

## Overview

Watch the video podcast. Who do you have the most in common with?

1 Watch Andrea's introduction to the video podcast from 0:00 to 0:23 and cross out the incorrect answer in each question: a), b) or c).

- How does Andrea switch off?
  - She goes to the gym.
  - She watches TV.
  - She goes for a walk.
- When does she need to relax?
  - Every weekend.
  - After work.
  - In the evening.
- Why does she try to be active? Because ...
  - she likes to keep fit.
  - she's very keen on fitness.
  - she's very unfit.



2 What do they do to switch off at the end of the day? Read the list of activities and watch the video podcast from 0:23 to 1:23. Tick the activities they mention.

go for a walk ✓	run in the park	read a book	take it easy	listen to music	
do nothing	watch TV	see a film	swim at the beach	cycle	have a bath
surf the net	hang out with friends	play computer games	cook a meal	eat out	

3 What kinds of things in your life make you feel free? Look at the people below and read their answers. Then watch the video podcast from 1:23 to 2:55 and complete the extracts with phrases a)–j).



1 Andrew

I suppose my life is quite regimented um, so I have to do this thing, and then I have to remember that tomorrow I have to do that other thing. So <sup>1</sup> \_\_\_ and alive is the unexpected. And <sup>2</sup> \_\_\_ when you think you've got to do a whole lot of things and they're cancelled or postponed and suddenly you think, 'I've got an afternoon <sup>3</sup> \_\_\_ do whatever I like.'



2 Maureen

When I can give people a voice. People who <sup>4</sup> \_\_\_: refugees, people <sup>5</sup> \_\_\_ and the disadvantaged. Uh, that's why I've switched a little bit from my career <sup>6</sup> \_\_\_ at a daily newspaper to work as a Peace Corps Volunteer.



3 Carlos

A few days ago I went to the sea. So, <sup>7</sup> \_\_\_, looking out into the sea is <sup>8</sup> \_\_\_ like there's a lot of, um, a lot of space, that I have a lot of space.



4 Dianne

Go outdoors, exercise, play golf, cycle. We live near a lake and a beach so we like to be out near either. <sup>9</sup> \_\_\_, or maybe travel – that, you know, <sup>10</sup> \_\_\_.

- |  |                                  |
|--|----------------------------------|
| a) in which I can                            | f) who are oppressed             |
| b) makes you feel alive                      | g) the really wonderful thing is |
| c) just to be outdoors                       | h) I suppose for me              |
| d) as a journalist                           | i) something that makes me feel  |
| e) <del>what makes me feel really free</del> | j) can't speak up for themselves |

**Glossary:** *regimented* = controlled, organised; *give people a voice* = speak on behalf of people who are unable to do it for themselves; *oppressed* = treated unfairly/not given the same rights as others; *switched* = changed; *Peace Corps* = US volunteer programme in underprivileged countries

**4** *In what period of your life have you felt the most free?* Look at the people below and read their answers. Then watch the video podcast from 2:58 to 4:02 and tick the correct answer, a) or b).

- 1 Keiko's felt the most free at university because ...
  - a) it's the first time she's ever travelled.
  - b) she's in a learning environment.
- 2 Andrew's felt free at two periods in his life:
  - a) when he was a student and again in his 40s.
  - b) between the ages of eighteen to twenty-three and now, in his 50s.
- 3 Maureen's felt most free since she moved to the USA because
  - a) she has been able to enjoy the benefits of the freedom of the press.
  - b) she has been able to write about her experience of being in prison.
- 4 Michael felt most free when he was a student because
  - a) he loved being at art college.
  - b) he was able to spend his time doing what he wanted.

**5** *Do you think young people have more freedom now than in the past?* Look at the people below and read the summaries of their answers. Then watch the video podcast from 4:03 to 5:30 and match the people to the answers. There is sometimes more than one answer for each person.



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|---|--|-------|
| ← | 1 They have more freedom of speech and expression because of access to the internet.   | A     |
|   | 2 Young people seem to have the freedom to enjoy themselves more.  | _____ |
|   | 3 Teenagers seem to have less freedom because they depend on their parents to drive them around; they don't go on their own.                                   | _____ |
|   | 4 Nowadays there are young people in their late 20s who have to live with their parents because they can't afford to rent or buy a home.                       | _____ |
|   | 5 Young people can travel more easily and cheaply than previous generations could.   | _____ |
|   | 6 Technology has given young people all over the world the power to change things, even in countries where there is less freedom of speech.                    | _____ |
|   | 7 There is more freedom for young people in some ways because of advances in technology, which have given them more freedom to travel, and communicate online. | _____ |

### The way we speak

**6** Look at the people and watch the video podcast from 0:23 to 1:23. Notice how they miss out words when they speak. Watch again and cross out the words in italics you don't hear.

- A **Maureen:** I like to read um, non-fiction. I like to read autobiographies <sup>1</sup>*so I read* that a lot. Sometimes <sup>2</sup>*though I just like* hanging out with friends and <sup>3</sup>*just like* cooking a good meal and just taking it easy.
- B **Geof:** At the end of the day <sup>4</sup>*I just perhaps* read a book ... Um, <sup>5</sup>*at the weekends,* I like to go walking.
- C **Carlos:** To switch off, I enjoy listening to music a lot, uh, <sup>6</sup>*I like* sort of catching up with friends as well. I also, to really switch off, I, <sup>7</sup>*just like* to sit down, close my eyes and <sup>8</sup>*just, I like,* do nothing, you know, relax.

### Personalisation

**7** Write a paragraph answering Andrea's questions. Use language from the podcast if possible.

- What do you do to switch off at the end of the day?
- What kinds of things in your life make you feel free?
- In what period of your life have you felt the most free?
- Do you think young people have more freedom now than in the past?

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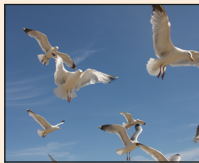


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### BBC LINK



When do you feel free?

[http://www.bbc.co.uk/worldservice/learningenglish/general/expressenglish/2011/03/110310\\_ee\\_freedom\\_page.shtml](http://www.bbc.co.uk/worldservice/learningenglish/general/expressenglish/2011/03/110310_ee_freedom_page.shtml)

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