

- 1 Think about how much time you are silent doing the activities below on a typical day. Add one more activity. Then add up your total silent time.

During breakfast	_____	Evening meal	_____
Travelling to work/college	_____	Doing exercise	_____
At work/college	_____	Relaxing at home	_____
Lunchtime	_____	Total silent time	_____
Travelling home	_____		

- 2 Work in pairs. Compare your answers from Ex 1 and answer the questions.

- 1 Do you enjoy silence? Why? / Why not?
- 2 What do you think are the advantages of silence? Discuss the ideas below.
 - It can help you concentrate.
 - It can improve your memory.
 - It can help you sleep.
 - It can make you more creative.
 - It can help your relationships.
 - It can reduce stress.
 - It can help you make decisions.

- 4 Complete the phrases with the correct form of the verbs in the box.

concentrate disturb go have keep make
play ring switch

- 1 I hate it when people _____ a noise when I'm trying to work. I prefer to _____ quiet and think about what I'm doing.
- 2 I often _____ music while I'm studying. I can _____ on my work better.
- 3 When I'm trying to sleep, even a small amount of noise _____ me.
- 4 I hate it when car alarms _____ off in the street, and no one comes to turn them off!
- 5 If my phone _____, I want to hear it straightaway. I never _____ it off.
- 6 I _____ quite a good memory for names - I never forget them.

SILENT CAFÉS



1000 & 1 Signes looks like any other café in Paris, but it is a 'silent café' because all the waiters and cooks are deaf. Customers often go in and **(1)** _____ for a table as normal, but soon realise that the waiter can't hear them. The waiters are used to this. They **(2)** _____ their hands to tell customers where to sit, and give out menus with a smile. Customers can then relax and **(3)** _____ on enjoying the delicious food.

Silent cafés are opening around the world, and the idea is to teach people about deaf culture and sign language. The owners find that many customers are **(4)** _____ in learning some sign language while they eat. Others just enjoy the experience of **(5)** _____ quiet and escaping from all the noise outside. Some customers even decide to **(6)** _____ off their phones, to enjoy the full silent experience!

- | | | | | |
|---|------------|-----------|-----------|---------------|
| 1 | A ask | B demand | C want | D insist |
| 2 | A show | B use | C manage | D do |
| 3 | A remember | B think | C imagine | D concentrate |
| 4 | A fond | B curious | C happy | D interested |
| 5 | A holding | B keeping | C getting | D making |
| 6 | A put | B let | C switch | D take |

8 Discuss the questions.

- 1 Do you agree that it's good to have more silence in your life? Why? / Why not?
- 2 How easy is it for you to stay silent for an hour every day?

8 1.8 For each question, choose the correct answer.

1 What is the man unhappy about?

A



B



C



2 What course does the woman decide to take?

A



B



C



3 What did the girl buy?

A



B



C



4 What does the man think the woman should do?

A



B



C



5 What time do the friends agree to meet?

A



B



C



6 What did the boy break?

A



B



C



7 What noise did the man hear?

A



B



C

