

Reading comprehension

a Read the title of the article. Why do you think someone might decide to have a 'no-spend year'?



One woman's 'no-spend year', and how she survived

She cycled 120 miles to a wedding, and her lunch budget was just 51p a day.

- A** Michelle McGagh, a 34-year-old journalist, had a mortgage of £230,000 which she wanted to reduce. Last November, she looked at her finances and she discovered that every year she spent a lot of money unnecessarily – for example, £1,570 in the pub, £1,110 in restaurants, and £400 on coffees. So she made a radical plan – to stop spending money for a year. She continued to pay her broadband, gas, and electricity bills, and allowed herself £30 a week to buy food and household essentials. But she couldn't spend money on anything else – no clothes, no buses or flights, no meals out, no drinks, and no cosmetics.
- B** She cooked large quantities of curry and bolognese sauce, which lasted her a week, and which she ate with rice or pasta. It was cheap and healthy, but also 'really boring'. She also experimented with home-made cleaning products and beauty treatments, like using vinegar for cleaning or olive oil as moisturiser, but she decided that most of them didn't really work.
- C** At first, she tried to see her friends as often as before. She cycled 120 miles to be at a friend's wedding, and camped in their garden to avoid paying for accommodation. The following weekend, she rode 60 miles to Brighton to meet friends. But she couldn't join them for dinner in a restaurant, and when they went to the pub, she drank tap water. In the end, she simply went out less, which made her feel more isolated.
- D** Of course, she couldn't afford to go abroad, so she missed a trip to Ibiza with friends. Her only holiday was a cycling trip to East Anglia, where again she camped. Here, for the first and only time in the year, she bought food that she had not cooked herself – a bag of chips for £1.95.
- E** At the end of the year, she had saved £23,000. She was much slimmer and fitter – over the year, she had cycled 6,500 miles. She says she now feels freer and happier, because she appreciates the simple things in life. She also gained confidence and a sense of adventure.
- F** But she learned the hard way that you can't really socialize if you don't want to spend money. The evening after her year-long challenge ended, she bought all her friends a drink in the pub. But she has not gone back to her past spending habits. She occasionally pays to socialize and go on holiday. She has even taken a taxi. But after buying a few new clothes and some perfume, she insists, 'I have absolutely no interest in buying anything else.'
- G** So what's her key tip for those who want to save? 'Whenever you open your wallet, think about whether what you are buying is something you need or something you want. We all say, 'I need to buy this.' Most of the time, we want to buy it. Maybe we don't know the difference between needing something and wanting something any more.'

b Read the article and match paragraphs A–G to topics 1–7. Use the words in **bold** to help you.

- 1 ☐ where she went **on holiday**
- 2 ☐ **why** she decided to save money
- 3 ☐ how often she saw her **friends**
- 4 ☐ what she **achieved**
- 5 ☐ her **advice** for other people
- 6 ☐ how she saved money **at home**
- 7 ☐ what she **discovered**

c Read the article again. Mark the sentences **T** (true) or **F** (false). **Correct the false ones.**

- 1 Michelle could use public transport during her 'no-spend year'.
- 2 She was often hungry because she couldn't afford to buy food.
- 3 At her friend's wedding, she slept in a tent.
- 4 She never had ready-made food or takeaways.
- 5 She didn't lose any weight during the year.
- 6 Nowadays, she spends less than she used to.
- 7 She thinks that when we buy something, we should ask ourselves why.

d Do you agree with the last sentence of the article? Why (not)?

e Read the information about compound nouns. Then search the text. **Write six compound nouns that begin with the words in the circle.**

olive
electricity
cleaning cycling
beauty
tap



Compound nouns

Compound nouns are two nouns together, where the first noun describes the second one, e.g. cash machine. The stress is usually on the second noun.

f Complete the compound nouns in the sentences.

- 1 We use olive oil for all our cooking.
- 2 Max fell off his bike during our cycling tr_____ but he didn't hurt himself.
- 3 Becky doesn't use beauty tr_____ that are tested on animals.
- 4 Our electricity b_____ is going to be very high this month – we've had the heating on every day.
- 5 I usually drink tap w_____ with my meals.
- 6 I try to buy environmentally-friendly cleaning pr_____ because they don't pollute the water.

g **would for imaginary situations**

We use **would** to talk about imaginary situations, e.g. *To save money, I'd spend less on clothes and I'd cook for myself at home.*

g Could you do what Michelle did?

What would you spend less on?

What would you eat?

How would you get around?

How would you socialize cheaply?

h Complete the advertisement with the words from the list.

bills tax contactless payment
budget loan mortgage salary

i Complete the questions with a phrasal verb from the list.

live off live on pay back take out

- 1 How often do you use a cash machine? How much money do you usually take out?
- 2 When was the last time you lent money to somebody? How long did it take them to _____ you _____?
- 3 Why do young people sometimes _____ their parents?
- 4 What's the smallest amount of money you think you could _____ for a month? What would you spend it on?

j Answer the questions in i

1

2

3

4



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