

MOHAMED-CHERIF MESSAADIA UNIVERSITY - SOUK AHRAS
Faculty of Economics, Commerce and Management Sciences
Basic Education Department
Foreign Language 1 (English)
(1st Semester)



LESSON 05

**Talking about Leisure and
Hobbies at the Workplace**



Nadji HARIRECHE

CONTENTS:

Hobbies and leisure
activities vocabulary

1

2

Different types of
free time activities

Talking about your
hobbies

3





1-Hobbies and leisure activities vocabulary:

Act	Definition
Hobby	An activity that someone does regularly for pleasure and relaxation during their leisure time
Leisure	Free time, time away from work or responsibilities, used for relaxation and enjoyment
Pastime	An activity that someone enjoys doing during their free time
Interest	Something that attracts and holds someone's attention or curiosity
Recreation	Activities done for relaxation and enjoyment, often involving physical exercise or entertainment
Collecting	The hobby of gathering and acquiring specific items, such as stamps, coins, or vintage toys
Photography	The art, hobby, or practice of taking and processing photographs
Painting	The act of creating art using paints on canvas or other surfaces
Drawing	The activity of making pictures or images with pencils, pens, or other drawing tools
Writing	The activity of creating text or stories, often as a form of self-expression or communication
Traveling	The activity of going to different places, often for pleasure or exploration
Hiking	The activity of walking in natural environments, typically in the mountains or countryside
Cycling	The activity of riding bicycles, often for exercise or recreation
Meditation	The practice of focusing the mind and relaxing the body to achieve mental clarity and inner peace
Crafting	The activity of making decorative or practical objects by hand, such as knitting, sewing, or woodworking
Volunteering	The act of offering one's time and services for charitable or community activities without expecting payment
Antiquing	The hobby of shopping for and collecting antiques or vintage items



2- Different types of free time activities:

Indoor Activities

- Playing games
- Reading
- Watching TV / Films
- Chilling out / hanging out with friends

Outdoor Activities

- Sports (e.g. swimming, jogging, football)
- Gardening
- Traveling
- Going shopping

It's true, some of these may take place both indoors and outdoors, depending on the context. For example, shopping in a street market is outdoors, but shopping in a mall is indoors.

Collecting things

- Stamps
- Coins
- NFTs (Non-fungible tokens)

Creative activities

- Playing a musical instrument
- Knitting
- Painting
- Taking photos



3- Talking about your hobbies:

How can you talk about what you do in your free time?

Well here are some common and also more advanced phrases to help you talk about your hobbies.

I get up to a lot of things

I don't get up to much

To get up to = to do an activity

Of course, it is always better to say something and describe an activity you do, rather than say, 'I don't have any hobbies'.

The most common way to talk about a hobby is:

I like to do yoga / I like doing yoga

What's the difference between 'like doing' and 'like to do'?

We can use both to express enjoyment.

When I say, 'I like doing yoga' the focus is *always* on my enjoyment of the activity.

However, if I say, 'I like to do yoga' this can *also* mean that I am describing either a choice or a habit

For example:

I like to do yoga on Thursdays

This focuses on the fact that I choose to do it on Thursdays, not any other day, or that I have the habit of practicing on Thursdays.

Here are some more useful expressions to describe hobbies you love.

I'm fond of playing video games / ***I'm into*** playing video games / ***I'm passionate about*** playing video games

Learning tip: When a verb follows a preposition it must be a gerund (verb+ing)!

If you are less serious about doing a hobby and it is something you do casually, not seriously, you can say...

I like to dabble in cooking / ***I like to dabble in*** painting

Sometimes, I dabble in investing

I play the guitar, but I am just an aficionado

I play the guitar, but I am just an amateur



Adverbs to talk about your free time activities

When talking about your hobbies, you can also go into more detail and say how often you do it, using different frequency adverbs.

Here are some simple ones:

*I **regularly** paint / I **often** paint / I **frequently** paint*

Here are some more advanced ones:

*I paint **whenever I can** / I paint **as often as I can** / I paint **whenever I get a chance***

*I don't paint **as much as I would like***

*I don't **get round to** painting **as much as I would like***

Different tenses to describe your hobbies

Below you can see how we can use different tenses when talking about your free time activities.

Present Simple:

*I **paint** / I recently **took up painting** / I **am** quite new to it / To **take up** a hobby = to start a hobby*

Past Simple:

*I **started** painting years ago*

*I **decided** to **have a go** at painting*

*I **decided** to **try my hand** at painting*

*To **have a go at** something = to try something new*

*To **try my hand at** something = to try something new*

Present Perfect Continuous:

*I've been painting **for as long as I can remember***

*I've been painting **for donkey's years***

***For donkey's years** = for a long time*



Exercise:

Don't disturb me – I'm not working!

HOW do office workers spend their day? Well, they work of course, but they also find time for other things. A recent report reveals that UK office workers spend about an hour and a half a day on personal business. They spend 54 minutes gossiping, 16 minutes flirting, 14 minutes surfing the Net, 9 minutes emailing friends and family, and 3 minutes shopping online.

Surfing the Net in office time for personal reasons is common throughout Europe. Nearly half of workers in Italy, the UK, and Germany confess to visiting sites for holidays and finance when they should be working. In Italy, 4 out of 10 office workers flirt in the workplace and 1 out of 3 employees sends and receives text messages on their mobile during their working day.

Unsurprisingly, employers are not happy with this 'absenteeism in the office'. Many companies use filters to prevent surfing, and even turn off coffee machines to prevent gossip.

But is the best solution to stop workers socializing and surfing the Net? After all, you don't stop thinking about work when you go home, and your private life doesn't stop when you go to work. A study of the best employers in the UK says that laughing with colleagues, socializing, and having fun creates a workplace where staff work the hardest! One successful company has a room with perfumed oils and music, where staff can relax. Another offers games rooms and satellite TV. It seems that only motivated workers give 100% attention to their jobs. ●

2 Read the text and answer the questions.

- 1 How much time each day do UK office workers spend not working?
- 2 What's their most popular non-work activity?
- 3 How much time each day do they spend using the computer for non-work activities?
- 4 What percentage of Italian office workers flirt in the office?

- 5 What do some employers do to reduce 'absenteeism in the office'?
- 6 What do some employers do to make their staff happier at work?