**