

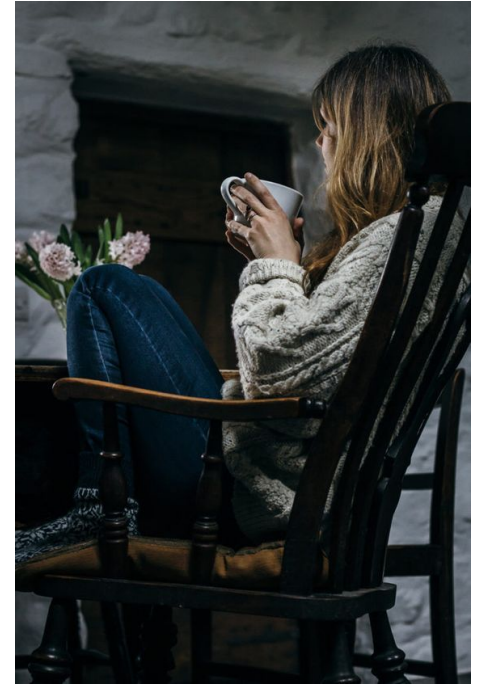
# Slow living

Upper-Intermediate level

# Task 1 - Warm-up

## Discuss the questions.

- Is your life full-throttle? Why(not)? If yes, does it suit you to the ground?
- Has the pace of life quickened? What effects does living in the hectic lifestyle have on people?
- Do you try to avoid the slightest delay? Are you annoyed by people who tend to dawdle?
- Has your weekend turned into a hectic whirlwind of errands?
- Do you have time to eat proper lunch or do you usually nip into the cafe and wolf your food down?
- If you were able to slow down your life, would you do it?



## Task 2 - What is Slow Living?

**Complete the gaps with the following words: balanced, conscious, environmental, fast-paced, pace, impact, leisure, anxiety, well-being, pursue**

Modern life is \_\_\_\_\_. The desire to keep up fills us with \_\_\_\_\_ as we fill every waking moment with activity. In the process, we forgo our natural rhythms and fail to enjoy our \_\_\_\_\_ or give activities the time they deserve. Slow living is a lifestyle decelerating the \_\_\_\_\_ of daily routines, emphasizing a less-is-more approach and focusing on the quality of your life. Slow Living means structuring your life around meaning and fulfilment. Slow Living addresses the desire to lead a more \_\_\_\_\_, \_\_\_\_\_ life and to \_\_\_\_\_ a more holistic sense of \_\_\_\_\_ in the fullest sense of the word. In addition to personal advantages, there are potential \_\_\_\_\_ benefits as well. When we slow down, we often use fewer resources and produce less waste, both of which have a lighter \_\_\_\_\_ on the earth.

# Task 2 - What is Slow Living?

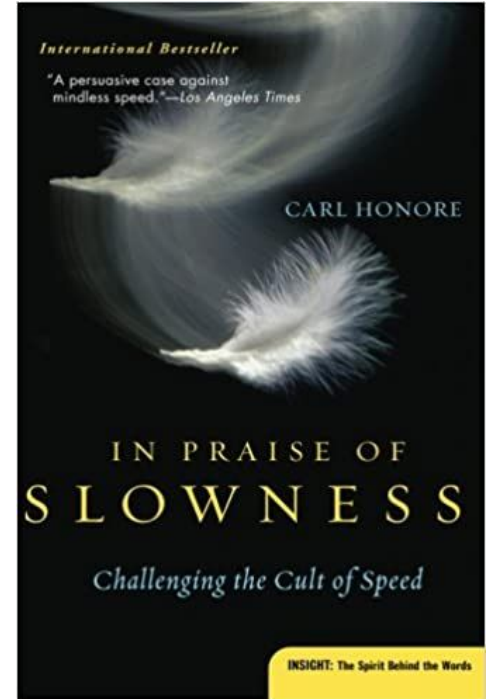
## **What is the main message of the Slow Living movement?**

- A. Slow living is living in a more balanced, meaningful, and life-affirming way.
- B. Slow living is a lifestyle choice for busy people.
- C. Slow living is about well-being and doing everything as well as possible instead of as fast as possible.
- D. Slow living is fighting back against the current state of ecology.

# Task 3 - How the movement started

Watch [the video](#) (6:25-07:30) and answer the questions:

- 1) How and where did the Slow Movement start?
- 2) What is the main idea of the Slow Food Movement?
- 3) What does the Slow Cities movement encourage to do?



