Paulina’s Contents from September to December 2024

**General Review 7/1**

Topics

1. **Job interview.**  Power point. 3 adj. that describe you. Logical, ethical, grateful, determined, innovative, confident, committed, creative, efficient, helpful, adaptable. Kind of job that suits your personal qualities. Qualities to put up with a stressful/ challenging job. Your greatest strengths: open communication, team work, clear objectives and company’s needs, flexible to changes, organizational skills, problem solving personality, handle stress, delegation skills. A question to ask about paid holidays, breaktimes, days off , to work overtime(what’s the company’s policy about ….?)

3 adjectives that describes me: I consider myself logical, efficient, competitive with myself because I want to improve.

Kind of job thar suits my personal qualities: In my home doing home office, or in a office, team’s work, with technology, with rules, full time when I finish my career, project-based activities.

Qualities to put up with a stressful/ challenging job: motivation, committed, efficient, adaptable, methodical

My greatest strengths: team work, flexible to changes, problem solving personality, motivation, committed

Questions:

* How many days of vacation are provided?
* How many pays vacation are provided?
* How many days off are provided?
* What's about company policy for working hours and break times?

1. **A project management meeting.** Issues in a pmm: cross-functional activities. To work cross functionally, deliverables, difficulties to hit our own’s targets, overall value propositions, benefits of a new project. What to consider to develop a ppm: objectives, ways to perform or carry things out, come to agreements, considering of deadlines, identify strengths or expertise on people in the meeting for task distribution or delegation, visualize problem solution situations, encouragement and motivation.

<https://learnenglish.britishcouncil.org/skills/listening/c1-listening/project-management-meeting>

* timeline: horario, a fixed time schedule
* deadline: plazos
* hit the target: llegar a los objetivos

1. **Physical and psychological benefits of sports** – Video Competitive sports- Audio: Effects of real games on players. Name three physical benefits: S increases life expectancy, prevents heart diseases, improves the quality of bones. Name three psychological benefits: builds self confidence, foster communicating skills, enriches social life, reduces stress, brings/ensures discipline. Your personal attitude towards sports. Screaming crowd, fans, opponent, team supporters.

Physical benefits: increases life expectancy, get lower sugar quantity in blood for the oxygen in blood, helps us to maintain an appropriate body weight

Psychological benefits: improves communication skills, builds self-confidence, foster to have social life

Personal attitude: First of all, for me, sports is a way to disconnect from the world, is my way to stay healthy. When I was diagnose (daiagonoust) thrombosis, and I couldn´t walk, I started to understand how important is to do something with your body, to move even just 30 minutes per day. On the one hand, it helps me with my physical health, helping me to maintain an appropriate body weight, and make me understand what my body needs. On the other hand, it improves my mental health, it makes me feels relax from the very moment I dress up for the gym, and there I have time to think and reflex about what is going on in my life. At last but not least, I enjoy watching sports, like football, or hockey, it enriches me with the good vibes of the match.

* Screaming crowd / Noise crowd / Supporters / Fans / Shouting crows = Distintas formas de decirle a las hinchadas

1. **Communication.** Audio about communication and cultures. Mention three aspects of cross cultural communication. Non verbal communication. Communication needs and styles. The importance of communication. Managing conflict with communication. Tips for improving communication. Adjectives for C: adequate, convenient, efficient, successful, suitable, adaptable, acceptable, appropriate, satisfactory. C: concept definition, importance, type, tips to address issues, communication skills: leadership through history, avoiding conflicts

[**https://www.betterhealth.vic.gov.au/health/healthyliving/relationships-and-communication#importance-of-communication**](https://www.betterhealth.vic.gov.au/health/healthyliving/relationships-and-communication#importance-of-communication)

[**https://edubirdie.com/examples/essay-on-communication/**](https://edubirdie.com/examples/essay-on-communication/)

[**https://www.cipp.org.uk/resources/news/the-importance-of-communication.html#:~:text=In%20our%20daily%20life%2C%20communication,We%20all%20need%20to%20communicate**](https://www.cipp.org.uk/resources/news/the-importance-of-communication.html#:~:text=In%20our%20daily%20life%2C%20communication,We%20all%20need%20to%20communicate)**.**

By definition, communication is the transfer of information from one place to another. In relationships, communication allows to you explain to someone else what you are experiencing and what your needs are. The act of communicating not only helps to meet your needs, but it also helps you to be connected in your relationship.

