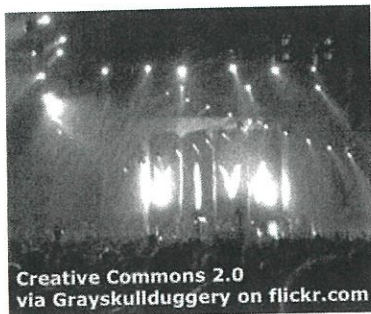


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## Live concerts and museums help you live longer

23rd December, 2019



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Researchers have found that people who go to live concerts, shows and museums can live longer than those who do not. Experts from University College London looked at the lifestyles of over

6,700 British people for 15 years. They examined how often the people went out and what kinds of events they attended. They found that over-50s who regularly went to concerts and shows were around 30 per cent less likely to die over the next 14 years. The researchers said the over-50s could extend their life by engaging with the "receptive arts". These include art galleries, concerts, museums, musicals, the opera and the theatre. In addition to living longer, concertgoers could also have more fun.

Lead researcher Dr Daisy Fancourt said money played a big role in whether or not people went to concerts and engaged with the arts. She wrote: "Over 40 per cent of people in the least wealthy group reported that they never accessed cultural activities." The UK Health Secretary Matt Hancock believes there could be a lot of truth in the research. He said arts and culture could improve things like mental health, ageing and loneliness. He recently announced plans for the UK's National Health Service to use the arts to improve people's wellbeing and health. The researchers said: "Overall, our results highlight the importance of continuing to explore new social factors that affect our health."

Sources: [thesun.co.uk](http://thesun.co.uk) / [radiox.co.uk](http://radiox.co.uk) / [independent.co.uk](http://independent.co.uk)

## Writing

We should all go to concerts and museums at least once a week. Discuss.

## Chat

Talk about these words from the article.

live concerts / museums / experts / events / regularly / die / art galleries / opera / fun / a big role / wealthy / cultural / activities / truth / loneliness / wellbeing / highlight

## True / False

- a) People who attend shows have shorter lives than people who don't. T / F
- b) Experts looked at the lifestyles of over 6,700 people from Britain. T / F
- c) Over-50s who don't go to concerts are like to live only another 14 years. T / F
- d) The article said concertgoers have more fun. T / F
- e) A researcher found that people with little money went to many concerts. T / F
- f) The UK Health Secretary did not accept one word of the research. T / F
- g) The UK health service will use the arts to help with mental health. T / F
- h) Researchers said their work helped to highlight social factors. T / F

## Synonym Match

(The words in **bold** are from the news article.)

- |                    |                |
|--------------------|----------------|
| 1. <b>found</b>    | a. part        |
| 2. <b>experts</b>  | b. checked     |
| 3. <b>examined</b> | c. enjoyment   |
| 4. <b>attended</b> | d. look into   |
| 5. <b>fun</b>      | e. specialists |
| 6. <b>role</b>     | f. make better |
| 7. <b>improve</b>  | g. all in all  |
| 8. <b>ageing</b>   | h. discovered  |
| 9. <b>overall</b>  | i. getting old |
| 10. <b>explore</b> | j. went to     |

## Discussion - Student A

- a) What do you think about what you read?
- b) What is the best live concert you have been to?
- c) Which are better - museums or art galleries?
- d) If you had more money, would you go to more concerts?
- e) How can the arts improve our mental health?
- f) What is the best thing to help with loneliness?
- g) Should all health services offer access to the arts?
- h) What questions would you like to ask the researchers?

Live concerts and museums help you live longer  
(Answer these questions)

1. Where were these experts from?

Who did the experts study?

What did they examine?

2. What did they find?

3. What are the receptive arts?

4. What's another benefit of live concerts and museums?

5. Who was the lead researcher?

What did she say played a big role?

6. Who is the UK Health Secretary?

What did he say about the arts and culture?

7. What was the last museum or art gallery YOU went to?

8. Have you ever been to a musical or opera?

If yes, what was it?

9. Tell me about the best live concert you've been to!

Conv. 6-11

이하늘	진영주
이혜민	황세린
주연지	

Conv. 6-12

박가을	원은혜
박지민	유재민
안재연	