
	INSTITUCIÓN EDUCATIVA LA ESPERANZA	
	ACTIVIDADES DE APOYO	
	SECCIÓN:	
NOMBRE DEL ESTUDIANTE		

Área: HUMANIDADES Asignatura: INGLÉS
 Docente: GONZALO ESTRADA grado: UNDÉCIMO Fecha: _____
 Firma de padres y/o Acudientes: _____ Calificación: ____ Alcanzo: Si__ No __

READING COMPREHENSION

Pace of modern life



The UK has a reputation for poor work-life balance and days full of hurry and worry. For The Editors, a programme which sets out to ask challenging questions, I decided to find out.

At this time of year – it's summer - it's not just the children who need a break. Modern life, with its endless demands at work and home, can leave many feeling there is just 'no more petrol left in the tank'.

Britons commute to work, rush around all day, and then do the reverse in the evening. We wistfully think the occasional drink with colleagues would be nice, but we haven't seen the family all day. Even exercise - which is supposed to de-stress us - becomes yet another thing to include. It's a disciplined, timetabled life, in which everything works so long as no-one is ill - but is there room to breathe?

But according to the OECD*, Britons actually work fewer hours than average, based on their analysis of 34 member countries. However, 12% of Britons (18% of men and 6% of women) work "very long hours" compared with the OECD average of 9%. Britons get something for it of course - our average income is higher than the norm, but there's a big gap between rich and poor.

The pace is made even faster by electronic media, which has in just over a decade completely changed everything we do at both work and home. Internet and email means many Britons are never off-duty. Even though a standard working week is 40 hours, many of us do free overtime, and are required to be available over the weekend.

When would people not take a work call? At a wedding? A funeral? But this is just what modern life is like, right? Well, maybe not entirely. Maybe there is a different pace at which to live.

Carl Honore, author of the book *In Praise of Slow*, changed his life when he found himself looking longingly at a book of bedtime stories for the time-pressed parent which took precisely 60 seconds to tell. Appalled at himself, he decided to slow down. He's not anti-speed but he says the modern world's addiction to it is damaging health, productivity and the quality of life:

"Do less. We are trying to do way too many things, so take a look at all the stuff you have for a week, and start cutting from the bottom, from what's least important to you. Switch off the gadgets, turn off the smartphone, turn off the wi-fi, and just have moments where you can recharge, reflect, and just get away from that speed and distraction."

He also suggests a "speed audit", stopping and checking whether you are doing something too fast, scheduling more time in between appointments so that you're not rushing, and taking up a hobby such as gardening or yoga.

* OECD – Organisation for Economic Co-operation and Development

I Are these statements true (T) or false (F)?

- 1 People in the UK are thought to live a balanced life.
- 2 Britons often have a drink with colleagues after work.
- 3 Exercise doesn't make Britons less stressed.
- 4 According to OECD, the majority of Britons work longer hours than people in other member countries.
- 5 Britons get a better payment than people in other OECD countries.
- 6 Electronic media doesn't have much influence on what we do at work and home.
- 7 Carl Honore changed his life when he realized he didn't take time to read his children a short bedtime story.
- 8 Carl suggests Britons should become more relaxed.

1	2	3	4	5	6	7	8
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II Match the words on the left with their meanings on the right.

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|----------------|--|
| 1 challenging | A completely |
| 2 pace of life | B the opinion that people have of a person, product, company etc |
| 3 rush | C shocked by something very bad or unpleasant |
| 4 reputation | D think carefully about something |
| 5 the reverse | E become less active |
| 6 gap | F difficult in an interesting way |
| 7 entirely | G the opposite |
| 8 appalled at | H a situation in which you need to hurry |
| 9 slow down | I the amount of activity in people's life and how busy they are |
| 10 to reflect | J a big difference between two situations, groups of people etc |

III Answer these questions.

1 Is the pace of life in Slovenia as fast as in the UK? Explain.

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2 Do *you* feel the stress of modern life? Which are the things that you find most stressful?

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3 How do you cope with stress? What do you do?

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