

# WHAT DID YOU REALLY DO AT THE WEEKEND?

The next time a friend or colleague tells you about their fantastic weekend, wait a moment before you start feeling jealous – maybe they are inventing it all!



A survey of 5,000 adults in the UK has shown that one person in four invents details about their weekend because they want to impress their friends. When they are asked, 'Did you have a good weekend?' they don't like to say that they just stayed at home and watched TV, because it sounds boring. So they invent the details. The most common lie that people told was 'I went out on Saturday night', when really they didn't go anywhere. Other common lies were 'I had a romantic meal', 'I went to a party', and 'I went away for the weekend'.

In fact, in the survey, 30% of people who answered the questions said that they spent their weekend sleeping or resting because they were so tired at the end of the week.

Another 30% said that they needed to work or study at the weekend. Psychologist Corinne Sweet says that people often don't tell the truth about their weekend 'because we don't want to feel that everyone else is having a better time than us, if we have had a boring weekend doing housework, paperwork, or just resting after a tiring week at work'. She also believes that networking sites such as Facebook and Twitter may be encouraging us to invent details about our social lives. 'People can create an illusion of who they want to be and the life they want to live,' says Corinne, 'and of course they want that life to seem exciting.'

## 4 READING

- a Read the article once. What is the best summary?
- People in the UK have boring weekends.
  - People who use Facebook have more exciting weekends.
  - People sometimes don't tell the truth about their weekend.
- b Read the article again. With a partner, choose a, b, or c.
- The survey has shown that 25% of people...
    - have very exciting weekends.
    - lie about their weekend.
    - go out on a Saturday night.
  - 30% of the people they interviewed...
    - needed to go to work at the weekend.
    - had a very tiring week.
    - didn't want to go out at the weekend.
  - Some people don't tell the truth about their weekend because...
    - their real weekend is very boring.
    - they don't want to make their friends jealous.
    - they forget what they have done.
  - Social networking sites make people...
    - spend more time on the computer.
    - try to make their lives seem more exciting.
    - be more truthful about their lives.
- c Do you think a survey in your country would have similar results?

## 6 VOCABULARY

adjectives ending *-ed* and *-ing*

- a Look at these two adjectives in the text: *tired* in line 13 and *tiring* in line 19. Which one describes how you feel? Which one describes things and situations?
- b (237) Circle the right adjective in questions 1–10. Listen and check. How do you say the adjectives?
- Do you think Sundays are usually *bored* / *boring*?
  - Are you *bored* / *boring* with your job or studies?
  - What kind of weather makes you feel *depressed* / *depressing*?
  - Why do you think the news is often *depressed* / *depressing*?
  - What activity do you find most *relaxed* / *relaxing*?
  - Do you usually feel *relaxed* / *relaxing* at the end of the weekend? Why (not)?
  - What is the most *interested* / *interesting* book you've read recently?
  - What sports are you *interested* / *interesting* in?
  - Are you *excited* / *exciting* about your next holiday?
  - What's the most *excited* / *exciting* sports match you've ever watched?
- c Ask and answer the questions with a partner. Give more information if you can.