

CARD 1

CANDIDATE A/B

Preparation time for both tasks: **4 minutes**

TOPIC: HEALTH Are wellness trends stressing us out?

You read the following text online:

From exercise and diet, to digital detoxes and 10-step skincare regimes, 'wellness' has become a buzzword when it comes to talking about modern day lifestyles. What likely started out as a well-meaning motivation quickly became an expensive and unattainable aesthetic. Every swipe of a Sunday morning Instagram story is likely to reveal a glass of green celery juice or someone completing a sunrise hike in pricey leggings.

The findings show there's no 'one size fits all' approach when it comes to looking after our wellbeing with (89%) of Irish people suspecting 'wellness' trends can have a negative impact on their health. With over half (65%) of the 535 people surveyed admitting to feeling worse after trying a new fad, and more than a third feeling like failures when it comes to maintaining our 'wellness', it's no surprise that 40% believed a simpler approach would make them happier. Three quarters (70%) of people who had attended an extreme wellness retreat agreed that it was a waste of time, and more than a third (44%) feel social media influencers make wellness trends appear easier than they actually are to stick to.

Therapist and self-love advocate, Tasha Bailey, believes wellness should be integrated into everyday life, rather than being a quick fix solution: "Wellness is about intentionally looking after ourselves. This is a practice that needs to be holistic, paying attention to our physical, emotional, mental, and spiritual health. It might sound simple, but when life throws daily stresses and challenges our way, it creates a barrier between us and our optimal wellness." "So, to avoid burnout, boredom, and fatigue, we need to integrate wellness practices into our everyday routine. The way we rest, nourish, connect with others and align with ourselves impacts how healthy and happy we feel."

Adapted from <https://www.rte.ie/lifestyle/living/2022/0413/1292181-are-wellness-trends-stressing-us-out/>

You are at a round table discussion and have been asked to speak about this topic.

Speaking time for oral mediation task: 1-2 minutes

ORAL MEDIATION TASK

...../12,5 points

Talk about the following points:

- **Explain in your own words what you have just read.**

Remember:

- Contextualize and summarize. Use an introductory phrase
- Use words to distance like: *the authors*, passive tense *it is claimed*, *they state that*
- Don't forget to mention the expert
- Try to summarize some of the statistics, don't repeat them *ad nauseum*
- Hold your horses! And don't give an opinion (yet) you are a transmitter of information

- **Identify the point of view of the researcher.**

- This is a text so we must base our assumption on: words used (give examples?) examples employed(?) arguments used (?) try to find examples within the text.
- Mention the expert, her opinion is quite important
- You do not need to repeat the text but just identify one or two
- *Based on what I have read, I gather that...the author...is.....*

Speaking time for task 1: 2-3 minutes

TASK 1: PRODUCTION

...../12,5 points

Talk about the following points:

- **Discuss how you stand on this particular issue.**
 - Remember to mark your transition to the next part of the exam
 - Give some arguments (maybe 2?) in favour or against this particular issue but do remember to give some arguments for the other side.
 - Maybe try to develop a tiny bit each point: an example or anecdote would also be excellent
 - Don't forget your connectors but don't over use them either
 - Give a mini conclusion (all in all...etc.)

- **Hypothesize about the situation in the future.**
 - use speculative words
 - try to employ future tenses
 - give some reasons why

Support your opinions with arguments.