Cultural communication:

* How far apart would you stay
* Moments of silence (not interesting in the topic, acceptable, shows respect)
* Voice volume (loudly, softly)
* Knowing which topics are appropriate
* Gestures (hands)

Non-verbal communication: Our body posture, tone of voice and the expressions on our face all convey a message. These non-verbal means of communicating can tell the other person how we feel about them.

Tips for improving communication:

* think about what you want to say
* be clear about what you want to communicate
* make your message clear, so that your partner hears it accurately and understands what you mean
* talk about what is happening and how it affects you
* accept responsibility for your own feelings

1. **Living and working abroad** Three adjectives for a person who wants to work abroad. Charming, adventurous, challenging, flexible, compassionate, fearless. Mention three advantages and three disadvantages of living and working abroad. Mention 4 items for paperwork: visa application, visa renewal, residency application, driving license, birth certificates, health insurance, citizenship, expired deadlines, income protection insurance. Say how to fight homesickness. Legal advice/help/support.

<https://youtu.be/uJOPxGhoXDM?si=dFBjFq_pwIHNAwu4>

<https://www.william-russell.com/blog/living-abroad-disadvantages/#:~:text=Culture%20shock%20is%20the%20feeling,are%20used%20to%20back%20home>.

Adjectives: adventurous, challenging, flexible

Advantages:

* new way of living
* push your limits
* learn yourself, get a better you
* experience
* deal with problems
* new people
* independency
* impossible to walk away unchanged
* earn money

Disadvantages:

* language barer
* cultural shock
* home sickness
* paper work
* cost, money
* find a job, face overwhelming situations
* discrimination
* health care assistance

Paperwork: visa application, visa renewal, residency application, driving license, birth certificates, health insurance, citizenship, expired deadlines, income protection insurance

1. **Food. Influencers. Idioms. Taste and texture** Comfort food: comida reconfortante. Fine dining. Sweet tooth. Savory snacks:. Tangy, umami (a strong taste that is referred to as the fifth taste),dense, chewy, gooey, cloying ;crispy, crunchy , soft, smoky, zest (ralladura de cítricos) condiment, spice, season seasoning, Condimentar: spice, season, add flavour. Craving. Sieve: tamizar. Common phrases to order: “Can I get…” (en lugar de “I would like…”). “What’s the most popular dish here?” “I’m in the mood for something spicy/sweet/light.” “Could you make it to-go?” Why do you think some cheffs are becoming social media stars? Mention 5 words or phrases related to a cake: yummy, layered, crunchy top, fluffy. Mention 5 expressions related to cake preparation: *It has a base of biscuits dipped in coffee …*  
   *It's filled with … It's covered in … It's really light and fluffy … It has a soft bottom … The top is crunchier, it's got  … It's a mixture of oat flakes, pecans …* mention 5 verbs related to a recipe procedure. Watch a silent video of a recipe and say the procedure: Knead (amasar), dough bun (bollos de masa) Idioms: have your cake and eat it, selling like hot cakes, flat as a pancake, the icing on the cake, as sweet as pie, take the biscuit (UK) What did you enjoy most about this topic?

