

Hobbies, free time and lifestyle

1. Introduce different ways of spending leisure time.
2. Summarize typical after-school activities for students.
3. Compare your lifestyle and your relatives lifestyle.
4. Survey spending free time in the past and nowadays. Discuss the influence of changes in the society on free time activities.
5. Give examples of similarities and differences of people at age of 10 and 20 concerning their free time.
6. Explain similarities and differences of people at the age of 20 and 40 concerning their free time.
7. Specify your favourite leisure time activities.
8. Describe free time of your friends and relatives.

1. Introduce different ways of spending leisure time.

Leisure time is about taking a break from work, responsibilities and doing activities that you enjoy. It is a chance to recharge. During leisure time, you have the freedom to choose what you want to do. It could be anything. Some people like to use their leisure time for physical activities, such as playing sports, going for a run or practicing yoga. Others prefer more creative outlets like painting, writing or playing musical instruments. There are so many ways to spend your leisure time, for example: listening to music – music can be a great mood booster, outdoor activities – take a walk, enjoy nature and get some exercise, exploring new hobbies – try something new like photography, gardening, dancing...

This time is all about doing what brings you joy and relaxation

2. Summarize typical after-school activities for students.

After school life is a unique and exciting time for students. It is when you have the freedom to pursue your interests, spend time with friends and relax after a day of classes. During after school life you can engage in various activities that bring you joy and help you grow as an individual. You might hang out with friends, whether it is going to the movies, grabbing some food or simply just chatting. You also have the opportunity to pursue your hobbies and passions during this time. It can be playing the

musical instrument, painting, playing sports. After school life is also time for self-care and relaxation.

3. Compare your lifestyle and your relatives lifestyle.

Well, my lifestyle is pretty busy and exciting. I love exploring new hobbies and spending time with my friends. As for my relatives, they have their own unique lifestyles. My parents enjoy traveling, spending time with me, my sister and other family members. A few of my relatives are really into sports or art and music. It is cool to see how everyone has their own interests and passions.

4. Survey spending free time in the past and nowadays. Discuss the influence of changes in the society on free time activities.

In the past, people used to spend their free time in different ways compared to now. Back then, activities like reading books, playing board games and going outside to play were more common. Nowadays, with technology and the internet, people often spend their free time on social media, streaming movies and shows or playing video games. Of course, there are still plenty of people who enjoy traditional activities too. It is interesting to see how our free time evolved over the years.

5. Give examples of similarities and differences of people at age of 10 and 20 concerning their free time.

Similarities : 1. Friends and Socializing : Both age groups enjoy spending time with friends, whether it is playing games, hanging out or going to events together.

2. Hobbies and Interests : Whether they are 10 or 20 people still have hobbies and interests that they pursue during their free time such as sports, music, art or reading.

6. Explain similarities and differences of people at the age of 20 and 40 concerning their free time.

At age of 20 many people are still in college or start their careers so they might have more flexibility in their schedules. They often enjoy exploring new hobbies, hanging out with friends and going to parties or events. On the other hand at the age of 40 people

might have more responsibilities like work and family so their free time can be more limited. They may prioritize spending time with family, practice hobbies they have developed over the years or simply relax. So while both age groups value their free time, their priorities and activities can be quite different.

7. Specify your favourite leisure time activities.

My favourite leisure activities are different as I grow. When I was a kid I loved playing outside, playing football and drums. Now when I am older I enjoy little things like just chilling with my friends. We are always doing funny things like sledding, playing ping-pong, listening to music or just chatting. When I have some extra time I love to play with my dog, she is my partner in crime. But my priority is helping my parents, especially my dad. He is my best friend and he taught me everything I know.

8. Describe free time of your friends and relatives.

Most of my friends have pretty much leisure time just like me. They help at home or spend time with me and others. In summer we like to play football or go swimming at the lake. In winter we like to ice skate. My relatives... for example my parents love to do everything together or with me and my sister. They like to go on trips, for walk, dinners or we just sit together and watch the movie.

Ďalšie info k téme ste dostali v papierovej podobe.

ROLE PLAY:

You were 18 last week. You would like to have a party at home. Your mother is not against but she wants to discuss how it is going to be organised. You are afraid it will not be any fun as she is going to make many rules. Try to persuade her to go out and spend evening with her friends.

- I was thinking about celebrating my 18th birthday with a small gathering at home. I really want it to be special. I really value your input and would love to discuss how we can organize it together. I believe we can find a balance that allows me to enjoy the evening while respecting your rules.

SLOVIČKA:

Free time – Voľný čas

Dislikes – Nesympatie

Spare time – Voľný čas

Likes - Záfuby

Pastime - Zábavné

Leisure – Voľný čas

Types of hobbies:

Individual - Individuálne

Old fashioned - Staromódne

Practised in groups – Cvičenie v skupinách

Time-consuming – časovo náročné

Creative – Kreatívne

Exclusive - Exkluzívne

Life-long - Celoživotné

Unusual/strange/extraordinary – Nezvyčajné/Divné/Mimoriadne

Lifestyle:

Of the young – Mladých

Adults – Dospelých

The retired/pensioners – Dôchodcov/Penzionistov

Extracurricular activities:

School clubs – školské kluby

Leisure centres – Centrá voľného času

Applicants - Uchádzač

Course instructors – Kurz lektorov