

# 6 Video Play

## Vox pops

1 *All work and no play makes Jack a dull boy* is an English saying. What do you think it means? Do you have a similar saying in your language?



2 Watch the video. Do sections 1 and 2.

*How do you unwind?*

1 Are the sentences true (T) or false (F)?

Correct the false sentences.

1 Deborah loves exercising T F  
in the countryside  
surrounding where she lives.

2 Sami likes both spending T F  
time with friends and  
unwinding alone.

3 Stephen mentions exercising T F  
outdoors as well as relaxing  
indoors.

4 Debbie enjoys learning T F  
about Japanese culture  
from her Japanese friends.

5 Peter only mentions T F  
intellectual and cultural  
activities.

*What advice would you give on getting a good work-life balance?*

2 Circle the correct answers to complete the sentences.

- 1 Deborah says that no one ever dies wishing they had *worked more during their life / more time to carry on working*.
- 2 Sami *works hard / unwinds and takes it easy* at the weekend.
- 3 Stephen claims that it is important *to spend time away from the workplace / not to waste time worrying about the work-life balance*.
- 4 Peter says you should *feel happy about the amount of money you earn / not feel bad about occasionally doing overtime*.

3 Work in small groups. Do you agree or disagree with these statements? Give your reasons.

- *The best way to relax and unwind is at home alone.*
- *Don't take work too seriously.*
- *Live for the weekend.*
- *It's important to stop worrying about the work-life balance.*