

Sabbatical

Upper-Intermediate level

Task 1 - Warm-up

Answer the questions.

1. How long have you been working/studying?
2. Do you feel like you are close to burnout?
What are the symptoms?
3. Have you heard anything about sabbatical?



Task 2 - What is sabbatical?

Look at the picture and guess the meaning of the word “sabbatical”

1. the day of the week kept by some religious groups for rest and worship;
2. a period of time when a person is allowed to stop their usual work in order to study or travel, usually while continuing to be paid;
3. the day of the week after Friday and before Sunday.



Task 2 - Check your guess

Sabbatical is....:

“a break from work” during which employees can pursue their interests, like traveling, writing, research, volunteering or other activities (or even rest).

Do you know anyone who has taken a sabbatical? Share the story.



Task 3 - Reading

Read the sabbatical ideas. Would you like to fulfill them? Why (not)?

1. Write a novel

You're going to have a lot of time on your hands now that you're not reporting to a 9-5, and that creative idea has been taking up space inside your mind for a while. Get it out on paper! Use this **extended leave** from work to share your knowledge and your narrative with the world. You now have the time to **stew over** plot points and character qualities while sipping your morning coffee. You can organize meetings with other local writers and build a community through your skillset.

2. Volunteer

If your interests lie in making the world a better place to live - for people, for animals, for the sake of the environment - volunteering could be a good use of your sabbatical. You could spend your time helping a worthy cause while learning a lot about yourself, and others, along the way. There are plenty of opportunities to use your specific skill set to impact the world. If you're great with people, you could host fundraisers, knock on doors, or man a phone bank to raise money for the cause you're most inspired by. If you're better behind a computer screen, you could donate your coding and design skills to **nonprofits** who may not be able to afford a website or CRM tool that will help them accomplish their goals.

3. Seek Next-Level Education

A sabbatical may be the perfect time to pursue a higher level of education, or perhaps a second degree in a different concentration. Perhaps you want **to enrol** in an accelerated MBA program or make a smaller investment and take a few classes at a local college. Whatever the route, using this time away from your profession to learn is a great choice. Don't stop at traditional education avenues either - invest in e-courses, head to a yoga studio to attain your teacher training certification, ask the people that you admire to teach you the thing that they're an expert in, set aside time to read more books, listen to podcasts (or start your own) - the educational possibilities are endless.

4. Set An “Unreachable” Goal

A great way to use your sabbatical is to set an “unreachable goal”, something that you would never have done because it would require too much time, too much effort, and maybe too much money. Tell yourself that by the end of your time away from work you will climb to the top of each of the five tallest mountains on your continent. Make a pact with yourself to train for a triathlon and set a goal for your finish time. Pick a handful of **rundown** houses in your community and renovate them, then resell them. Find homes for 100 animals from your local shelter. Master every recipe in your favorite chef's cookbook. These goals don't have to be something that would land you in a record book - they should just be in pursuit of something that makes you feel like you're growing into the person that you want to be.

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Task 4 - Vocabulary practice

- a) Read the text again and explain the meaning of the words in bold.**
- b) Fill in the gaps.**

enrol, an extended leave, rundown, stewing over, nonprofits,

1. After many years of hard work he was on the edge of burnout and he was recommended to take _____ .
2. This program was really necessary for him to get promoted, so he decided to _____ in.
3. We can help by making donations to _____ that serve the homeless.
4. You are not still _____ the election results, are you?
5. After the cold war was over, we could observe _____ of the army in European countries.

Task 5 - Speaking

Discuss the questions.

1. Which of the ideas mentioned in the article did you like most?
2. Have you ever thought of volunteering for nonprofits?
3. What can make you get an extended leave?
4. Is it possible to get a sabbatical in your company?
5. Would you enrol in an educational programme if you could get a sabbatical?

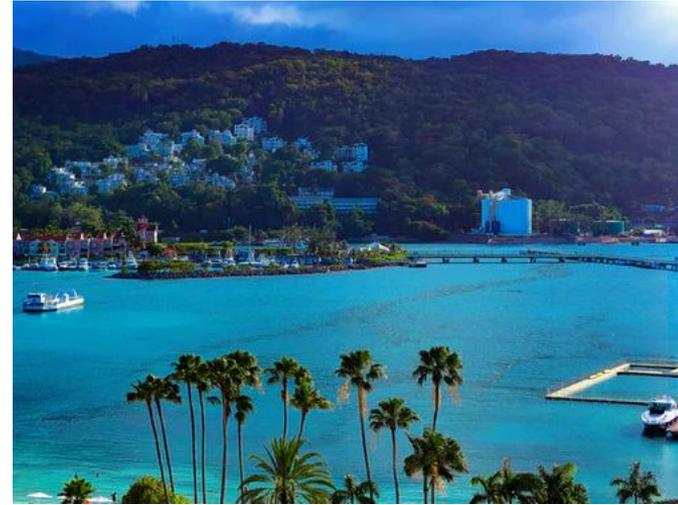


Task 6 - Watching a video

Watch the [video](#) (up to 03:11) and answer the questions:

1. How long has he been working in the company before sabbatical?
2. Why did he start to think about a career break?
3. What fact was mentioned in Stefan Sagmeister's TED talk?
4. Why don't most people take a career break?
5. What did he do during his sabbatical?

If you are interested in S. Sagmeister's speech at TED talks, watch it [here](#).



Task 7 - Speaking

Answer the questions

1. Did this video inspire you to get a sabbatical?
Why?/Why not?
2. What would you change about the sabbatical if you were this guy from the video?
3. Is there any risk that you can't get back on the track after a sabbatical?



Task 8 - Project work

Imagine that you took an opportunity to get a sabbatical. Would you write down ideas what you are going to do within this extended leave.



Keys

Task 4

1. An extended leave, 2.enrol, 3.nonprofits, 4.stewing over, 5.rundown

Task 6

Possible answers:

1. 6 years.
2. Because his job seemed to be repetitive and he knew what he would do within the next 30 years.
3. People spend 20 years for learning, 40 for working and 15 for retirement period, so he took 5 pension years and dispersed them in between working years.
4. People are afraid to take a challenge.
5. He did whatever he wanted.