

## Reading Activity: “Getting Through the Week”

### Vocabulary Focus: Phrasal verbs with “get”

Match the expression with its meaning:

- a) get up
- b) get along with
- c) get away
- d) get rid of
- e) get through
- f) get in shape
- g) get back to myself
- h) get things done

- 1. \_\_\_\_\_ to return to your normal self
- 2. \_\_\_\_\_ to escape or take a break
- 3. \_\_\_\_\_ to complete tasks
- 4. \_\_\_\_\_ to have a good relationship
- 5. \_\_\_\_\_ to remove stress or problems
- 6. \_\_\_\_\_ to exercise and stay healthy
- 7. \_\_\_\_\_ to wake up
- 8. \_\_\_\_\_ to survive or manage a hard situation

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Sophie works as a flight attendant. Her job is exciting but very demanding. Every Monday, she gets up early, usually around 4:30 a.m., to get ready for her first flight. She packs quickly, checks her uniform, and heads to the airport.

Sophie loves her job because she gets to travel to many different places and meet people from all over the world. However, it's not always easy. Sometimes she doesn't get along with the passengers, especially when flights are delayed or when people are tired and frustrated.

During long layovers, Sophie tries to get away from the airport and explore the city. “It helps me get some peace of mind and get rid of all the stress,” she says. She enjoys walking, taking pictures, and trying local food.

Sometimes, working so much gets her down. She misses her family and friends. But she always reminds herself why she chose this career. “When I see a happy passenger or someone says thank you, it helps me get through the hardest days.”

On her days off, Sophie stays at home and rests. She watches movies, listens to music, and goes for walks. “I just need time to get back to myself, to feel good again,” she explains. She also tries to exercise and eat well to get in shape for the next trip.

For Sophie, every week is a challenge, but with motivation and a smile, she always manages to get things done.

### Comprehension Questions

1. What time does Sophie usually get up on Mondays?
2. Why does Sophie love her job?
3. What problems does she sometimes have with passengers?
4. What does she do during long layovers?
5. What helps her get through difficult days?
6. What does she do on her days off?