

Daylight Savings Time

Hello and welcome to the English Listening Practice Podcast.

The topic of today's episode is Daylight Savings Time.

Earlier this week in most of the United States, clocks moved forward one hour for Daylight Savings Time. Daylight Savings Time ends on the first Sunday of November - on this date, we move our clocks backwards one hour.

The reason that politicians first proposed Daylight Savings Time early in the 20th century was so that more 'daylight' occurs when people are awake to enjoy it, especially people that work what is referred to as a 9-to-5 job. For example, where I live, on the Summer Solstice, the sun rises at around 6am (this is with Daylight Savings Time in effect). Without Daylight Savings Time, this sunrise would be at around 5am (when a lot of people are sleeping).

Of course, there are many people that work jobs that are dependent on working outside during daylight hours instead of a set 9-to-5 schedule, like farmers or construction workers. For people that work jobs like these, Daylight Savings Time might be little more than an inconvenience of resetting their stove and microwave clocks twice a year.

A common complaint from people that oppose Daylight Savings Time is having to adjust their schedules twice a year to accommodate the change. Even if the clock 'says' that it is a certain time, our bodies are still accustomed to the schedule we established before Daylight Savings Time. Some proposals have come forward in the US to make Daylight Savings Time permanent, but these proposals have not come to fruition.

What do you think? If you live in a country that does not use Daylight Savings Time, would you welcome the additional hour of sunlight in the spring and summer? Or would you find the change between Daylight Savings Time and 'normal' daylight hours to be too jarring?

Notable Words and Phrases

- 9-to-5 job (idiom): phrase used to refer to jobs that have working hours that begin in the morning and end in the early evening hours (even a job that isn't from exactly 9am until 5pm may still be called a 9-to-5)
 - ✓ Sentence example: "She has a part time job on the weekends in addition to her 9-to-5."
- Occur (v.): for something to happen
 - ✓ *Occurrence (n.): something that happens; an event*
 - ✓ Sentence examples:
 - "Christmas occurs on the same day every year."
 - "The occurrence of Christmas is on December 25th every year."
- Jarring (adj.): for something to be surprisingly unpleasant or disruptive
 - ✓ Sentence example: "Loud music playing in a library can be very jarring for people studying quietly."
- Accommodate (v.): to adjust, adapt, fit
 - ✓ *Accommodation (n.): A convenience; something given or provided to someone else for the purpose of accommodating that person*
 - ✓ Sentence examples:
 - "The bed & breakfast is intended for 2 people, but it can accommodate 3 if necessary."
 - "Sign language interpreters are a necessary accommodation for people that are hard of hearing."
- Establish (v.): to create; to become familiar or routine | Past tense = established
 - ✓ "Every New Year's Day many people become motivated to establish healthy habits like going to the gym."

V. = verb
Adj. = adjective
N. = noun