



UK Facts and Figures Transcript

0'00

Hi everyone! I'm Hannah, an English teacher at Virtually Fluent and in today's video we're going to talk about the typical daily routine in the UK.

0'24

Although it's recommended to sleep around eight hours a night, Brits, on average, only sleep around six hours a night. Our alarms go off at 7am, but we don't actually get out of bed until about 7.30am. The most likely activity that we do when we finally wake up is grab our phones and read our emails, scan the news, review our schedule for the day ahead or check our social media.

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For those who have breakfast, it's normally between 7:30am and 8:00am and no, we don't have a full English breakfast every day. In fact, the most popular breakfasts are a piece of toast, bacon sandwich and cereal. Of course, with a cup of tea!

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Then we head off to work and commute for around 30 minutes. We work just over 38 hours a week on average, between 9am and 5pm daily, but with huge popularity for flexible working, many people stay at home and work from 8am to 4pm instead.

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The average lunch break for the British people is about 20 minutes, taken at around 12.30pm. Many people skip lunch all together, but the rest tend to eat lunch alone at their desks. The four most popular meals are all sandwiches- ham, cheese, tuna and egg mayo. We're also not fond of variety in the UK and often have the same meal for lunch on a daily basis.

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After a few more hours of work, it's time to celebrate at 5pm with happy hour. Between 5pm and 7pm, many British workers choose to go to the pub with their colleagues and have a drink, even on weekdays!

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After another 30-minute commute home, we get ready for dinner. Dinner is the main meal of the day in the UK and most people sit down with their families and talk about their day. Dinner is usually between 6:30pm and 8:00pm.

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Next is TV time. Before bed, most Brits settle down and watch TV and our favourite programmes are UK-produced dramas.

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By the time it gets to 10pm, most Brits are getting ready for bed. 63% of the population will fall asleep between 10pm and midnight with only a few night owls going to bed after midnight. And it happens all over again.

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