

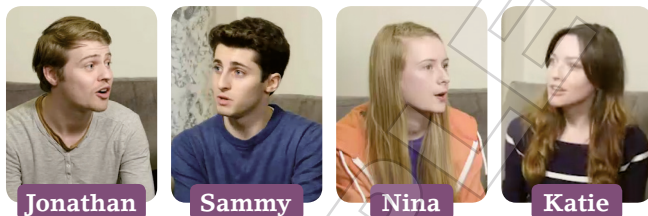
Before watching

- 1 Tick (✓) the sentences that are true about your free time. Change the others to make them true.

- 1 I feel like I have enough free time. _____
- 2 I'd like a little bit more free time. _____
- 3 I like to chill out when I've got free time. _____
- 4 I really like going to the cinema. _____
- 5 I tend to watch TV on demand. _____
- 6 I really enjoy playing sports. _____
- 7 In the evening, I meet up with friends. _____
- 8 I spend most of my free time chatting to friends on social media. _____

While watching

- 2 Watch the video. Who says the sentences in Exercise 1? Write the number of each sentence under the correct photo.



- 3 Read the *Video skills* tips. Then watch the video again and complete the table with key words. Who has the most free time?

	Studies What? When?	Work What? When?	Free time Hours a week?
Jonathan			
Sammy			
Nina			
Katie			

Video skills

Dealing with an unfamiliar word or meaning

- Think whether the word is another form of a familiar word.
- Use the context to help you understand it. Is the word part of an expression or phrasal verb, for example?
- Some very common or familiar words like *get*, *work* and *off* have many meanings. Focus on the context to help you find the meaning.

- 4 Watch the video again and explain the meanings of the words in bold in these extracts.

- 1 **Sammy**: 'Other than **that** I like to watch a lot of TV.'
That refers to _____
Other than that means _____
- 2 **Nina**: 'I hope to **stick with**.'
which refers to _____
stick with means _____
- 3 **Katie**: 'I do **that pretty much** Monday to Friday.'
that refers to _____
pretty much means _____
- 4 **Nina**: 'I have **25 hours** per week, **give or take**.'
25 hours refers to _____
give or take means _____
- 5 **Nina**: 'I would probably not use **it** very **wisely**.'
it refers to _____
wisely means _____
- 6 **Katie**: 'I find **it** easier to **fit in** with my schedule.'
it refers to _____
fit in means _____

After watching

- 5 Complete each extract with one suitable word. Watch the video again if necessary.

- 1 In an _____ week, I have about 30 hours' free time.
- 2 In _____ I go swimming, and I play tennis a lot.
- 3 I don't _____ go because it's a little bit too expensive.
- 4 I _____ often miss my favourite shows.
- 5 My normal routine _____ me getting up at about 7 am.
- 6 I should go to the gym at _____ three times a month.