

Listening: B2

## A digital detox podcast

Listen to the podcast about doing a digital detox to practise and improve your listening skills.

### Before listening

Do the preparation task first. Then listen to the audio and do the exercises.

### Preparation task

Write the words in the correct group.

screen	show an alert	laptop	browse websites
display	smartphone	access the internet	buzz
satnav	monitor	show a notification	interact on social media

devices	things a device does to get your attention
things you do with a device	parts of a device

## Tasks

### Task 1

Circle the best answer.

1. The radio host says that a digital detox ...
  - a. means we are in front of screens all the time.
  - b. is something younger people are trying more.
  - c. is important for our health.
  
2. Which sentence is not true about Amanda Vince's job?
  - a. She is online a lot of the time.
  - b. She follows fashion on social media.
  - c. She uploads her own videos to social media.
  
3. What is the name of the book that influenced Amanda?
  - a. *Log Off: How to Stay Connected after Disconnecting*
  - b. *Log Off: How to Disconnect and Stay Disconnected*
  - c. *Log Off: Advice for the Digital Detox*
  
4. The first step in a digital detox is to get rid of distractions, such as ...
  - a. noises the phone makes.
  - b. screens in your home and workplace.
  - c. the bright colours on your phone.
  
5. Amanda removed notifications from ...
  - a. her close family and friends.
  - b. everything except important people in her life.
  - c. everything except very important work-related things.
  
6. The book also suggested that ...
  - a. we replace digital distractions with real-world ones.
  - b. we think about the reason we are looking at our phones so much.
  - c. we try to be more polite with our phones around people.

7. Amanda and her partner ...
- a. tried a two-day digital detox first.
  - b. found it impossible to completely disconnect.
  - c. found it very easy to do a digital detox for a weekend.
8. Amanda believes that a digital detox ...
- a. is not a good idea if you have a lot of work.
  - b. is better if it's for a week, not just a weekend.
  - c. is something everyone will enjoy.

## Task 2

Put the words and phrases in order to make sentences.

1. ever    Have you    would be    wondered    what    like?    it
2. that?    by    mean    do    What    you
3. confess,    I    too.    have to    that    to me    happens
4. to    the    I'm    that.    first    admit
5. drastic.    sound    doesn't    This    too
6. the    next    to    ready    You're    step.    take

## Discussion

Would you like to do a digital detox?