

## DVD PREVIEW

Work in pairs. Discuss the questions.

- 1 How do you get to college/work?
- 2 How long would you be prepared to travel to school/work (one hour/three hours)?

**A** Read the programme information and answer the questions.

- 1 What was Justin unhappy about before?
- 2 What did he decide to do?

### **The Money Programme:** **Dream Commuters**

BBC

*The Money Programme* is a BBC documentary series. *Dream Commuters* tells the story of a man who was **fed up with** his journey to work and his lifestyle. Every day there was a lot of **traffic** on the roads and the **commute** to work took a long time. He wasn't happy with his work/life balance. So he bought a **property** in France and took his family to live there. He now takes cheap **flights** to work. He is one of a growing number of **commuters** who live in another country. He says it has **transformed** his life.



**B** Match the words in bold in Exercise 2A with meanings 1–7.

- 1 completely changed
- 2 journeys in a plane
- 3 people who travel to work
- 4 cars, motorbikes, etc. on the road
- 5 journey to work
- 6 a building or land that you own
- 7 unhappy with something, so you want to change it

## DVD VIEW

**A** Watch the DVD. Do you think Justin's life is better now? Why/Why not?

**B** Are the sentences below True (T) or False (F)?

- 1 More and more people are choosing to live abroad and commute to their jobs in the UK.
- 2 Justin is manager of an online business based in the UK.
- 3 Justin's commute costs him hundreds of pounds every week.
- 4 Justin's journey home is about 70 miles.
- 5 Justin's wife and children stay in France while he travels to the UK every week.

Watch the DVD again. What exactly do they say? Underline the correct alternative.

- 1 'We were fed up with *waiting in the airport/the commuting and the traffic.*'
- 2 'He's one of a group of *travellers/commuters* who take the same flight to Toulouse every week.'
- 3 'We looked on the internet and we saw properties available *much cheaper/more expensive* than in Britain.'
- 4 'That's the house down there. With the *swimming pool/terrace.*'
- 5 'We've just transformed our *house/lifestyle.*'


Work in pairs. Discuss the questions.

- 1 Could you be a 'dream commuter' with your present job/studies?
- 2 Where would you choose to live and how would you get to work?

Read the text and discuss the questions.

In the UK, people work 43.5 hours per week on average. Men work 46.9 hours. In France, the average working week is 35 hours. Research also shows that 16 percent of UK workers work over 60 hours per week. At home in the UK, working parents play with their children for only 25 minutes per day. 1 out of 8 (12.5 percent) fathers see their children only at the weekend.

- 1 Is the work/life balance the same in your country?
- 2 Do you think people work too much? What problems can this cause?
- 3 Are you happy with your work/life or study/life balance? Why/Why not?

 **2.8** Listen to an interview with a student. Does she have a good work/life balance? Tick the key phrases you hear.

### KEY PHRASES

How much time do you spend ... (sleeping/relaxing/commuting)?

I spend a lot of time ... (working/doing exercise)

Do you ever ... (have a holiday)?

What about your ... (social life/weekends)?

How do you spend your weekends?

**A** Read the entry to [www.worklife247.nett](http://www.worklife247.nett).

Answer the questions.

- 1 Is this a stressful job? Why/Why not?
- 2 Would you like a job like this?



22-10-16 Posting 1

I'm a personal trainer. I eat well and I do a lot of exercise. I spend about five hours a day working with clients. In general, I think my work/life balance is good. I take time off every few months just to relax, and I rarely get stressed. Once in a while I go out partying. For me, a balanced lifestyle is really important. When I was younger, I worried if I missed a day of exercise. These days I don't worry about it.

My only problem is the one-hour commute. I hate taking the train every day and it's expensive. I'm planning to move house so I can live near the gym where I work and walk to work every morning.

Comment

Work in pairs. Which verb can you use for a) and b)? Put each verb into the present simple or present continuous.

- 1 a) Don't switch off the TV! I 'm watching it.  
b) I love that programme! I watch it every week.
- 2 a) Can you call me back later? I \_\_\_\_\_ my homework.  
b) I try to keep fit. I \_\_\_\_\_ yoga and aerobics every day.
- 3 a) I love tennis, but I \_\_\_\_\_ badly.  
b) Sorry, I can't hear you because Matthew \_\_\_\_\_ the piano.
- 4 a) I \_\_\_\_\_ about twenty text messages a day, usually to friends.  
b) She \_\_\_\_\_ a book. It will be published next year.
- 5 a) Daddy can't come home now. He \_\_\_\_\_ late at the office.  
b) Usually he \_\_\_\_\_ from 9a.m. to 5p.m. from Monday to Friday.
- 6 a) I like to spend time with friends. That's what \_\_\_\_\_ me happy.  
b) I \_\_\_\_\_ some coffee. Do you want some?
- 7 a) She loves the school. She \_\_\_\_\_ a lot of friends there.  
b) Jill \_\_\_\_\_ some problems with her phone. Can you check it?
- 8 a) He only met his real father last month. They \_\_\_\_\_ to know each other now.  
b) In the UK, about 50 percent of married couples \_\_\_\_\_ divorced.
- 9 a) She always \_\_\_\_\_ a book to her son before he goes to sleep.  
b) I \_\_\_\_\_ his new book at the moment. It's really good.
- 10 a) Hi Tim! I'm in town for a week. I \_\_\_\_\_ an old friend.  
b) When we go to London, we usually \_\_\_\_\_ the National Gallery.

**A** Make six true sentences about your life/job. Use a word/phrase from each box.

at home   my friends   in bed   at the weekend  
in the bath   on Friday evening   my family  
during my holidays   at my desk

work   drink   play   do   sing   eat   write   talk  
call   visit

often   sometimes   rarely   never   always   usually  
once in a while   occasionally   hardly   ever

**B** Work in pairs and compare your sentences.

**A:** *I rarely work at my desk.*

**B:** *Do you often work at home?*



**A** Match questions 1–7 with answers a)–g).

- 1 How often do you play sport?
- 2 Do you usually get up before 7a.m.?
- 3 How often do you phone your mother?
- 4 Do you eat a lot of meat?
- 5 How many texts do you send in a week?
- 6 Do you ever go camping?
- 7 How often do you read a newspaper?

- a) Yes, my children wake me up at 5.30a.m.
- b) I don't know. Maybe twenty.
- c) Very rarely. I watch the news on television.
- d) I play football once in a while.
- e) No, hardly ever. I prefer fish.
- f) Once a week. We always speak on Sundays.
- g) Yes, occasionally. But it usually rains.

Choose a phrase and explain the connection between them:

IT consultant   office   staff   work in a team  
foreign correspondent   sales rep   risk their lives  
fashion designer   boss   deal with customers   task  
motorcycle courier   company   get a good salary  
opportunity   rescue worker   personal trainer  
deal with problems

**A:** *IT consultant*

**B:** *An IT consultant deals with problems related to technology.*