



Leisure

- Free time after school or work is called **leisure time**.
- It is time when we don't have to go to work or school. It is the time of fun and entertainment.
- We devote time to different activities e.g. watching TV, gardening, practising some hobby or just relaxing. Why? To recharge ourselves, to relieve stress
- There are a **lot of types of hobbies**.

| | reading | travelling | dancing | playing tennis |
|--------|---------|------------|---------|----------------|
| Tom | + | - | - | + |
| Sam | - | + | + | - |
| Alison | + | + | + | - |
| Jack | - | - | + | + |

Tom likes..... **reading** and..... **playing tennis** He doesn't like... **travelling** and... **dancing**

Sam is fond of.. **travelling** ..and.. **dancing** Sam is not fond of... **reading** ...and... **playing tennis**.

Alison likes... **reading** ... , **travelling** ..and... **dancing** She doesn't like.. **playing tennis**.

Jack likes .. **dancing** and.. **playing tennis**. He doesn't like... **reading** ..and... **travelling**

Ask your friend.

□ Do you like



?

□ Are you fond of



?

□ Are you interested in



?

The importance of having hobbies/interests

- Nowadays people live very busy, stressful lives. So they need to switch off after work.
- Having hobbies can be **beneficial** to them.
- Hobbies bring many pleasures to our lives.

 we can spend more time with our family, relatives or friends, or

 we can even meet new friends

 and most of all we can relieve stress

 having a hobby can help you avoid feeling bored and you can learn st new

There are different kinds of hobbies

- **The traditional ones** are collecting objects: stamps, picture postcards, bottles, models of cars, coins, badges or other things. It can be a lifelong hobby for many people but it is an international hobby, too.
- People can exchange these things – **swap them** in different collector clubs. These hobbies are gradually becoming old-fashioned. It's not fashionable to collect st anymore.

Hobbies for active & passive people

- Then there are **people who don't like movement** , so they prefer activities such as reading books,/magazines, completing crosswords, watching TV or play computer games.
- **Energetic people** do rather some physical activities. So they practise some kind of sport. It is a good and healthy hobby which helps us to be fit and keeps our body in a good condition.

Hobbies for lonely people

- There are many people who feel alone and have nobody to care about because they don't have their own children or family. These people **usually keep some pet.**
- We can keep – cats, dogs, snakes, spiders, parrots, hamsters, guinea pigs, budgerigars etc. We have to feed them and they become our friends. The problem is, when you want to travel, because it is not easy to find hotels where you can stay with a dog.

Hobbies according to age

- **Small children's hobbies** - like playing with dolls, cars, playing games like chase, hide and seek or board games – e.g. ludo, chess, cards, darts
- **Teenagers hobbies**
- Teenagers have their special leisure interests . These include playing team sports, dancing at the disco, going to parties or joining some clubs.

Teenagers

- Usually they spend their leisure time actively in groups, in a good company – socialising.
- Some of them like staying at home watching DVDs, listening to music or browsing the Internet or chatting.
- If compare with older generation teenagers are becoming more lazier than their parents used to. They spend more time sitting in front of TV, computer – a **generation of coach potatoes** (obesity)

- Some children and young people join different clubs where they practise different sports, the most popular are football, tennis, dance or ride a horse.
- **Why do young people take up some hobby?**
- Sometimes, it is not their choice but the choice of their parents, who want them to have interesting hobbies.
- Some parents force their children to play an instrument or do some sport, because they think **they will prevent them from taking drugs or drinking alcohol.**
- Other parents **failed** to become musicians or sportsmen themselves, so **they want their children to achieve these aims.**

Hobbies of adults

- It depends on each individual what kind of hobby to choose.
- Some of them take up an **outdoor activity** - such as fishing, hiking, flying remote controlled model airplanes or kites in the park with children, water skiing, camping or cycling.
- Others take up an **indoor activity** – reading etc.
- Men like – repairing and maintaining their households or cars, working in the garden
- Women prefer handycrafts - knitting, sewing, embroidering



