

LIFE IN THE SLOW LANE

Watch the video and answer the questions below:

1. What is the “slow movement”?
2. What has the Google company decided to do?
3. What results have they obtained?
4. How did the woman use to spend her evenings?
5. What changes has she made to her lifestyle and what are the consequences?

Watch again and complete the sentences below with one or two words:

1. We'd all be better off if we put the brakes on the _____ pace of our lives.
2. If you could go faster, how much more could you _____ in a day?
3. People on projects that are trying to _____ make twice as many errors.
4. The Google company resists _____ its employees.
5. I would just watch hours sort of _____
6. She even found time to write a thoughtful letter (on paper) to a _____ friend.
7. “She’s sending me something via _____”

The Slow Movement

Anything worth doing is worth doing slowly.

~ Mae West, Actress

We are living the fast life, instead of the good life.

~ Carl Honoré, author of *In Praise of Slowness*

The Slow Movement is a term describing a wide range of efforts taking place around the world that seek to connect us more meaningfully with others, with place, and with ourselves. It emerged as an effort to counteract the fast-paced, commodity-focused, unbalanced, and impersonal nature of much of modern human culture. The main tenet of the Slow Movement is that by taking the appropriate amount of time to experience the various activities of our lives, we are able to get in touch with what is deeply satisfying and fulfilling.

The origins of the Slow Movement are with Slow Food which began in 1986 in Italy as a reaction to "fast food." Carlo Petrini founded the Slow Food movement to promote the use of fresh local foods, grown with sustainable farming techniques, prepared with love, and consumed in a leisurely manner in the company of good friends and family. He and others soon realized that food was just one aspect of life that benefited from this type of attention and nurturing. "Slow" eventually became shorthand for a philosophy and way of life that is now applied to many activities and aspects of life, or generally as Slow Living.

Carl Honoré has written and spoken extensively about the Slow Movement, most notably in his book *In Praise of Slowness*. He describes how slow has been adopted and adapted around the world. Here are some of the branches of the Slow Movement:

- **Slow Relationships**
- **Slow Exercise**
- **Slow Hobbies**
- **Slow Work**
- **Slow Travel**
- **Slow Clothing**
- **Slow Parenting & Slow Families**
- **Slow Education**
- **Slow Money**

It is important to note that the Slow Movement is not about doing things slowly. It is about finding the right speed with which to do something in a way that values quality over quantity, long term benefits over short term gains, and well-being of the many over the few. In the long run, many Slow Movement proponents would argue that slow can ultimately be faster, and certainly better, as we make decisions and act in ways that are more thoughtful and considerate than purely efficiency driven processes.

One thing that isn't slow about the movement is its growth. The time for slow has arrived as people around the world look for ways to focus on the more rewarding intrinsic values of their lives that are often and otherwise overwhelmed by technology, complexity, and a 24/7 world. We invite you to jump into the world of slow and discover how you would like to slow up and enjoy the good life.

Read the article about the slow movement.

- ✓ Look at the underlined words and expressions. What do you think they mean?
- ✓ What's your opinion of the slow movement? Do you think you could lead this kind of life?
- ✓ Look at the list of branches of the Slow Movement. How would you implement them?