# Task 3 - How the movement started

*“We get more pleasure and more health from our food when we cultivate, cook and consume it at a reasonable pace. I think also the explosion of the organic farming movement, and the renaissance of farmers' markets, are other illustrations of the fact that people are desperate to get away from eating and cooking and cultivating their food on an industrial timetable. They want to get back to slower rhythms”.*

## **Discuss the questions:**

- 1) According to the movement the food we eat should be grown and bought locally, prepared with care and eaten with appreciation. How true is it about your eating habits?
- 2) How often do you cook at a slow pace?
- 3) When was the last time you rid yourself of the usual distractions and focus on the dish you have prepared?
- 4) Would you reject fast food in favour of slow food?
- 5) Would you join the Slow Food movement?

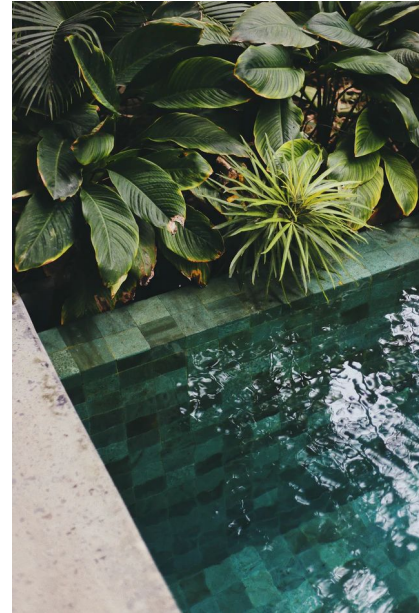
# Task 4 - Slow Cities

There are currently 236 cities across 30 countries that have met the criteria to call themselves slow cities. The certification of towns concerns 72 requirements for quality, subdivided into 7 macro areas:

- 1. Energy and environmental policies** - Parks and green areas, renewable energy, transport, recycling, etc
- 2. Infrastructure policies** - Alternative mobility, cycle paths, street furniture, etc.
- 3. Quality of urban life policies** - Requalification and reuse of marginal areas, cable network city (fibre optics, wireless), etc.
- 4. Agricultural, touristic and artisan policies** - Prohibiting the use of GMO in agriculture, increasing the value of working techniques and traditional crafts, etc.
- 5. Policies for hospitality, awareness and training** - Good welcome, increasing awareness of operators and traders (transparency of offers and practised prices, clear visibility of tariffs), etc.
- 6. Social cohesion** - Integration of disabled people, poverty, minorities discriminated, etc.
- 7. Partnerships** - Collaboration with other organizations promoting natural and traditional food, etc.

Find more information [here](#).

**Is it possible for your city to achieve the status of “Slow City”? Support your point of view with arguments.**



# Task 5 - Slow Living brainstorming

The ever-expanding slow movement goes way beyond slow food and slow cities today. There's now a slow version of almost anything you can think up.

**What else do you think Slow Living incorporates? Explain in what way it is “slow”.**





# Task 6 - Slow Living aspects

## Try to define the terms:

- 1) Slow Travel
- 2) Slow Money
- 3) Slow Fashion
- 4) Slow Education



# Task 6 - Slow Living aspects

**Check your guesses. Match the aspects with the description:**

- |                   |  |
|-------------------|--|
| 1) Slow Travel    | A. It hits close to home. It is about quality over quantity. It's common to be sustainable and eco-friendly: organic, recycled, or re-purposed fibres, fabrics and materials.  |
| 2) Slow Money     | B. It is also about connection to knowledge and to learning, leading a skilful life, having respect for all living and non-living things. It is a concept of 'ecological literacy'. It is about supporting our children to develop values and ethics that will enable them to live a joyous life in the slow lane. |
| 3) Slow Fashion   | C. You immerse themselves and stay for awhile. You savour every moment. You connect with the local communities by eating and sightseeing at local places instead of going to touristy or mainstream destinations.  |
| 4) Slow Education | D. Investment capital use, economic sustainability and resilience of a community, town, or geographic area.  |

