INSTRUCTIONS: What do Jack, Maya and Andrés need advice for?

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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)





INSTRUCTIONS: Read the post. Who should say these ideas? Write the names.

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

LIVEWORKSHEETS

INSTRUCTIONS: Find words or phrases in the post to match these definitions.

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

LIVEWORKSHEETS