

My Hectic Day - Juggling Time Zones and a Shared Kitchen

remote, a remote job
notification, a constant stream of notifications
dawn, before dawn
interruption, without interruption
worn out, feel completely worn out
grab, grab a quick bite
sandwich, a simple sandwich
typically, I typically start my day
imitate, imitate the pronunciation
commute, during my commute
queue, queue for the kitchen
frustrated, get frustrated with
occasionally, occasionally, I have to
nap, take a quick nap
juggle, juggle my commitments
hectic, a hectic routine
lactose intolerance, lactose intolerance
groggily, wake up groggily
subsequently, subsequently, I...
prioritise, prioritise my tasks

Hello and welcome. Have you ever felt like you're living in two different time zones at once? Today, we're going to talk about a day that's a real juggling act.

In this episode, we'll be learning some fantastic chunks to describe a busy life. We'll be covering: remote, a remote job; notification, a constant stream of notifications; dawn, before dawn; interruption, without interruption; worn out, feel completely worn out; grab, grab a quick bite; sandwich, a simple sandwich; typically, I typically start my day; imitate, imitate the pronunciation; commute, during my commute; queue, queue for the kitchen; frustrated, get frustrated with; occasionally, occasionally, I have to; nap, take a quick nap; juggle, juggle my commitments; hectic, a hectic routine; lactose intolerance, lactose intolerance; groggily, wake up groggily; subsequently, subsequently, I...; and finally, prioritise, prioritise my tasks.

<https://docs.google.com/document/d/1qq0ZLANzFYi2-e1JSxl4lxODYaQLOx9kHGZeq0jFaUI/edit?usp=sharing>

Right then, let's get our toolkit ready.

First up, we have **a remote job**. Let's say that a couple of times. **A remote job**. One more time, **a remote job**.

A remote job is a job that you can do from home, or anywhere really, instead of going to an office.

Let me rephrase that. It's when your work doesn't require you to be physically present at a specific workplace.

For example, having **a remote job** gives me a lot of flexibility with my schedule.

Let's go through that sentence once more. Having **a remote job** gives me a lot of flexibility with my schedule.

And here's another one: Because I have **a remote job** with a client in China, my day starts very early.

Hear it again carefully. Because I have **a remote job** with a client in China, my day starts very early.

Next, let's look at **a constant stream of notifications**. Say it with me, **a constant stream of notifications**. Again, **a constant stream of notifications**.

This phrase describes a situation where messages or alerts keep coming one after another without stopping.

Let me put it another way. It's when you get endless alerts from your phone or computer.

For instance, I find it hard to concentrate with **a constant stream of notifications** from social media.

Listen to that once more. I find it hard to concentrate with **a constant stream of notifications** from social media.

And now for the story sentence: My sleep is often broken by **a constant stream of notifications** from work.

And again. My sleep is often broken by **a constant stream of notifications** from work.

Our third phrase is **before dawn**. Let's try it. **Before dawn**. And again, **before dawn**.

This simply means the period of time before the sun rises.

Let's hear that again. It's the very early morning when it's still dark outside.

For example, the birds start singing long **before dawn**.

Let's listen to that again. The birds start singing long **before dawn**.

Here is the next example: I often find myself awake and working **before dawn**.

Again. I often find myself awake and working **before dawn**.

Moving on, we have **without interruption**. Let's say that together. **Without interruption**. Feel the flow of it. **Without interruption**.

This means you can do something continuously without being stopped or disturbed.

Let me rephrase that. It's when you can focus on one activity with no breaks or disturbances.

For example, on Sundays, I love to read for a few hours **without interruption**.

Listen again. On Sundays, I love to read for a few hours **without interruption**.

And the other sentence: I can rarely sleep for more than a few hours **without interruption**.

One more time. I can rarely sleep for more than a few hours **without interruption**.

Next, a very useful chunk: **feel completely worn out**. Let's give this a try. **Feel completely worn out**. And again, **feel completely worn out**.

This is a great way to say you are extremely tired.

Let's hear that definition again. You use this phrase when you have no energy left at all.

For example, after running a marathon, I **feel completely worn out**.

Listen carefully to that one again. After running a marathon, I **feel completely worn out**.

And now, for the story: By the time I properly get up at 7:30, I often **feel completely worn out**.

Again, please. By the time I properly get up at 7:30, I often **feel completely worn out**.

Okay, our next one is **grab a quick bite**. Let's say it. **Grab a quick bite**. Once more, **grab a quick bite**.

This means to get something to eat quickly, especially when you are in a hurry.

In other words, it's eating a small meal that doesn't take much time to prepare or eat.

I need to **grab a quick bite** before I head to my next meeting.

Let's repeat that. I need to **grab a quick bite** before I head to my next meeting.

And now the other example: I only have ten minutes to **grab a quick bite**, so I'll just make a sandwich.

And again. I only have ten minutes to **grab a quick bite**, so I'll just make a sandwich.

