

Student A

- How many hours a week do you work?
- What professions have very long working hours?
- Which professions work a lot but do not get paid a lot?
- Do you have more or less free time than your parents did at your age?
- How does working long hours affect physical health?
- How do you feel about your current job?
- Do you prefer to take one or two longer holidays a year or frequent short ones? Why?
- What do kids usually do during the summer break?
- What free time activities or hobbies would you like to have more time for?
- Do you get enough sleep?

Student B

- How many days of holidays do you have a year?
- What professions work irregular hours?
- Which jobs pay the most but have few working hours?
- Are you more tired than your parents were at your age?
- How does working long hours affect mental health?
- Do you think kids are overtired these days?
- What changes to your work life would improve your personal wellbeing?
- Do parents spend enough time with their kids these days?
- How long is your commute to work?
- Does home office improve work-life balance? Why / Why not?

Student A

- What do you understand by 'work-life balance'?
- Do you know anyone who you think has achieved work-life balance?
- Do people take gap years from work or before college in your country? What are the benefits and drawbacks of taking such a break?
- Do you think a 4-day work week is a good idea? Why / Why not?
- Are shops open on Sundays in your country? Do you think the government should mandate when such businesses operate to help maintain work-life balance for the workers?
- Who has better work-life balance: white-collar or blue-collar workers? Why?
- What professions do you think are underpaid?
- What is 'company loyalty'? Are the younger generations more or less loyal to their employers than the older ones?
- Is it better to work for the same company for decades or change employers frequently? Why?
- Do you check work emails or messages after working hours or do you disconnect totally?
- What are the effects of the sedentary lifestyle?
- Would you rather work shorter days (e.g., 6 hours instead of 8) or fewer days a week (4 days instead of 5)?
- How has the COVID pandemic affected people's work-life balance in your country?

Student B

- Do you feel you have achieved work-life balance?
- What three changes to your work would improve your work-life balance?
- Do you know any workaholics? What does it mean to be one?
- Do you think men have better work-life balance than women? Why?
- Do you think some people are happy working very long hours?
- Does poor work-life balance affect how many children people decide to have?
- Do you have fixed working hours or is it flexible?
- Is it easier to maintain good work-life balance when you do freelance work?
- If you didn't have to work, what would you dedicate your time to?
- Is fatigue from overworking a national health concern in your country? Is anything being done about it?
- What laws should be in place to ensure workers have enough rest?
- Do people spend enough time with their families these days?