

LISTENING & READING**Task 1**

You are going to listen to or watch the video about a day in the life of an office worker. While listening, complete the text with one to three words in each gap.

On weekdays, I always get up at a quarter to seven when my alarm 1) _____. The first thing I do is feed the cat. 2) _____, I have a shower and shave. Then I get dressed. 3) _____, I have breakfast. I usually 4) _____ cereal and a cup of coffee for breakfast but I 5) _____ have toast and marmalade. At half past seven I 6) _____ and walk to the bus stop where I 7) _____ the bus to work. It's 8) _____ always late.

If the traffic's not too bad, I generally 9) _____ the office at around 10 past eight. I'm a web designer so I spend most of the day 10) _____ the computer.

At 10 o'clock I have a coffee break and a chat with my 11) _____ about work or what we 12) _____ TV last night. We have a staff canteen so I sometimes have lunch there, but more often than not I just have a sandwich 13) _____ my desk. I usually 14) _____ at 5.30 but 15) _____ I have to work late to finish an urgent project.

Most days, I visit the gym before going home. It helps me 16) _____ fit and takes my 17) _____. In the evening, I enjoy relaxing with a glass of wine and frequently watch something 18) _____ Netflix. I normally have dinner at around eight and go to bed 19) _____. I rarely 20) _____ than that and I 21) _____ ever go out during the week. I'm too tired!

My weekend routine is a little bit different. I 22) _____ get up later 23) _____. I regularly do my shopping on Saturday morning, but I rarely go to the big supermarkets. The queues are too long. I 24) _____ the local shops near where I live.

I'm a keen cyclist. So, if the weather allows, I'll go for a long bike ride 25) _____. Saturday afternoon. On Saturday evening, I often go to the pub and have a drink with some friends, or I might 26) _____ a movie if there's something good on. On Sundays, I like to take things easy. I seldom 27) _____ out. I'd rather stay in and read the papers, do a bit of housework.

Task 2

Answer the questions about the video.

1. What time does the man get up?
2. Does he have a bath or a shower in the morning?
3. What does he usually have for breakfast?
4. What's his job? = What does he do?
5. He goes to work by car, doesn't he?
6. Is his weekend the same as his weekdays are?

Task 3

In the text find the words which mean the following:

- 1) to start ringing
- 2) a place to eat at work
- 3) people in the same department
- 4) very important and pressing
- 5) to stay at home
- 6) to give food