

Part 1. Read what Priya says about her working week. How is your work week similar or different? Tell your partner.

Priya works in marketing. She has hybrid working: three days in the office, two days at home. On her home days, she skips the commute completely and starts work almost straight away. She still touches base with her manager every morning, and there's usually a quick stand-up call to plan the day. The hardest part, she says, is Zoom fatigue by Thursday afternoon, and learning to switch off properly in the evening, since her laptop is always right there in the kitchen.

Part 2. Read the statements below. Which are true for you?

- I have worked from home at least once in the last month.
- I find it easy to switch off after work.
- I prefer working in an office to working at home.
- I sometimes feel isolated when I work alone.
- Video calls tire me out more than in-person meetings.
- My work and home life feel quite separate.

Part 3. Look at the expressions below, grouped by theme.**Ways of working**

- I **work from home** three days a week.
- Our company moved to **hybrid working** last year.
- My **commute** used to take an hour each way.
- I love having **flexible hours**; I start whenever suits me.

Staying connected

- Let's **touch base** on Friday about the project.
- We have a quick **stand-up** every morning before we start work.
- Can you **loop me in** on that email thread?
- By Friday, I'm exhausted from **Zoom fatigue**.

Challenges of remote work

- Working alone at home, I sometimes **feel isolated**.
- Remote work has actually improved my **work-life balance**.
- It's hard to **switch off** when your laptop is always in the next room.
- Working from home really **blurs the lines** between work and home life.

Part 4. In each group of three, one phrase doesn't belong with the other two. Which one, and why?

1. to touch base / to loop someone in / to feel isolated
2. a commute / Zoom fatigue / hybrid working
3. work-life balance / to switch off / a stand-up
4. flexible hours / to blur the lines / to work from home

Part 5. In pairs, brainstorm the pros and cons of remote and hybrid work. Try to use words from Part 3.**Pros:**

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-
-

Cons:

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-
-

Part 6. Discuss the following questions.

- What are the biggest benefits of hybrid or remote work, in your opinion?
- What do you think is lost when people don't work in an office together?
- Do you think Zoom fatigue is a real problem, or a bit exaggerated?
- How do you personally switch off from work?

Part 7. Imagine you could choose exactly how you work: fully remote, hybrid, or fully in the office. Tell your partner your choice and why. Try to use at least six words or phrases from today's lesson.

Reflection

Complete the sentences in your own words.

1. My ideal way of working would be...
2. The thing I find hardest about switching off is...
3. One thing that helps me feel less isolated when working alone is...
4. Something I'd change about my current work-life balance is...