



### 3 Listening for gist



Listen to the podcast about the vital role that windows with a view can play in the lives of older people. Choose the correct answer.

1. What is the "surveillance zone"?
  - a. The area immediately outside an older person's home.
  - b. The area around a window with a view.
  - c. The area in which an older person can observe and participate in their neighborhood.
  - d. The area in which an older person can reduce stress and improve mental health.
2. What is the link between nature and stress reduction?
  - a. Nature can provide a sense of purpose for older people.
  - b. Nature can provide a source of entertainment for older people.
  - c. Nature can improve the overall well-being of older people.
  - d. Nature can reduce stress and improve mental health for older people.
3. What is the potential downside to having a window with a view for older people?
  - a. They may be perceived as nosy or mean.
  - b. They may spend too much time indoors.
  - c. They may not have a sense of purpose.
  - d. They may not have a source of entertainment.

