

6.NIVELL INTERMEDI B2 MEDIACIÓ LINGÜÍSTICA ORAL (SPOKEN MEDIATION)

MEDIACIÓ LINGÜÍSTICA ORAL

NIVELL B2

TOPIC 1: HEALTH

You have a friend who has an addiction and asks you for advice on how to tackle his problem. You find the following tips on an advert online. Select the most relevant information and tell it to him. Add any extra tips you can think of.

4 tips to quit smoking

Know it or not?
Cigarette smoke contains more than **50** carcinogens

Behaviour therapy
Change a habit. Avoid any emotion that will trigger smoking desire. Seek motivations to quit smoking.

Abrupt cessation
Stop smoking abruptly. Set the date when smoking stops and get rid of all cigarettes nearby.

Cessation drugs
Use nicotine substitutes available in various forms including nicotine chewing gums and nicotine patches.

Acupuncture
It reduces smoking desire and anxiety.

GENERALI Wellness
GENERALI

Bumrungrad International Hospital
Source : Doctor Pratan Vathesatogkit, a pulmonologist at the Pulmonary (Lung) Center of Bumrungrad International Hospital

Your **MONOLOGUE** should last about **2,5 minutes**.