

2

Lifestyle

Listen!



Let's Think

1. Do you think you lead a busy lifestyle?
2. What do you like doing for leisure?

You are Clinton. You are reading a blog entry about lifestyles on the Net.

Friday Night—Prelude to the Long-awaited Weekend

It's Friday night again! What were you doing before reading this blog entry? Dragging yourself away from the office to chill out with your friends?

5 To many busy Hongkongers, a Friday night marks the end to a week's tedious work at work or at school. The last working day of a week, along with the following two holidays, is seen by
10 many as the golden opportunity to get away from all the stress they have experienced during the week. Without having to wake up early the next day,
15 nights to catch up with friends and wind down. Some like to dine in a classy restaurant to fill their tummies with great food. Others may spend a night in a cosy café, just to have a good
20 chat with their loved ones.

People have different ways to get rid of stress at weekends. Some people prefer staying at home to read a good book, to binge-watch a Netflix series, or
25 simply do nothing. They even switch off

their phones temporarily so that they can be completely away from whatever causes stress.

On the other hand, some people prefer working out to unwind, like going out for a jog or going on a bike ride. To those who like the feeling of being soaked in sweat, they hit the gym. However, not everyone is into vigorous activities; some then take art or music
30 courses for calmness and for pleasure. To workers who want to continuously better themselves, they take short-term courses, such as those on accounting or business management, which may help
35 with their career prospects. No matter how you spend your long-awaited weekend, the only thing that matters is how much you enjoy it.

How are you going to spend your weekends? Feel free to leave your
45 comments below!

Written by henry_c at 11.30pm

[leave comments](#)

(305 words)

Part A

Answer the following questions using the information from the blog entry. Choose the **BEST** answer and blacken **ONE** circle only.

- The phrasal verb 'chill out' in line 4 can be best replaced by '_____'.
 - A. gossip secretly
 - B. relax completely
 - C. work slowly
 - D. exercise intensely
- The weekend is 'long-awaited' as people can _____.
 - A. dine out
 - B. switch off their phones
 - C. unwind
 - D. take short-term courses
- According to the blog entry, some people attend courses during the weekend because _____.
 - i) they want to relax and be happy
 - ii) they have a lot of free time
 - iii) they want to hone work-related skills
 - iv) their bosses ask them to do so
 - A. i, ii and iii
 - B. i and iii
 - C. i, iii and iv
 - D. all of the above
- The writer wrote the blog entry _____.
 - A. to encourage readers to keep reading his blog entries
 - B. to inform readers that both work and study are equally stressful
 - C. to urge readers to relax at home at weekends
 - D. to suggest ways for readers to spend their weekends

Grammar Corner

Phrasal verbs are verbs that consist of two or more words. They can be transitive or intransitive. They often have a meaning different from that of its separate parts.

e.g. *Dragging yourself away from the office to chill out with your friends?*
(Lines 3-4)

Part B

Answer the following questions using the information from the blog entry. Write your answers in the spaces provided.

1. Look for a phrase in paragraph 3 which means 'to remove something or someone unwanted or unpleasant'.

2. Look for a word in paragraph 4 which means 'relax'.



3. Why is 'Friday night' considered a 'prelude to the long-awaited weekend'? Explain your answer.

A prelude means an event that introduces a more important event.

4. What is the main idea of paragraph 4?

5. In paragraphs 2 & 3, several places where people spend their Friday night are mentioned. Match each of the following speech bubbles with one of the places mentioned in the paragraphs. Write the appropriate place under the speech bubble.

I like finding good food to eat because it cheers me up!

(a) _____

I'm a bookworm. I like reading in a quiet place.

(b) _____

I am a film lover but I don't like going to the cinema.

(c) _____

Vocabulary Bank

The following are some leisure activities. Match them with the correct pictures. One of the words is not used.

canoeing scrapbooking snorkelling playing board games
parachuting wakeboarding pottery orienteering sketching



1.



2.



3.



4.



5.



6.



7.



8.



Let's Discuss

1. Do you like staying indoors or going outdoors in your leisure time? Why?
2. Do you enjoy spending time alone or with friends? Why?