


## speakout work/life balance

**6** Read the text and discuss the questions.

In the UK, people work 43.5 hours per week on average. Men work 46.9 hours. In France, the average working week is 35 hours. Research also shows that 16 percent of UK workers work over 60 hours per week. At home in the UK, working parents play with their children for only 25 minutes per day. 1 out of 8 (12.5 percent) fathers see their children only at the weekend.

- 1 Is the work/life balance the same in your country?
- 2 Do you think people work too much? What problems can this cause?
- 3 Are you happy with your work/life or study/life balance? Why/Why not?

**7**  **2.8** Listen to an interview with a student. Does she have a good work/life balance? Tick the key phrases you hear.

### KEY PHRASES

How much time do you spend ... (sleeping/relaxing/commuting)?

I spend a lot of time ... (working/doing exercise)

Do you ever ... (have a holiday)?

What about your ... (social life/weekends)?

How do you spend your weekends?

**8 A** Write some questions about work/life balance. Use the things in the box to help you.

exercise/sport social life family  
weekends enjoyable hobbies holidays  
work/study habits

*How much time do you spend with your family?*

**B** Work in groups and take turns. Ask and answer your questions. Find someone who has a similar work/life balance to you.

## writeback a web comment

**9 A** Read the entry to [www.worklife247.nett](http://www.worklife247.nett). Answer the questions.

- 1 Is this a stressful job? Why/Why not?
- 2 Would you like a job like this?



22-10-16 Posting 1

I'm a personal trainer. I eat well and I do a lot of exercise. I spend about five hours a day working with clients. In general, I think my work/life balance is good. I take time off every few months just to relax, and I rarely get stressed. Once in a while I go out partying. For me, a balanced lifestyle is really important. When I was younger, I worried if I missed a day of exercise. These days I don't worry about it.

My only problem is the one-hour commute. I hate taking the train every day and it's expensive. I'm planning to move house so I can live near the gym where I work and walk to work every morning.

**B** Think about your work/life balance and write a comment for [www.worklife247.nett](http://www.worklife247.nett).

