

Column A

1. Some chefs start work at 6:00 a.m. and spend the whole day in the kitchen. They only have a 30-minute break for lunch, and they usually leave the hotel at 7:00 p.m. After that, they take the bus home, a journey that lasts about an hour. By the time they arrive, they are exhausted.
2. Waiters also have long shifts. They often serve more than 100 customers in one evening, and sometimes they don't have time to sit down. After work, they feel hungry but also tired.
3. Receptionists finish late at night. They spend hours answering calls, checking in guests, and solving problems. When their shift ends at midnight, they still feel awake because of all the stress.
4. Housekeeping staff usually start early and clean many rooms during the day. After pushing heavy carts and making beds, their backs hurt.
5. Hotel managers usually have long meetings during the day. They spend hours planning schedules, solving staff problems, and talking to clients. By the time they finish in the evening, they feel mentally drained.

Column B

- a) They will probably go out for a quick dinner
- b) They might need to go to the spa one day
- c) They could meditate before sleeping
- d) They will definitely go straight to bed
- e) They may listen to music on their phones before going to sleep