

🌟 LIFESTYLE IN THE MODERN WORLD

A B2 Text for English Matura Preparation

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📖 Article (~1000–1200 words, B2 Level)

In today's fast-changing world, the concept of lifestyle has become more important than ever. Lifestyle refers to the way people live, including their habits, values, choices, and daily routines. It is influenced by many factors such as culture, technology, social media, and economic conditions. In recent years, lifestyles have changed significantly, especially among young people.

One of the most noticeable changes is the increasing importance of health and well-being. Many people are becoming more aware of the need to live a healthy lifestyle. This includes eating balanced meals, exercising regularly, and getting enough sleep. Fitness and nutrition have become popular topics, and many individuals try to avoid unhealthy habits such as smoking or excessive alcohol consumption. However, despite this trend, unhealthy lifestyles are still common, especially due to stress and lack of time.

Another key aspect of modern lifestyle is the role of technology. Smartphones, social media, and digital platforms have a strong influence on how people spend their time. On the one hand, technology makes life easier. People can communicate instantly, access information quickly, and work from almost anywhere. On the other hand, excessive use of technology can lead to problems such as addiction, lack of concentration, and reduced face-to-face interaction.

Social media plays a particularly important role in shaping lifestyle. Platforms such as Instagram, TikTok, and YouTube influence how people see themselves and others. Many users compare their lives to the idealized images they see online, which can create pressure and dissatisfaction. At the same time, social media can also be a source of inspiration and motivation, for example in areas like fitness, travel, and personal development.

Work-life balance is another central topic when discussing lifestyle. In the past, work often dominated people's lives, leaving little time for relaxation or personal interests. Today, many individuals try to find a better balance between their professional and private lives. Flexible working hours, remote work, and part-time jobs make it easier to

manage time. However, achieving a perfect balance is still challenging, especially in competitive environments.

Leisure activities also play an important role in lifestyle. People use their free time in different ways, depending on their interests and values. Some prefer active hobbies such as sports, hiking, or traveling, while others enjoy more relaxing activities like reading, watching movies, or spending time with friends and family. These activities are essential for mental health and overall well-being.

Another important aspect is sustainability. More and more people are trying to live in an environmentally friendly way. This includes reducing waste, recycling, using public transport, and buying local or organic products. Sustainable lifestyles are becoming more popular, especially among younger generations, who are more aware of environmental issues. However, not everyone has the opportunity to live sustainably, as it can sometimes be more expensive or less convenient.

Cultural differences also influence lifestyle. What is considered a “good lifestyle” varies from country to country. In some cultures, success is defined by career achievements and financial stability, while in others, family and social relationships are more important. Globalization has led to a mixture of lifestyles, as people are exposed to different cultures and ways of living.

Despite all these developments, there are also challenges. Modern lifestyles can be stressful and demanding. People often feel pressure to succeed, look good, and stay productive at all times. This can lead to mental health problems such as anxiety, depression, and burnout. Therefore, it is important to find a balance and focus on what truly matters.

In conclusion, lifestyle in the modern world is complex and constantly evolving. It is shaped by health trends, technology, social media, work conditions, and cultural influences. While there are many opportunities to improve one’s quality of life, there are also challenges that need to be addressed. Ultimately, each person must find their own balance and create a lifestyle that supports their well-being and happiness.

  **ORAL EXAM QUESTIONS (B2 – Opinion Speech)**



1. What does a healthy lifestyle mean to you?
2. Do you think young people live a healthy lifestyle today? Why/Why not?
3. How does social media influence our lifestyle?

4. What are the advantages and disadvantages of modern technology?
 5. Is work-life balance important? Why?
 6. What do people do in their free time in your country?
 7. Should people focus more on mental health?
 8. What is more important: money or happiness?
 9. How can people reduce stress in their daily lives?
 10. Do you think a sustainable lifestyle is easy to achieve?
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  **SUMMARY TASK (B2)**

 Write a summary of the text:

- Explain what lifestyle means
 - Describe the role of technology and social media
 - Mention the importance of health and work-life balance
 - Keep it objective (no personal opinion!)
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  **VOCABULARY (LIFESTYLE – B2 LEVEL)**

 **General**

- lifestyle
 - habits
 - routine
 - well-being
 - quality of life
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 **Health**

- balanced diet
- exercise

- mental health
 - stress
 - burnout
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Technology

- social media
 - digital platforms
 - screen time
 - online communication
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Sustainability

- eco-friendly
 - recycling
 - reduce waste
 - sustainable lifestyle
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Useful Expressions

- In my opinion...
 - One important aspect is...
 - On the one hand... on the other hand...
 - For example...
 - To sum up...
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TIP FOR MATURA

 Use:

- ✓ examples from your life

- ✓ structured answers
 - ✓ linking words
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