

# Tokyo changes office dress code to beat the heat

## Vocabulary Match

- strict ●      abroad ●      comfortable ●      nervous ●      traditions ●      governor ●
- overseas      ● customs      ● relaxed      ● worried      ● tough      ● leader

## Article

Tokyo is changing its strict office rules. The government now says workers can wear shorts, T-shirts, and sneakers to the office. This is part of the 'Cool Biz' plan to save energy.

Japan faces a difficult summer with very high temperatures. Also, because of wars abroad, the cost of energy is rising. By wearing cooler clothes, offices do not need to use much air conditioning.

Governor Yuriko Koike says that being comfortable helps people work better. Some workers were nervous at first, but now they enjoy the change. It shows that even old traditions can change to help the planet and stay cool!

## Quiz

1. What can workers wear to the office now?
2. Why is Japan facing a difficult summer?
3. Who says being comfortable helps people work better?
4. How did workers feel about the change at first?

## Conversation

- A: Did you hear we can wear shorts to work now?  
B: Yeah, it's part of the 'Cool Biz' plan.  
A: Finally, I can ditch my suit in this heat!  
B: I know, right? It's so much more comfortable.  
A: I was nervous at first, but it's actually nice.  
B: Who knew saving energy could feel this good?

## Discussion

1. Would you like to wear shorts to the office? Why or why not?
2. What is your favorite summer outfit?
3. How do you stay cool during hot weather?
4. Is there a tradition in your family, school or workplace that you want to change?