

LISTENING

Task 1. Listen to the Health & Lifestyle report about teleworking.

Task 2. Test your understanding with this quiz. Write the number of the right answer.
1.What is telework?



- 1. Doing work that involves computer programming**
- 2. Using a computer to work outside of your usual office**
3. Working at many office locations for your company
4. Using your telephone to do your office work on

2.What is one pro that the study found for teleworkers?



1. They travel internationally more than their coworkers.
2. They are generally happier than their employers are.
3. They enjoy mixing work responsibilities with family life.
4. They spend less time commuting to and from work.

3. What is one con that the study found for teleworkers?



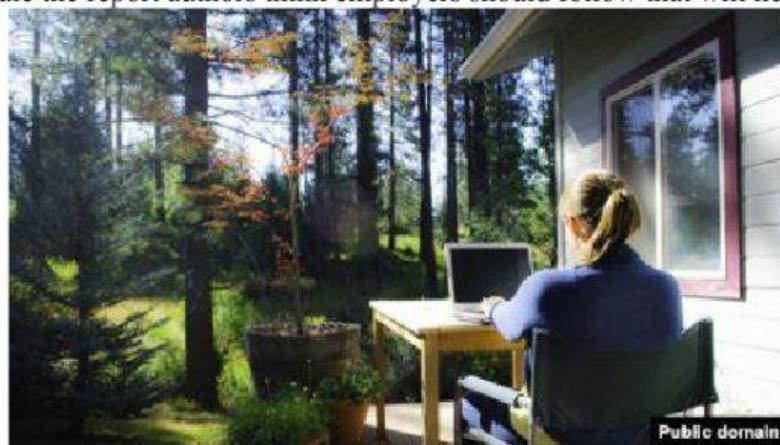
1. This style of work may lead to health disorders.
2. Their families often disturb them while they work.
3. Teleworkers did not get out of bed early enough
4. Their supervisors asked for more work from them.

4. What does the report say about teleworkers who rarely work at their company office?



1. There were fewer employers who wanted to hire them.
2. They began to have conflicts with their managers.
3. They felt isolated from their coworkers and company.
4. There was a decrease in the quality of their work.

5. What is one rule the report authors think employers should follow that will help teleworkers?



1. Set a maximum number of hours employees can telework.
2. Order teleworkers to shut off their computers when the workday ends.
3. Ban the sending of emails while employees are on holiday.
4. Make it possible for teleworkers to choose how many days they work.

Task 4. Match the words with their definitions.

1. Flexibility
2. Blur
3. Contradictory
4. Positive
5. Negative
6. off-site
7. part-time
8. basis
9. premises
10. intensity
11. isolate
12. sweet spot

- a) harmful or bad (also; **con, disadvantage, downside**)
- b) characterized by a ready capability to adapt to new, different, or changing requirements
- c) a building and the area of land that it is on
- d) to put or keep (someone or something) in a place or situation that is separate from others
- e) to become unclear
- f) the quality or state of being intense; *especially* : extreme degree of strength, force, energy, or feeling
- g) a fixed pattern or system for doing something — used with *on* < He visits his grandmother on a regular basis.
- h) an area or range that is most effective or beneficial

- i) working or involving fewer hours than is considered normal or standard
- j) good or useful (also; **pro, advantage, upside**)
- k) not located or occurring at the site of a particular activity
- l) involving or having information that disagrees with other information