



ENGLISH | MARC HUCKLE | @ www.intercambioidiomasonline.com

Intercambio Idiomasonline

B2 FIRST: SPEAKING
PARTS 3 AND 4

Now, I'd like you to talk about something together for about two minutes.

I'd like you to imagine that you are talking about **health at work**. Here are some of the ideas they are thinking about and a question for you to discuss. First you have some time to look at the task.

Now, talk to each other about **why overworking can be bad for your health and well-being**.

.....

Thank you. Now you have about a minute to decide **which is the best way to avoid health problems at work**.

.....

Thank you.

Why can overworking be detrimental for your health and well-being?

- stress
- tiredness and exhaustion
 - time-consuming
 - diet
- lack of exercise

Use the following questions, in order, as appropriate.

- Do you think you spend too much time at work?
- Some people say that you should work to live, not live to work. Do you agree?
- If you enjoy your job, does it help you avoid stress and anxiety?
- Do you think we get enough holidays to be able to relax?
- Should people take regular breaks at work?
- Would you say that people, in general, work hard in your country?

Now, I'd like you to talk about something together for about two minutes.

I'd like you to imagine that **you are talking about sport and health**. Here are some of the ideas they are thinking about and a question for you to discuss. First you have some time to look at the task.

Now, talk to each other about **why sport is important to live a healthy life**.

.....

Thank you. Now you have about a minute to decide **which is the main benefit of staying fit and healthy**.

.....

Thank you.

What are the main benefits of getting regular exercise?

- fitness
- stress relief
- rest and relaxation
- socializing and friendships
- self-confidence

Use the following questions, in order, as appropriate.

- Why do some people find it challenging to find time to do exercise?
- Some people say that doing sport 3 times a week is enough. Do you agree?
- What types of sports are popular in your country and why?
- Can people get addicted to doing sport and why?
- Why do people like being involved in team sports?
- What can people learn from doing individual sports like running or swimming?

Now, I'd like you to talk about something together for about two minutes.

I'd like you to imagine that you are talking about **health and well-being**. Here are some of the ideas they are thinking about and a question for you to discuss. First you have some time to look at the task.

Now, talk to each other about **what is needed to be fulfilled**.

.....

Thank you. Now you have about a minute to decide **which is the best way to get a sense of self-satisfaction and well-being**.

.....

Thank you.

What should be do to achieve a sense of satisfastion and well-being?

- study
- travel
- work
- eat a balanced-diet
- earn a high salary

Use the following questions, in order, as appropriate.

- Why do some people try to buy happiness?
- Some people say that if you aren't happy without something, you will never be happy with it. Do you agree?
- Is having new experiences important for well-being?
- How can learning new things make you feel fulfilled?
- Do we need to learn to face problems to feel truly happy?