White water
rafting



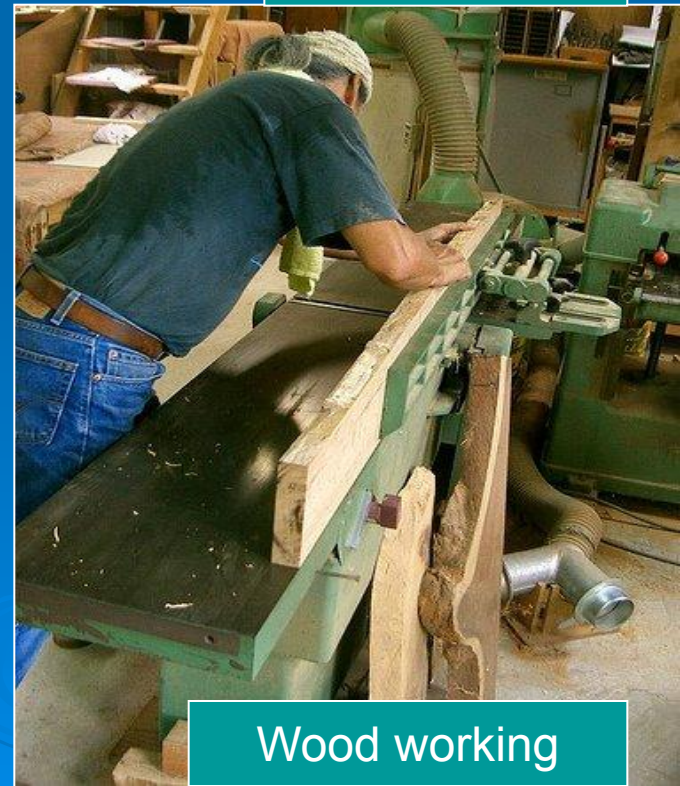
crocheting



Playing team sports



Scuba diving



Wood working

Hobbies of older people


- Older people prefer gardening, fishing, reading books, going to the theatre, concerts or art exhibitions. Some of them like travelling and playing cards or even some sports – e.g. golf, bowling or going to the woods, picking up mushrooms, keeping some pets, etc..
- Our Slovak pensioners do not have so much money to travel a lot, most of them prefer staying at home and looking after grandchildren



DIY hobbies

- mean doing practical jobs around the house. People like to redecorate their houses or repair some small pieces of furniture and household appliances. There are people who like to repair their cars by themselves, others do some cookery, gardening, knitting , sewing, wood working, etc. There are some evening courses organized for people who want to learn the basics of these activities.

Creative hobbies

- Many people have creative hobbies, such as acting, choir singing, folk dancing or ball dancing, playing pop-music in amateur groups. Other popular hobbies are photography, painting, drawing and sports. There are a lot of opportunities to develop talents in these areas.
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Culture, education, lifestyle

- Some people like to learn new things by reading books or participating in evening classes. They need to or want to improve their qualification
- There are educational courses, e.g. of foreign languages or working with computers.
- However, we need to relax and to have a good time, because there are more and more **workaholics** in our country who gave up their hobbies to be able to work all the time and this is considered to be a very negative phenomenon.

Dangerous (adrenaline)hobbies

- **Dangerous hobbies** are practised by people who like adrenaline and don't hesitate to risk their life while practising their hobbies
- **Cave diving**
- **BASE jumping** is regarded as one of the world's most dangerous recreational activities.
- **High-altitude climbing** - severe injuries or death can occur at high-altitude locations such as Everest.
- Parachuting, hangliding



heliskiing



Base jumping



Deep sea cave diving



Big wave surfing



High-altitude climbing

Reading as a pastime activity

- Books accompany people everywhere: we read them while travelling to school/work, waiting for a doctor, during breaks at school, on holiday.
- Lot's of people can't imagine their lives without books. Books are given as gifts on occasions such as birthdays and Christmas.
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Why people do not like reading at present?

