



CARD 1
CANDIDATE A

HOW TO SURVIVE JET LAG

Preparation time: 2 minutes

Candidate B is travelling to Hawaii next month and is worried about jet lag. You have found this leaflet:

Yours To Keep

www.airhelp.com



Set your watch:

To your destination time zone
before you get on the plane



Consume nothing but water:

Avoid food, booze and caffeine



Get plenty of daylight:

When you arrive to tell your
body what time of day it is.



Try and sleep on the plane:

At bedtime, put your Pjs on, brush
your teeth and wear an eye mask



Use melatonin:

Take it in the morning if you've
traveled west and in the evening if
you've traveled east

TASK 1: MEDIATION

...../12,5 points

Speaking time: 1-2 minutes. Talk about the following points:

- **Tell** Candidate B **about** three of the tips from the leaflet that you think will be helpful for him/her.
- **Explain** these tips to your partner.



CARD 1
CANDIDATE B

LOOKING FOR A JOB

Preparation time: 2 minutes

Candidate A is worried about a video job interview they are going to have. You have found this pamphlet:



HOW TO MASTER A PHONE JOB INTERVIEW

- 1 KEEP YOUR PHONE CHARGED**
If you are using your mobile, make sure it has full battery.
- 2 ENSURE THERE IS PEACE AROUND**
Find a quiet place to have this conversation.
- 3 PREPARE ANSWERS AND ASK QUESTIONS**
They should demonstrate your understanding of the company.
- 4 YOUR VOICE IS YOUR BODY LANGUAGE**
Your voice should sound confident, positive and interested.
- 5 STAND UP AND HAVE A SMILE**
You will be more confident if you have a correct body posture.

TASK 1: MEDIATION

...../12,5 points

Speaking time: 1-2 minutes. Talk about the following points:

- **Tell** Candidate A **about** three of the tips from the pamphlet that you think will be helpful for him/her.
- **Explain** these tips to your partner.