

## INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

### Hobbies

**Leisure** or **free time** is when you do not have to be at school or work, have no duties to perform and can do what brings you relaxation and pleasure. People are mostly free at weekends, on feast days, or during holidays. A typical weekday ideally has three parts – eight hours for work, eight hours for rest and eight hours of leisure time. But this is only a model. We actually must spend eight hours at work and we need to sleep but there are not eight hours for fun and hobbies. We also need time for commuting to and from work, for shopping, tidying up, cooking and so on. Maybe we'll have some time during the weekend to spend on our hobbies.



Why do people devote themselves to various hobbies anyway? It's that everybody likes to carry out an activity that makes him/her feel good, relaxes him/her and makes him/her forget his/her everyday cares. It actually gives him/her fresh energy for his/her other work. Some hobbies are rather expensive, some are dangerous, some are very romantic, some are very time-consuming.

Your **work and leisure activities should be balanced** so that, particularly if someone works manually, he/she enjoys having a passive rest in his/her free time, e.g. listening to music, reading, etc. Those who spend the whole working day in the confinement of a chair in an office and staring at the computer screen will probably enjoy doing some active hobbies like sports, gardening, or travelling in their free time.



There are quite a lot of possibilities how to have a nice time according to what people like and how much money they have. Going to the cinema or theatre, disco or clubs, or staying at home listening to the radio or watching TV, or reading books. Cultural events which people can go and see in their free time include various concerts, dancing balls, exhibitions, lectures, presentations, fashion shows or book fairs. Last but not least, people like photography, making films, playing chess, keeping fish in home aquariums, keeping exotic animals, cooking and baking. Also, watching television is popular as the only thing you do is relax, have some small refreshments and forget all your worries.

**Collecting things** is an example of a passive hobby. This often starts at an early age. Most people collect cheaper things like napkins, tags or labels, beer cans, postcards, beer mats, chocolate and chewing gum wrappers. Others collect autographs of famous personalities, posters, dolls or bus or train tickets. Children like collecting cards with pictures of hockey players or some fairy-tale figures.

## INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ



People might collect insects, especially butterflies or spiders. Wealthier people like collecting more expensive things such as paintings, post stamps, antiques, and old coins. It requires some specialist knowledge, however, otherwise people would lose money doing this. For connoisseurs, this means profitable investments as the money invested quickly returns and makes new money.

**Model-making** is a hobby requiring a lot of time, patience and skills. It is especially boys who enjoy building models of railroads, airplanes, spacecrafts, cars or ships. Also, they hold contest in order to present their models.



**Computers** have changed our lifestyles recently. Internet is a source of fun and information. We can search news, recipes for Sunday lunch, new games or we can chat with others. Chatting is a very interesting way to “meet” new people and learn new information or opinions. When we use the internet we must be careful in deciding what information is true. Everybody can write whatever he/she wants so if

we really need to find something we must use some reliable servers.



Some hobbies tend to attract women, while others are more likely to attract men. **Needlework** like sewing (by hand or on a sewing machine), knitting, crocheting and embroidery are considered to be women hobbies, “**garage work**” like repairing cars and other things, do-it-yourself (tinkering) are typical men interests.

People living in their own house often **keep pets** or domestic animals that need a lot of care and this may be a hobby for some people.

**Gardening** is one of the most widespread hobbies. Taking care of trees, flowers and vegetables requires a certain amount of effort, but it is also a form of rest and relaxation. A little effort can sometimes be refreshing.



**Sport** is a nice, healthy and effective way of spending free time. When doing sports actively, people have to train on a regular basis in order to achieve top results. Others do sports for fun, to keep fit and slim, to improve their health and protect themselves from various illnesses. **Jogging** and **bodybuilding** at least twice a week are just as normal as eating. ☺

## INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

**Hiking** is just a branch of sport. Here we don't pay much attention to our performance. The main thing is to go out into nature that has not been too spoiled by human activity. There we can look at the surrounding countryside and the life of animals. Meanwhile, we are also doing something for our health. We breathe fresh air and move around in a beautiful natural environment.



**Cycling** is one of the most widely practised sporting activities. These days mountain bikes, cross bikes and road bikes are experiencing a great boom. They are suitable for cross-country riding, riding in the woods etc. New cycle tracks are built all round our country. The tracks are used by **in-line skaters** too.



In the summer time people like **water sports** like swimming in the rivers, lakes, ponds, dams, pools or in the sea. Rafting and canoeing are becoming more and more popular too.

