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Unit 8

Exercise 2

Activity 5



Maria always worked at the daycentre's bakery.
The reason why she worked there was to **feel competent**.

When Maria was 60 years old
she said:

"Now I stop working, like my
brother did when he was 60."

After retirement, Maria did some
chores at the group-home where
she lived. She did the ironing and
always set the table.

But very soon, Maria
was bored. She wanted
to do things outside of
the group home.

One of her dreams was
to work in a cafe.

With the help of her
brother and her support
worker, Maria was able to
try out some community
activities.

Few months later, Maria
was working at **the cafe** of
an elderly home, where
she was helping out
behind the bar few hours
a week as a volunteer.

Filip worked as a painter for more than 20 years.
He worked mainly to be able to **pay the bills and the rent.**

When Filip was 45 years old,
he became very sick and had
to cut down on work.
Instead of 5 days, he would
work only 3 days a week.

During the days off work, Filip chilled at home and
took up fishing, one of his earlier hobbies from
when he was still a kid. Later he even joined a fishing
club.

When Filip was 60 he decided to completely
retire from his paid job.

He was **not interested in finding a voluntary
work.** Instead he goes back to school, where
he learns to use the internet.

Filip is happy with his new
found freedom, although it
wasn't always easy as he
now had less money from
his retirement fund. He
learned how to manage the
money and lives a happy
but sober life.



Anna worked 12 years for a cleaning company which is run by people with a learning disability.

She worked there so she could **meet other people**.

When Anna became 55 years, she started to have a **hard time keeping up** with her tasks at work.

Anna wants to do something completely new but she doesn't know what.


Anna, her brother, her best friend and her support worker talk together about all the things Anna likes to do.

Anna is now a **volunteer** in two **kinder-gardens** where one's a week, she reads short stories to the children.

Anna's brother tells that Anna always liked playing with small children.

Anna's friend remarks that Anna also likes to read.

Anna's support worker says she will look for such an activity that involved children.



For more than 40 years, Chris worked in a sheltered workplace where he had to prepare boxes.

He **had no choice** where he worked. “You have to do something” said his parents.

Chris is now 65 years old and was able to retire. This makes him very happy but lately he starts to feel lonely at home.

Chris eventually decides to move into a group home. During the week he does the shopping for the group home, and helps with the cooking.

On Sunday morning he is a **volunteer at the canteen of the local football club.**

Once a week, when he feels up for it, Chris also does **voluntary** work at the **animal shelter** where he walks dogs.

Chris talked with his support worker about his feelings of loneliness.

His support worker arranged a meeting with Chris, his ex-employer and Chris’s friends from work, to talk about possible things Chris could do.

Reason for working: Find the match

- For work satisfaction
- For the money
- To buy food
- To feel competent
- To meet people
- To pay the bills and the rent
- To pass time and not get bored
- Have no choice

- Maria



- Filip



- Anna



- Chris



Correct answer

To feel competent

- Maria



To pay the bills and the rent

- Filip



To meet people

- Anna



Have no choice

- Chris



How old was Filip when he retired?

Select the correct age.

60 years old

55 years old

45 years old

70 years old

Why did Maria want to retire?

Select the correct answer

she became very sick.

she wanted to, just like her brother at 60 years of age

she was 65 years old and was able to retire

she had a hard time keeping up with her tasks at work

What did Filip
do when he
retired?



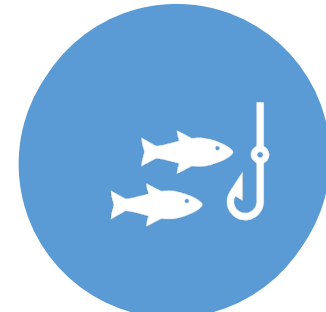
HE WORKED IN A BAKERY



HE WORKED IN A CAFÉ



HE DID VOLUNTEER WORK
AT THE ANIMAL SHELTER



HE JOINT A FISHING CLUB
AND LEARNED HOW TO
USE THE INTERNET

What is Anna doing now that she has retired?

She is working at a cleaning company

She is a volunteer in a kinder-garden where she reads stories to children

She is volunteering at an elderly home

Who is volunteering in a
football canteen?