Which brings us to our next word: **a simple sandwich**. Let's practise that. **A simple sandwich**.

Again, **a simple sandwich**.

This refers to a sandwich that is easy and quick to make, with basic ingredients.

Let me put it another way. It's a sandwich that isn't fancy or complicated.

Sometimes, all you need for lunch is **a simple sandwich** with cheese.

One more time. Sometimes, all you need for lunch is **a simple sandwich** with cheese.

And the sentence for our story: Breakfast is usually **a simple sandwich** with cheese or a hot dog and a glass of cold water.

Hear it again carefully. Breakfast is usually **a simple sandwich** with cheese or a hot dog and a glass of cold water.

Next up, **I typically start my day**. Let's try that. **I typically start my day**. One more time. **I typically start my day**.

This means 'this is how I usually begin my day'.

Let me rephrase that. It's a way of describing your normal morning routine.

For example, **I typically start my day** with a strong cup of coffee.

Let's go through that sentence once more. **I typically start my day** with a strong cup of coffee.

And the other sentence: **I typically start my day** by taking a shower to help me wake up properly.

And again. **I typically start my day** by taking a shower to help me wake up properly.

Now, let's focus on **imitate the pronunciation**. Let's roll it on our tongue. **Imitate the pronunciation**. One last time. **Imitate the pronunciation**.

This means to copy the way someone says a word or a language.

Let's hear that again. It's when you try to sound like a native speaker by copying them.

When learning a language, it's very helpful to listen to native speakers and **imitate the**

pronunciation.

Listen again. When learning a language, it's very helpful to listen to native speakers and **imitate the pronunciation.**

And for our story: I play an English learning video and try to **imitate the pronunciation** of the speakers.

One more time, please. I play an English learning video and try to **imitate the pronunciation** of the speakers.

Here's a very common one: **during my commute.** Let's say it together. **During my commute.**

Again, **during my commute.**

This refers to the time you spend travelling to and from work or school.

In other words, it's for the period of your journey to your place of work or study.

I love listening to podcasts **during my commute.**

Let's hear that again. I love listening to podcasts **during my commute.**

And here's the other example: I do this **during my commute** to school.

And again. I do this **during my commute** to school.

Let's move on to the next phrase: **queue for the kitchen.** Let's try that. **Queue for the kitchen.**

One more time. **Queue for the kitchen.**

This means to wait in a line with other people for your turn to use the kitchen.

Let's hear that again. It's what you do when you live in a shared house and have to wait to cook.

In my student accommodation, we often have to **queue for the kitchen** in the evenings.

Listen to that once more. In my student accommodation, we often have to **queue for the kitchen** in the evenings.

And for our story: As six of us share a small house, I often have to **queue for the kitchen.**

Again. As six of us share a small house, I often have to **queue for the kitchen.**

Next, we have **get frustrated with.** Let's say that a few times. **Get frustrated with.** Again, **get frustrated with.**

This means to feel annoyed or impatient because you cannot achieve what you want.

Let me rephrase that. It's that feeling of being upset when something is taking too long or is too difficult.

I sometimes **get frustrated with** my computer when it's running slowly.

Let's go through that sentence once more. I sometimes **get frustrated with** my computer when it's running slowly.

And here's the other example: Sometimes I **get frustrated with** the wait.

And again. Sometimes I **get frustrated with** the wait.

Our next chunk is **occasionally, I have to.** Let's practise. **Occasionally, I have to.** Once more. **Occasionally, I have to.**

This phrase means 'sometimes it is necessary for me to do something'.

Let me put it another way. You use it to talk about things you must do from time to time, but not always.

Occasionally, I have to work on the weekend to finish a project.

Hear it again carefully. **Occasionally, I have to** work on the weekend to finish a project.

And here's the one for our story: **Occasionally, I have to** combine my lunch and dinner into one meal.

And again. **Occasionally, I have to** combine my lunch and dinner into one meal.

Now for a nice, relaxing one: **take a quick nap**. Say it with me. **Take a quick nap**. Once more. **Take a quick nap**.

This means to have a short sleep, usually during the day.

Let's hear that definition again. It's a brief rest that helps you regain energy.

If I feel tired in the afternoon, I often **take a quick nap** for about 20 minutes.

Listen to that one again. If I feel tired in the afternoon, I often **take a quick nap** for about 20 minutes.

And for the story: If I'm too tired in the evening, I **take a quick nap** for about two hours.

Again, please. If I'm too tired in the evening, I **take a quick nap** for about two hours.

The next phrase is **juggle my commitments**. Let's give it a go. **Juggle my commitments**.

Again, **juggle my commitments**.

This means trying to manage and balance several different activities or responsibilities at the same time.

In other words, it's when you have many things to do, like work, study, and family, and you try to give enough time to each one.

It can be difficult to **juggle my commitments** when I'm studying and also working part-time.