There are many reasons for it:

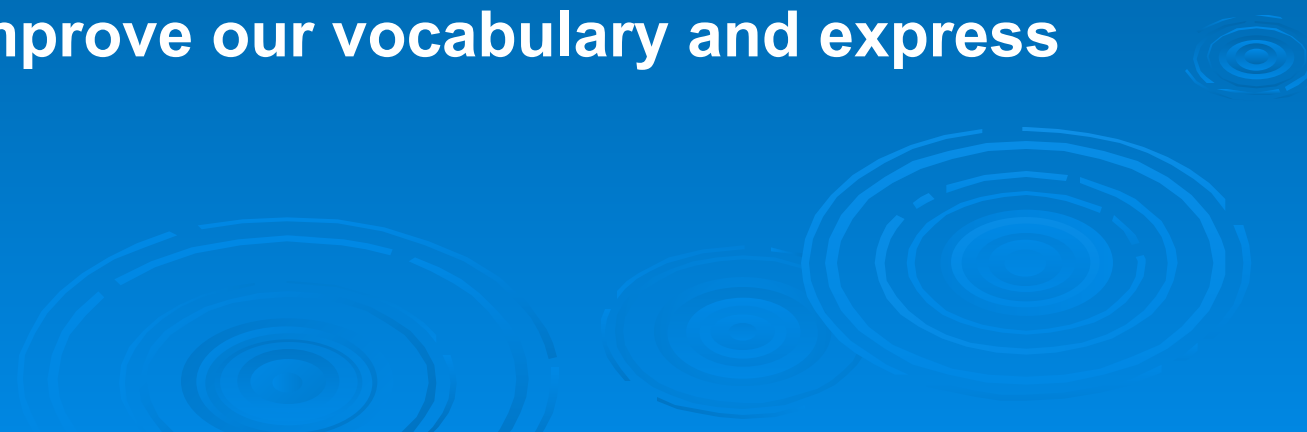
- one of them is that books are rather expensive and people can't afford to buy them.
- other reason is a crisis of reading, not only in Slovakia but in many countries.
- People find reading books time consuming and usually look up the information rather on the Internet.
- adults read more and more magazines because it takes less time and concentration than reading a book.

Advantages of reading

Reading books has many advantages.

It gives people a lot of pleasure. There are books that give a chance to learn about the world around you. Other books give a lot of information and advice.

Reading gives people the opportunity to learn something new and improve their communication skills. It also improves their imaginations. **Books make us think, amuse us and give answers to many questions.** When we read a lot, we improve our vocabulary and express ourselves better.



How can literature be divided?

Literature can be divided into **2 categories**: **non-fiction books and fiction books**.

Nonfiction books are usually for information. There are textbooks dictionaries encyclopaedias, biographies, autobiographies and memoirs, self-help books, travel/history/art books and, finally, cookery books.

Fiction is about imaginary people or events. There are two types of fiction books: **poetry and prose**. People who are keen on poetry can read poems by famous poets in books of poetry.

Those who prefer prose can read tales, short stories, novels, romances, crime/spy novels, mysteries, science fiction, westerns, thrillers or historical novels.

A story in a book can be **set in a real or imaginary place/time** in which the characters live. **The plot** can be **narrated by** the author or by one of the characters.

Going to libraries

People whose hobby is reading can buy books in a bookshop (bookstore AmE) or borrow books from a library.

Libraries store books, magazines and newspapers in shelves in alphabetical order. Some libraries **are free of charge**, but most of them **charge a small fee** for yearly membership.

If you want to borrow books from a library, you should get a library card. There are several ways to choose a book to read. You can ask a librarian or a friend who is keen on reading to recommend a good book.

- Your favourite author and book? Give a short plot summary

Questions

- What is leisure time?
- How do most young people spend their leisure time?
- How can people spend their leisure time at home?
- List some traditional hobbies.
- Is keeping pets an interesting hobby? Why?
- List some creative hobbies.
- Which hobby do you practise to develop your talent for arts?
- What are typical teenage hobbies?
- Which hobbies can be dangerous?