Name _____ Date _____

Working from Home: Freedom or Isolation?

B1

1 Read the text.

Two years ago, I started working from home as a graphic designer. At first, it felt like a dream come true. No more stressful morning traffic, crowded trains, or waking up at 6:30 AM!

There are definitely some fantastic advantages. I save a lot of money on transport and takeaway lunches. I can wear comfortable clothes, listen to music while working, and take a quick break to walk my dog. I definitely feel more independent and in control of my daily schedule.

However, it is not as perfect as people think. My biggest problem is loneliness. I really miss the casual coffee breaks with my colleagues and the funny conversations in the office. Also, it is very difficult to separate work from personal life. When your computer is sitting in your living room, you often check emails late in the evening without even noticing.

Sometimes, staying at home all day makes me less motivated. Overall, I think having the freedom is great, but working from home every single day is too much for me. A hybrid model with two days in the office would be ideal.

What about you? Could you work from home permanently, or do you prefer the traditional office atmosphere?

2 Discuss the questions in small groups.

1. What are the main advantages and disadvantages of working from home mentioned by the author?
2. Why does the author find it difficult to separate work life from personal life?
3. Would you prefer to work from home, work in a traditional office, or have a hybrid schedule? Why?
4. Have you ever studied or worked from home? How did you stay motivated and avoid distractions?
5. The writer mentions feeling lonely without colleagues. How important is socializing with coworkers or classmates to you?
6. If you had total control over your daily schedule, how would you organize your ideal workday or study day?
7. What rules would you set for yourself to make sure your work does not interfere with your personal life at home?
8. Do you think working from home is suitable for all professions and personality types? Why or why not?