

Hello everyone! Today we're exploring how new social trends are shaping our daily lives. First, technology has influenced the way we work. If companies continue to support remote work and digital nomadism, employees will enjoy greater flexibility. However, if people work remotely all the time, they will probably miss in-person connections. Second, the rise of the gig economy means that if workers rely only on temporary jobs, they will need to plan their budget carefully. Personally, I believe flexibility is valuable, but stability is still essential. Third, we see a shift away from consumerism. If people practice conscious consumerism and buy sustainable fashion, they will help reduce waste. Some influencers are already promoting these ideas on social media. In my view, if influencers use their platforms responsibly, they will inspire meaningful change. Fourth, the focus on mental health awareness is remarkable. If people take time for self-care and mindfulness, they will feel healthier and more productive. I'm not completely sold on the idea that technology can replace human therapy, but digital wellness apps can be helpful. Finally, sustainability remains crucial. If travelers prefer sustainable tourism and eco-friendly transportation, our planet will remain beautiful for future generations. As far as I'm concerned, small habits matter—if everyone uses a compost bin or cuts down on plastic, we will see real change. So, what will the future look like? Maybe that depends on how we act today.

1. According to the speaker, what is one possible disadvantage of working remotely all the time?
 - A. Companies may reduce office expenses and invest more in digital systems.
 - B. Employees could become less productive because of distractions at home.
 - C. People might spend less time commuting and have more flexible schedules.
 - D. Workers may lose meaningful face-to-face interaction with colleagues.
2. What does the speaker suggest about workers in the gig economy?
 - A. They should avoid temporary work because it rarely offers career growth.
 - B. They may experience greater freedom while working for different companies.
 - C. They will probably receive the same benefits as full-time office employees.
 - D. They need to organize their finances carefully because income can vary.
3. How can conscious consumerism help the environment?
 - A. It can encourage brands to advertise more products online.
 - B. It may reduce pollution caused by unnecessary consumption habits.
 - C. It allows influencers to become more popular on social media platforms.
 - D. It encourages people to spend more money on luxury sustainable products.
4. What is the speaker's opinion about digital wellness apps?
 - A. They are useful tools for improving daily organization.
 - B. They should completely replace traditional forms of therapy.
 - C. They can support mental health, although human therapy still matters.
 - D. They are mainly designed for people who work in technology industries.
5. According to the text, what could help protect the planet for future generations?
 - A. Encouraging people to travel abroad more frequently each year.
 - B. Supporting eco-friendly habits and more sustainable tourism practices.
 - C. Reducing the use of technology in schools and workplaces completely.
 - D. Promoting remote work opportunities for employees around the world.