# Task 3 - Discussion

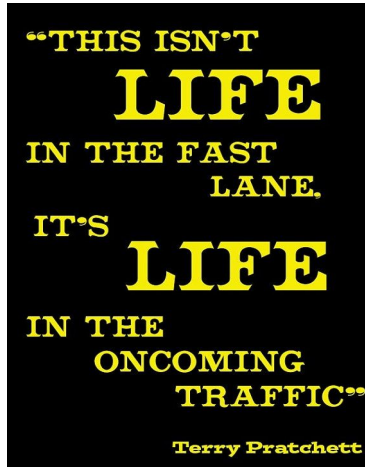
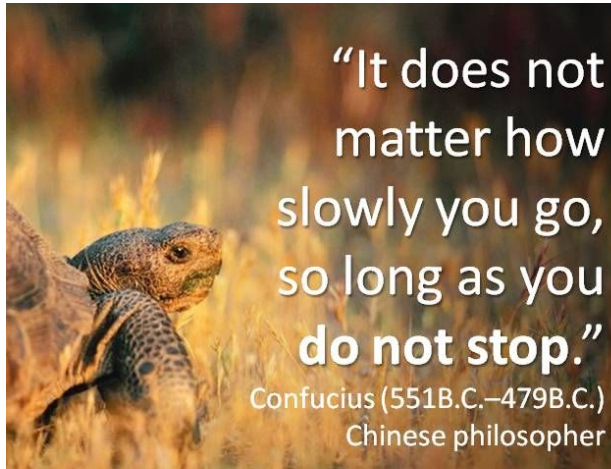
## Answer the questions:

- 1) Why is it difficult to slow down?
- 2) Would you join the Slow Living Movement?  
If no, why not?  
If yes, how would you slow down your pace of living?



# Extra task 3

**Do you agree with the quotes?**



# More information about Slow Living

## Slow Living Bloggers

- Brooke McAlary — [SlowYourHome.com](http://SlowYourHome.com)
- Emma Scheib — [SimpleSlowLovely.com](http://SimpleSlowLovely.com)
- Erin Loechner — [DesignForMankind.com](http://DesignForMankind.com)
- Amy — [MoreTimeThanMoney.co.nz](http://MoreTimeThanMoney.co.nz)
- Courtney and Michael — [SomewhereSlower.com](http://SomewhereSlower.com)
- Tove Nordström — [TheConsciousEdit.com](http://TheConsciousEdit.com)
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- Angela — [SettingMyIntention.com](http://SettingMyIntention.com)
- Carl Phillips — [FrictionlessLiving.net](http://FrictionlessLiving.net)
- Alice — [Sloely.com](http://Sloely.com)
- Carrie and Bernadette — [SlowFamilyLiving.com](http://SlowFamilyLiving.com)
- Christine Hohlbaum — [PowerOfSlow.com](http://PowerOfSlow.com)
- Emma — [LimeAfterLime.com](http://LimeAfterLime.com)
- Melanie Barnes — [GeoffreyAndGrace.com](http://GeoffreyAndGrace.com)
- Jessica — [TheWoodlandWife.co.uk](http://TheWoodlandWife.co.uk)
- Jen Chillingsworth — [Little-birdie.com](http://Little-birdie.com)
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# Keys: Task 2

- Modern life is fast-paced. The desire to keep up fills us with anxiety as we fill every waking moment with activity. In the process, we forgo our natural rhythms and fail to enjoy our leisure or give activities the time they deserve. Slow living is a lifestyle decelerating the pace of daily routines, emphasizing a less-is-more approach and focusing on the quality of your life. Slow Living means structuring your life around meaning and fulfillment. Slow Living addresses the desire to lead a more balanced, conscious life and to pursue a more holistic sense of well-being in the fullest sense of the word. In addition to the personal advantages, there are potential environmental benefits as well. When we slow down, we often use fewer resources and produce less waste, both of which have a lighter impact on the earth.
- A, C

# Transcript: Task 3

Now if you'll permit me a small act of hypocrisy, I'll just give you a very quick overview of what's going on inside the Slow Movement. If you think of food, many of you will have heard of the Slow Food movement. Started in Italy, but has spread across the world, and now has 100,000 members in 50 countries. And it's driven by a very simple and sensible message, which is that we get more pleasure and more health from our food when we cultivate, cook and consume it at a reasonable pace. I think also the explosion of the organic farming movement, and the renaissance of farmers' markets, are other illustrations of the fact that people are desperate to get away from eating and cooking and cultivating their food on an industrial timetable. They want to get back to slower rhythms. And out of the Slow Food movement has grown something called the Slow Cities movement, which has started in Italy, but has spread right across Europe and beyond. And in this, towns begin to rethink how they organize the urban landscape, so that people are encouraged to slow down and smell the roses and connect with one another. So they might curb traffic, or put in a park bench, or some green space.

# Possible answers: Task 5

There's now a slow version of almost anything you can think up: slow money, slow parenting, slow education, slow reading, slow design, slow architecture, slow medicine, slow science, slow gardening, and even slow religion, etc.

More information here -

<https://www.sloww.co/slow-living-201/>





# Keys: Task 6

- 1) C
- 2) D
- 3) A
- 4) B