



Lifestyles

Task: Two Different Types of Lifestyles

Activity 1: Listening

Welcome to a practice listening task for the GESE 11.

You are going to hear a talk about **two different types of lifestyles**. You will hear the talk twice. The first time, just listen. Then I'll ask you to tell me generally what the speaker is talking about. Are you ready?

Audio Script

There are two contradictory philosophies in life; live to work or work to live! It is funny how a simple play of words can have such different meanings. Not only is this a personal choice, but interestingly enough it is often a cultural influence as well. There are many reasons that somebody can feel this way, apart from culturally. Perhaps it has been taught to them since they were young, or even blends in nicely with what their goals are in life. Whatever the reason may be, both exist in the world. Coexisting can, however, be somewhat complicated and difficult to accommodate each other. What philosophy is of your liking?

Somebody who lives to work is usually blessed with a hard work ethic. This type of person tends to cope with a lot of responsibility. It is not uncommon to see them work extra hours and weekends. Nevertheless, a person of this condition should keep some things into account. Such an example would be that if this kind of person had taken care of their free time, it would be unlikely that they would develop stress and not become exhausted. Now, if we were to consider the other type of person, that works to live, then we could come to appreciate certain aspects that this lifestyle could offer. For instance, a person like this is able to take notice of things in others that might otherwise go undiscovered. They are also able to enjoy and encounter new passions in life and often live life with little regret. On the downside, when it comes to work, usually they are not overly motivated and may have even been found lacking by their superiors. Furthering this thought, they could remain the majority of their career absolutely content at the lower levels of the workforce. As can be seen, both have a positive and negative side that virtually all people experience at some point or another.

So, what is the right path? Surprisingly enough, it is hard to say, really. However, what seems to be the most wanted lifestyle seems to be an attempt to have a balance between both. Prioritizing is vitally important. Health and family must come first always, followed by work obligations. Once that has been achieved, then there should be time for fun and play. In essence, a balance is of the utmost importance if you want to have the best of everything. The best possible way to do this is to assign a time twice a week to organize and regroup what you need to be doing and when, aiding you to not overlook anything that keeps you within a healthy balance of free time and work obligations. If this is done, there is no reason for somebody to live both sides of the extreme amazingly well. I suppose the real question is if this balance can be kept up, I wonder? This is certainly a life-changing experience.



Can you tell me in one or two sentences what the speaker was talking about?

Now listen to the talk again. This time make some notes as you listen, if you want to. Then I'll ask you to tell me what is mentioned about live to work, work to live and the point of view of the speaker.

Now tell me what is mentioned about live to work, work to live and the point of view of the speaker. You have one minute to talk.

This is the end of the listening task.

Answers:

Live to work	<ul style="list-style-type: none">• work extra hours and weekends• could become stressful• could become exhausted
Work to live	<ul style="list-style-type: none">• notice things that might otherwise go undiscovered.• enjoy and encounter new passions in life• live life with little regret• not overly motivated, found lacking by their superiors• majority of their career content at the lower levels of the workforce
Point of View	<ul style="list-style-type: none">• have a balance• prioritizing• organize and regroup• life-changing experience

Marks: +_ / +10