

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 in the countryside surrounding where she lives. | T | F |
| 2 Sami likes both spending time with friends and unwinding alone. | T | F |
| 3 Stephen mentions exercising outdoors as well as relaxing indoors. | T | F |
| 4 Debbie enjoys learning about Japanese culture from her Japanese friends. | T | F |
| 5 Peter only mentions intellectual and cultural activities. | T | F |



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.*