A: Hi, Sarah! Do you think living in the city or the countryside is better for quality of life?

B: Hey, Tom! Well, it really depends on what you value most. People often compare city life with the countryside, and it is important to distinguish between convenience and peace. Compared to the countryside, the city offers more job opportunities and entertainment options. This has a significant impact on career growth.

A: That's true. And what about life in the countryside?

B: When we contrast the city with the countryside, we can see that, in comparison with urban areas, the countryside offers cleaner air and a calmer environment. This is vital for health. As opposed to rural life, city living often involves higher stress levels. If stress is ignored, it can become severe. As a result, many people prefer a quieter lifestyle.

A: That makes sense. So, what do you think are the most important elements for a good quality of life?

B: The most important element is health. Relative to career success, health plays a principal role in overall well-being. That is why people should protect their physical and mental health.

A: I completely agree. Overall, health and happiness are an essential part of a good quality of life.

1. What does the city offer compared to the countryside?
A. Cleaner air.
B. A calmer environment.
C. More job opportunities and entertainment.
D. Lower stress levels and a quieter lifestyle.

2. What does the countryside offer compared to urban areas?
A. More jobs.
B. Cleaner air.
C. More entertainment options.
D. Greater opportunities for career growth.

3. What can happen if stress is ignored?
A. It disappears.
B. It becomes severe.
C. It improves physical health.
D. It creates more entertainment opportunities.

4. What is described as the most important element of quality of life?
A. Health.
B. Happiness.
C. Career success.
D. A calm environment.

5. What is the main idea of the dialogue?
A. City life is always better.
B. The countryside is more convenient.
C. Health and happiness are essential for quality of life.
D. Career growth is more important than physical and mental health.

LIVEWORKSHEETS