

5

A

G quantifiers
 V noun formation
 P -ough and -augh

Slow down, you move too fast

1 GRAMMAR quantifiers

- a Answer the questions and compare with a partner.

How much time (approximately) do you spend on a **weekday**...?

- sleeping
- having meals (breakfast, lunch, etc.)
- working (or studying)
- cooking
- doing housework or shopping
- relaxing, doing sport, or seeing friends

- b Read the article *Are you happy with your work-life balance?* Which situation is most typical in your country?

- c Read the texts again and underline the correct phrases.

- d p.138 Grammar Bank 5A. Read the rules and do the exercises.

- e Talk in small groups about the things below. Are you happy with your work-life balance?

How much time do you have...?

for yourself
 to do exercise
 to see friends
 to be with your family

How much...do you have?
 work
 school / university work
 English homework
 energy

Are you HAPPY with your work-life balance?

I SHALL BE GO AWAY FOR THE WEEKEND?

Sorry! Have to work Saturday.

GONE TO BED PIZZA IN THE FREEZER.

GROSS THOUGHT! Sorry, waking late!

I SHALL BE GO AWAY FOR THE WEEKEND?

Đan, project manager, software company, Boston, USA

1 I'm not happy with my work-life balance at all. I work at least 50 or 60 hours a week so I don't have ¹any time / no time at all for myself or to see my children. I communicate with my wife by leaving messages on the fridge. We hardly ever see each other because we work different hours and I never have time to see my friends or keep fit. Also, I eat very badly because my lunch 'hour' (about 10 minutes!) isn't ²enough long / long enough for me to have a proper meal. OK, I earn ³a lot of / a lot money but I don't have ⁴enough time / time enough. Is it worth it?

Amélie, lawyer, Paris, France

- 2** I didn't use to have ¹much time / many time for anything because I was working ²too much / too many hours – 45 or more a week. But then here in France the government decided that people should only work 35 hours a week. Nowadays I have ³plenty of / plenty time for myself. I play tennis two evenings a week, and I finish work at lunchtime on Friday, so I can have long weekends. I am much happier. I think when you have time to enjoy your personal life, you work much better.



Nayuha, store assistant, Tokyo, Japan

- 3** Yes, I am happy with it because I've chosen a lifestyle that I like and that gives me ¹quite a lot of / quite free time. But my father, on the other hand, works more than 70 hours a week for a car company, which I think is madness. ²Lots of / Much Japanese people do the same. There's an expression in Japanese, *karoshi*, which means 'dying because you work ³too hard / too much hard'. A lot of people in Japan get ill or die because they work ⁴too / too much. I think my generation is different. We don't want our lives to be ruled by work. I work ⁵a few / a little hours a day in a store – that gives me enough money to live. I spend the rest of my time seeing my friends and playing baseball.