<https://www.facebook.com/share/v/15YjQYsJgJ/>

<https://learnenglish.britishcouncil.org/learning-hub/topics/1-your-favourite-cake>

Vocabulario:

* melt -> derretir
* whisk -> batidor | batir
* sieve -> tamizar
* fry -> friar
* bake -> cocinar
* boil -> hervir
* chop -> picar
* dip -> sumergir
* pie -> pastel
* cake -> torta
* biscuit -> bizcocho | galleta
* fluffy -> esponjoso
* light -> liviano
* buttery pastry -> mantecoso
* sprinkle -> espolvorear
* baking tray -> bandeja para hornear
* saucepan -> cacerola
* stir -> revolver
* beat the eggs -> batir los huevos
* whisk -> batidor
* Knead -> amasar
* dough bun -> bollos de masa

Dichos:

* selling like hot cakes
* you can't have your cake and eat it too
* flat as a pancake
* the icing on the cake
* as sweet as pie
* takes the biscuit -> es el colmo

1. **The impact of AI in society.** “How has Artificial Intelligence already influenced our daily life?”Technology and devices, Communication, Purchases, Transport, Health. Ethical concerns of AI in Education. Proponents of AI (*Focus on benefits like efficiency, innovation, and problem-solving*). Critics of AI (*Focus on risks like inequality, job displacement, and ethical dilemmas*). *“What is more important: innovation or ethical responsibility?* “*Do you think Artificial Intelligence will have a positive or negative impact on society in the next 20 years? Why?”* Link image: talk about it. “What can we, as individuals, do to ensure AI benefits society?”

[**AI importance in our lives**](https://techvidvan.com/tutorials/ai-in-human-life/)

English for Travelling 4.

Reacting to what people say, Giving opinions, Permissions and requests. Suggestions. Indirect questions.

REQUEST es con could or will

Grammar

* Present Perfect/Present perfect Continuous <https://elt.oup.com/student/englishfile/intermediate3/grammar/file02/?cc=ar&selLanguage=en>

<https://elt.oup.com/student/englishfile/intplus3/grammar/file05/?cc=ar&selLanguage=en>

<https://elt.oup.com/student/englishfile/upperint3/grammar/file02/nef_int_grammar01_a02?cc=ar&selLanguage=en>

* Modals of deduction. 2 audios. <https://elt.oup.com/student/englishfile/intermediate3/grammar/file06/nef_int_grammar06_b03?cc=ar&selLanguage=es>

<https://elt.oup.com/student/englishfile/intermediate3/grammar/file06/nef_int_grammar06_b04?cc=ar&selLanguage=es>

<https://elt.oup.com/student/englishfile/upperint3/grammar/file07/nef_int_grammar07_a01?cc=ar&selLanguage=es>

<https://elt.oup.com/student/englishfile/advanced3/grammar/file04/grammar04_a01?cc=ar&selLanguage=es>

* As …… as
* Whatever, whenever, wherever
* Comparative and superlative of adjectives.
* Indirect questions
* Past. Habitual events and specific incidents

<https://elt.oup.com/student/englishfile/advanced3/grammar/file02/grammar02_b01?cc=ar&selLanguage=es>

Expessions

* I’m rather
* What I’m more concerned with is ….
* I prefer …..
* In my case ….
* The reason why …..
* I’m willing to learn
* To see the action on live events
* To be a sort of …..
* To get team spirit going
* To make it more likely to happen
* Such as ……
* On average ….
* On the one hand, on the other hand
* To sum up
* Otherwise, Moreover, Unless, Although
* To be engaged in casual conversation
* To make small talks
* To be at ease
* To talk openly
* To meet your needs
* For the time being….
* The feelings fit/don’t fit the words
* To address the issue
* Getting these things wrong …..
* To bridge distances through communication.
* To shape the course of history
* To foster mutual understanding
* Broaden your horizons
* Availability of jobs
* Seasonal employment opportunities
* Recent job posting
* Working holiday visa
* Work exchange programme
* A gap year
* Working holiday scheme
* Passport/visa holders
* To meet basic qualifications
* The time flew by
* To have a little catch up
* It evokes charm and adventure
* To come across new experiences
* With this much going on …
* To make things work on your own
* To build a better you
* Make it impossible to walk away unchanged
* To be pushed to your limits
* A life changing experience
* To settle into a new life
* To stop/ not to stop you from …..
* To give it a go
* Getting out and about
* To run into difficulties
* To seek for legal support
* To take a bite