

**What idea springs to mind with this picture?**



**We're living faster,  
but are we living better?**

1. Are we healthier than 10 years ago?  
In what way are things changing?
2. Are our lives more stressful than 20 years ago?  
Why?
3. Are salaries better than 10 years ago?  
Has there been any change?
4. Are people more active than before?  
Why? or How?



# We're living faster, but are we living better?

1

People in cities around the world walk 10% more quickly than they did twenty years ago. Singapore, a world business centre, is top of the list for fast walkers.

2

In the USA there is a book called One-Minute Bedtime Stories for children. These are shorter versions of traditional stories, especially written for busy parents who need to **save time**.

3

People aren't as patient as they were in the past. If the lift **takes more than 15 seconds** to arrive, people get very impatient because they think they're **wasting time**. It's exactly the same when an internet page does not open immediately.

4

Written communication on the internet is getting shorter and shorter and using more and more abbreviations, like BFN (bye for now) or NP (no problem). Twitter only allows you to use 140 characters, and now a new social networking site has a limit of just ten words.

5

Even in our free time we do things **in a hurry**. Twenty years ago when people went to art galleries they spent ten seconds looking at each picture. Today they spend much less time – just three seconds!

6

Our cars are faster, but the traffic is worse, so we drive more slowly. The average speed of cars in New York City is 15 km/h. We **spend more time** than ever sitting in our cars, feeling stressed because we aren't going to arrive **on time**.

2



## I think options ... are not part of the topics in the article

1. People have less time for themselves
2. People live a fast society
3. Things are done faster than before
4. People spend less time on leisure activities
5. Our health is becoming worse
6. We look for forms to save time



- ☐ No time for Snow White
- ☐ No time to write
- ☐ No time to wait
- ☐ More time on the road
- ☐ No time for Van Gogh
- ☐ No time to stop

Read the article - match the headline with the the correct description

Are the ideas included in the article?

Article	Me
1. People walk more quickly	
2. People aren't as patient as in the past	
3.	
4.	
5.	
6.	

**1 DO PEOPLE TELL YOU THAT YOU TALK TOO QUICKLY?**

**2 Do you get impatient when other people are talking?**

3 Are you the first person to finish at mealtimes?

4 When you are walking along a street, do you feel frustrated when you are behind people who are walking slowly?

5 Do you get irritable if you sit for an hour without doing anything, e.g. waiting for the doctor?

**6 Do you walk out of shops and restaurants if there is a queue?**

7. What kind of things do you do to save time?

8. What abbreviations do you use spoken or written?

9. HOW OFTEN DO YOU FEEL IN A HURRY?

**Questionnaire: How fast is your life?**

1 Do you spend more or less time on these things? Say why.

working or studying  
getting to work / school  
sitting in traffic  
talking to friends  
meeting friends  
being online

sleeping  
cooking  
shopping  
eating  
using your phone  
using your computer



2 Do you have more or less free time? Why?

3 What don't you have time for nowadays? What would you like to have more time for?