Listen again. It can be difficult to **juggle my commitments** when I'm studying and also working part-time.

And the other sentence: In the evening, I continue to **juggle my commitments**, switching between work and studying.

One more time. In the evening, I continue to **juggle my commitments**, switching between work and studying.

Which leads us to **a hectic routine**. Let's say that together. **A hectic routine**. One more. **A hectic routine**.

This describes a daily schedule that is very busy and full of activity.

Let's hear that again. It's a routine that is fast-paced and perhaps a little chaotic.

Being a parent and working full-time means I have **a hectic routine**.

Listen again. Being a parent and working full-time means I have **a hectic routine**.

And now, for our story: My day is **a hectic routine**, but I'm getting used to it.

And again. My day is **a hectic routine**, but I'm getting used to it.

Now for our three new words. First, **lactose intolerance**. Say it with me. **Lactose intolerance**.

A bit tricky, so let's try again. **Lactose intolerance**.

This is a medical condition where your body can't easily digest lactose, a type of sugar found in milk and dairy products.

Let me put that more simply. It means you might feel sick if you drink milk or eat cheese.

For example: Because of my **lactose intolerance**, I always order my coffee with soya milk.

Let's hear that again. Because of my **lactose intolerance**, I always order my coffee with soya milk.

And here's the sentence from the story: I also have **lactose intolerance**, so I can't drink milk.
Again, please. I also have **lactose intolerance**, so I can't drink milk.

Next up, a great adverb: **groggily**. Let's practise that. **Groggily**. And again, **groggily**.
This describes the feeling of being sleepy and not fully awake.
In other words, it's when you are slow and unsteady because you have just woken up or are very tired.

On Monday mornings, I often move **groggily** around the kitchen before my first coffee.
Listen to that once more. On Monday mornings, I often move **groggily** around the kitchen before my first coffee.

And now for the story: I often wake up **groggily** to the sound of my phone.
And again. I often wake up **groggily** to the sound of my phone.

Our third new word is **subsequently**. Let's try that. **Subsequently**. One more time.
Subsequently.

This word means 'after something else has happened'. It's a great way to connect ideas in a sequence.

Let me put it another way. It just means 'afterwards' or 'later'.

For example, he was arrested and **subsequently** charged with the crime.

Hear it again carefully. He was arrested and **subsequently** charged with the crime.

And for our story: I take a shower to wake up, and **subsequently**, I feel much more alert.

And again. I take a shower to wake up, and **subsequently**, I feel much more alert.

And our final phrase for today: **prioritise my tasks**. Let's give it a go. **Prioritise my tasks**. And again, **prioritise my tasks**.

This means to decide which of the things you have to do are most important so that you can do them first.

Let's hear that again. It's about organising your work by order of importance.

At the beginning of each day, I make a list to help me **prioritise my tasks**.

Listen one more time. At the beginning of each day, I make a list to help me **prioritise my tasks**.

And from our story: It's the only way I can manage everything and **prioritise my tasks** effectively.

And again. It's the only way I can manage everything and **prioritise my tasks** effectively.

Brilliant. Now that we've looked at our toolkit, let's see how these chunks all fit together. Take a deep breath, relax, and let's listen to the story.

My life in Ireland is a bit unusual. Because I have a **remote job** with clients in China, my day starts very early to match their business hours. I often wake up **groggily** to the sound of my phone. My sleep is often broken by a **constant stream of notifications** from work. I often find myself awake and working **before dawn**, and I can rarely sleep for more than a few hours **without interruption**. By the time I properly get up at 7:30, I often **feel completely worn out**. I

typically start my day by taking a shower to help me wake up properly. **Subsequently**, I feel much more alert. I only have ten minutes to **grab a quick bite**, so breakfast is usually **a simple sandwich** with cheese or a hot dog and a glass of cold water. Back in China, I never used to eat these things, and I'd always drink warm water. I also have **lactose intolerance**, so I can't drink milk.

After breakfast, I get ready for school. On my way, I play an English learning video and try to **imitate the pronunciation** of the speakers. I do this **during my commute** to school, and the ten-minute video is usually finished just as I arrive. After my morning classes finish at noon, I head home to cook lunch. But this part of my day can be very unpredictable. As six of us share a small house, I often have to **queue for the kitchen**. Some of my housemates take a very long time to cook and eat. Sometimes I **get frustrated with** the wait, and my lunchtime can be pushed back to five or even six in the evening.

Occasionally, I have to combine my lunch and dinner into one meal. In the evening, I continue to **juggle my commitments**, switching between work and studying. If I'm too tired in the afternoon, I **take a quick nap** for about two hours to recharge. My day is **a hectic routine**, but I'm getting used to it. Time passes incredibly quickly. It's the only way I can manage everything and **prioritise my tasks** effectively before I go to bed around midnight, ready for it all to start again.

Okay, great job. Let's listen to that story one more time, from start to finish. Try to spot all the chunks we've learned today.

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