

Description	Students do a dictagloss on the work–life balance
Lesson link	Use this activity after exercise 1
Time	10 minutes
Extra material	One copy of <i>The work–life balance</i> text for yourself (You may also wish to give each SS a copy at the end of the activity)

Instructions

- a** Place SS in groups of three. Tell them you will read out a text which is on the same theme as the text on pp.68 – 69 of *New English File Intermediate Student's Book*.
- b** Read the text aloud to the class. The first time, SS are allowed to write down only seven words that they hear.
- c** Now ask SS to listen again and try to write down as many words as they can. Read quicker this time around.
- d** Now ask SS to work in their group of three and try to reconstruct the text so it is as close to the real text as possible. One student in each group will need to be the secretary and write down their text.
- e** If SS are having problems, after five minutes read the text one last time for SS to check their answers.
- f** Ask SS to read their paragraphs to the class. Then check their answers against the text below. You could copy the text for each group / student or place it on an overhead transparency for SS to read.
- g** As a follow-up, SS could discuss Tom's situation in pairs or small groups: What can Tom do to achieve the right work–life balance? Have SS had a similar experience to Tom, or do they know anyone who has?

The work–life balance

Tom Petersfield, 30

When I left university I worked in a bank for seven years and it was a great job with a real career. But the job was in London and I worked really long hours, so I was tired all the time. So in June last year I quit and I decided to follow my dream of working as an artist. This meant working from home and being my own boss.

I thought being my own boss would make the work–life balance easier to achieve. I thought I would have time to go cycling in the afternoons, to walk in the countryside with my dog, and to see my friends more. But it isn't like that at all. I work longer hours now and I work all the time! It's really difficult.

I think the hardest thing is trying to find time for myself. Because I work from home, my work is always there in the next room. At the weekends or in the evenings I think "Oh, I could just do a little bit of work now." It's very hard to just relax. Another problem is that I work as an artist and if you're not famous, you often don't get paid a lot of money for your work. This means that I accept all the work I can and I often have too much to do. Honestly, sometimes I think of going back to work for the bank again!

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