

A2.1

Talk about work-life balance



Read about people's work-life balance, fill in a questionnaire, and describe your dream job.



Let's talk about *work-life balance*

Work

Life



Complete the texts

1. My favourite hobby is my job! I have a studio in my garden and teach several classes a week. I have lots of students who come here to stretch and relax. I'm a _____.
2. Hi, I'm Maciek. This is my first job after university and it's not really what I want to do. I work in a fashion shop in Krakow but I don't really like fashion! I'm a _____.
3. I'm Max and I'm from Seville. I'm mad about cars and how things work so this is the perfect job for me! I hope to own a Porsche one day. I'm a _____.
4. I'm Luisa. I work for an IT company here in São Paulo. I spend most of the day answering the phone and directing calls. I also send lots of emails every day. I'm a _____.
5. Hello, I'm Adedayo. I love caring for people and spend my day giving sick people medicines. I am a _____.
6. Hi, I'm Jing. I work with children and spend most of my day either planning or teaching lessons. It's tiring but I find it very rewarding. I'm a _____.

nurse

receptionist

yoga teacher

mechanic

shop assistant

teacher



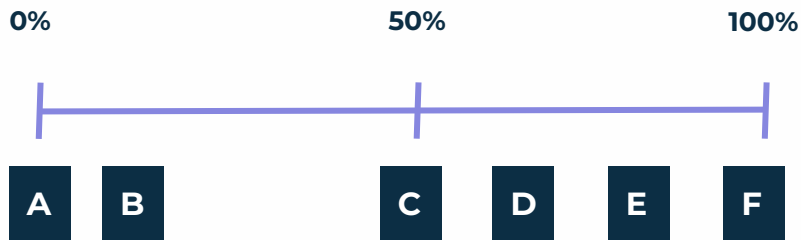
Match the items

- | | |
|---------------|----------------|
| 1. Go for a | A. with family |
| 2. Play | B. friends |
| 3. Play the | C. walk |
| 4. Meet | D. football |
| 5. Spend time | E. guitar |
| 6. Go to the | F. cinema |

1	2	3	4	5	6



Complete with the correct adverb of frequency



	never
	rarely
	often
	always
	usually
	sometimes



How often do you work late?

I always work late.



Yes/no questions

Yes/no questions are simple questions that can be answered with a yes or no.
They use the **auxiliary verbs** *to be* and *to do*.

Question	Answer
auxiliary verb + subject [+ main verb / adjective]	subject + auxiliary verb
<i>Are you happy with your job?</i> <i>Do you work in an office?</i>	Yes, <i>I am</i> . No, <i>I'm not</i> . Yes, <i>I do</i> . No, <i>I don't</i> .



Ask and answer

Do you

Are you

How often do you

1. work outside?
2. work shifts?
3. happy with your job?
4. self-employed?
5. work long hours?
6. work with your hands?
7. run your own company or business?
8. have a good salary?
9. want to change job?
10. work with children/animals/older people?



Questionnaire

1. What do you do?
2. Do you like your job?
3. How many hours a week do you work?
4. What do you do outside of work? (circle all that apply)
 - ☐ Look after the children ☐ Housework ☐ Sport ☐ Watch films & TV ☐ Cook
 - ☐ Video chat with friends and family ☐ Eat out ☐ Go to bars and clubs ☐ Other
5. How is your work-life balance?
 - ☐ Excellent ☐ Good ☐ OK ☐ Not good ☐ Terrible
6. What don't you have time to do?



Ask and answer

In pairs, ask and answer questions about the following activities. Use the prompts in the box if needed.

- Meet friends
- Watch TV
- Spend time with family
- Go to the library
- Go out for brunch
- Go for a run
- Listen to the radio
- Play tennis
- Play the piano
- Read the news
- Watch a movie



- Do you ____?
- How often do you ____?
- Are you ____?
- never
- rarely
- often
- always
- usually
- sometimes

Write an email

Hello,

Thanks for your email, it was nice to hear from you! Glad to hear you are well. I am so tired at the moment, I am working too much and don't have enough time to relax and enjoy my hobbies. How does a typical day look for you? Do you feel like you have a good work-life balance?

I am grateful for any advice!

Thanks,
Marianna

- Write a reply to Marianna.
- Explain:
 - how you balance work and life in a typical day
 - if you believe you have a good work-life balance





Ask and answer

What is your dream job?

Who do you know who has
a great work-life balance?

Which jobs do you think have
the best/worst work-life
balance?

Do you find it easy to
“switch off” after work?

Does your employer ever contact
you outside of work hours?

How do you typically
relax after work?

Today I've learnt a new...

WORD

EXPRESSION

**CULTURAL
TAKEAWAY**



**Remember to
save the chat!**

And now? Practise more with Babbel!



With your Babbel App



With our podcasts



With our magazine



**Remember to
save the chat!**