

**ŽUPANIJSKO NATJECANJE U ZNANJU ENGLESKOG
JEZIKA
za 4. razrede srednjih škola**

SLUŠANJE S RAZUMIJEVANJEM TEKST ZA NASTAVNIKE
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UPOZORENJE: Prije izlaska pred natjecatelje nastavnici odabrani za čitanje teksta trebaju se u sigurnoj prostoriji okupiti i pročitati tekst.

Good morning. May I have your attention, please? The listening part of the test will start now. Open your tests to page 2. As you can see, the listening task and questions are on this page.

You will hear a news report on stress in the workplace.

You will hear the report twice, and there will be a short pause between the two readings.

You can write your answers during both the first and second readings.

For questions 1- 10, complete the sentences using no more than two words or numbers for each gap. You will hear the words that you need to use. The answers will occur in the same order as the questions.

While you are listening, write your answers on the task itself. You may cross out your answers, change them, make notes or underline words if you wish.

After the second reading, you will have 2 minutes to check your answers and transfer your final answers to the separate Answer Sheet. You must do this carefully and clearly, and you must not change what you write on the sheet in any way.

Now, let's begin. You have 30 seconds to read through the questions.
[Count silently to 30.]

Now you will hear the passage.
[Read the passage at natural speed.]

Stress in the Workplace

Most companies want to create the best possible working conditions for their employees. These days, firms are coming under increasing pressure to improve workers' work-life balance. However, stress still remains a major problem in the workplace. According to research carried out in 2001, two hundred and fifty thousand British workers feel the need to take days off work because of the stress that they are under. This has an economic effect. First of all, it can cost the worker concerned. Estimates put the money such workers lose at 500 pounds a year. In addition, there is the 12 billion pounds damage to the economy annually. You might ask where this money goes, but it's quite simple really. Most of the sum is taken up by wages to staff who have taken days off sick, and also the cost of overtime and replacement staff to cover them.

But what are the reasons for so many people feeling under pressure at work? The main cause of stress would appear to be workload. But isn't it the case that people have always put in long hours? According to a recent survey, the answer appears to be no. Nowadays, one in six UK workers work sixty hours or more a week, which is up from a figure of one in eight a decade ago. In addition, many workers are not even getting paid for the overtime that they do. Three quarters of UK workers work overtime but only two-fifths get paid for it.

Younger workers tend to work longer hours with twenty-one percent of thirty to thirty-nine-year-olds working more than sixty hours a week or more. This is in contrast to older age groups. For example, only fourteen percent of over-forties work such long hours. As far as specific jobs are concerned, those who work in stores are most likely to work long hours, though it is accountants who suffer the most from stress, according to research. Geographically, workers in the capital have higher levels of stress than those in other areas.

But what can companies do to relieve the burden of stress from their employees? Most firms, understandably, are somewhat reluctant to cut down on the hours staff work when there are targets to be met. Some enlightened companies are trying to alleviate the problem by offering their workers flexi-time. This allows staff to arrive or leave earlier or later, provided that they work the necessary number of hours. Some particularly advanced firms have even started providing childcare on their premises in order to improve conditions for working parents with young children. Finally, many firms are offering their staff stress management courses and even counselling services in an effort to reduce stress and cut the number of working days lost to it.

But it's not just companies who are responsible for keeping stress levels under control. Research shows that workers themselves can have a greater influence on how they cope with pressure. For instance, forty percent of workers who claimed to experience no stress at all in the workplace reported that they played some kind of sport outside of working time. In contrast 49 out of 50 of those who considered themselves to be under extremely high levels of stress, drove to work rather than cycle or walk.