

Vox pops

1 Match words and phrases a–e to sentences 1–5. Work with a partner and discuss which ideas play an important part in your life.

- a nature c relaxation e fresh air
b exercise d city living

- 1 I often go jogging along country paths. ____
- 2 I can breathe easily because the air quality is good. ____
- 3 People rush past my window on their way to work. ____
- 4 I went on a yoga and meditation course. ____
- 5 I love walking in the hills, watching the wildlife. ____

2 Watch the video. Do sections 1 and 2.

What are the benefits of visiting the countryside?

- 1 Circle one or two benefits that each speaker says.

1 Stephen:	exercise	quiet	fresh air
2 Patricia:	calm	sun	fresh air
3 Niall:	fresh air	nature	walks
4 Stephanie:	space	exercise	calm
5 Andy:	exercise	relaxation	space

2 Complete the sentences with phrases from the box.

a green environment enjoying the outdoors
escape city life keep him calm take nice walks

- 1 Stephen thinks the countryside helps to _____.
- 2 Patricia likes to _____ and enjoy the sun.
- 3 Niall says the greatest benefit is _____.
- 4 Stephanie feels that it's good to _____ a little bit.
- 5 Andy likes doing sport in _____.

3 Work in small groups. Plan an ideal weekend in the countryside. Write one idea for each of the points below. Then present your plan to another group.

- Location
- Food
- Sport
- Nature
- Relaxation