In the winter, mountains are covered with snow, ponds and rivers are frozen over – and this is the time for winter sports like cross-country or downhill **skiing** or **snowboarding**. **Tobogganing** and **skating** are favourite children's activities.

There are also opportunities for **team sports**. Children go to sport clubs. Adults mostly must make some group themselves. They play games like basketball, volleyball or football, tennis, badminton and squash.



There are two more activities which are preferred mostly by men – **fishing** and **motorsports**. Some men like car or motorbike races. More active men don't just watch racers but they own their car or motorbike. They drive and repair their vehicles. They can spend a lot of time and money on this hobby. A special kind of motoring is collecting classic cars or planes.

These days, **adrenalin sports** gain more and more popularity. People like climbing, diving, kiting, driving planes, parachuting, ski-alpinism and a lot of others.



**Culture** is a nice hobby, too. People like listening to **music** or playing a musical instrument. A lot of children attend a music school, and when they grow older, they mostly play for fun or for their families or friends. There are some people who sing in the choirs, play in

the orchestras or musical groups even when they are adult.



Playing a musical instrument or singing, bring pleasure and fun. Many young people take an interest in **dancing**. They can express their feelings and ideas there. Some people are members of semi-professional dance groups of folk dance, modern styles, classical dance or majorettes. They take part in many festivals or competitions.



## INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

Some people devote themselves to their hobbies throughout their entire lives. By doing this they get a vast amount of experience. Many of us have collective hobbies. In these cases people get together in various associations and clubs and focus on specific topics of common interest. This can even develop into large-scale organizations which can involve other countries

as well. It's good when we can find an activity that brings people closer together.



## Leisure time in Britain

### Traditional view

British people like watching TV or films, listening to the radio, reading, playing the guitar or the piano, do-it-yourself home improvements, going out for a drink or to the cinema or to watch a sporting event or to visit friends, and doing social and voluntary work. There are enthusiasts for disco dancing, ballroom dancing and traditional Scottish dancing and English country dancing. Some people are interested in collecting stamps, matchboxes, beer mats, coins, autographs, dolls, pinups, glass, antiques – simply anything. Others enter competitions and still others are fond of amateur dramatics. Some are good at drawing, painting, making pottery, dressmaking, or model-making, taking photos or films.

Britain is a land of clubs and societies, and a large number of people belong to at least one society. These organizations hold regular meetings, which take up a good deal of time. The British feel more at ease when they are among people with whom they have something in common. There are so many different societies that it is difficult to imagine a person who could not find a single one to interest him/her. There are societies devoted to music, art, discussion, photography, amateur drama, correspondence with foreign countries, reforms of all kinds, bridge, chess, bowling and many others.

Boys can join a Boys' Club from the age of eight. Usually they leave before they are eighteen, but they are welcome to stay on and help the younger members. The club provides table tennis, darts, and other indoor games, as well as a canteen for drinks and snacks. The clubs are members of the National Association of Boys' Clubs. This organization arranges holiday courses and competitions to encourage boys in sporting and creative activities. The NABC is just one of the many organizations that run activities for young people, some of the others being the Scouts, Girl Guides, and churches.



The British are also great home-lovers, and much of their leisure time is taken up around the house. They are ready to spend a great deal of time and money on their houses, their gardens, and their pets. The English have always loved gardening and are proud of a fine hedge, a fine lawn (which they never fail to mow every week), the daffodils and the roses in their garden. And, as a nation, they love their six million dogs, more than five million cats, and eight or nine million caged birds: there are many magazines and annual shows devoted to pets.

Darts is a popular game in Britain. It is played in pubs, youth clubs – in fact everywhere that people meet. Two or more people can play: the players stand eight feet (2.4 m) from the circular board (the target), and each person throws three darts at it. The score depends on which sector of the board the dart lands in.

Bingo has become very popular in Britain since the 1950s. All kinds of people come to play, drawn by the chance of winning big prizes. To play bingo, you must buy a card with five vertical rows of numbers on it. Every card has a different set of numbers. Then you sit down at a table facing the caller, who pulls out numbers from a machine that goes round and round. If any number he calls is on your card, you draw a circle around it, and the first person who completes a row of five – horizontal, vertical, or diagonal – gets a prize.

## INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

### Young people in the 21<sup>st</sup> century

Unlike in many countries, young people do not take part in sports activities very much in the UK. Government statistics show that the British spend on average only 15 minutes a day doing sports. And, contrary to what you might think, young people don't participate in sport more than older people. Less than half of teenagers play team sports, compared to more than 75% in the 1970s. They prefer watching sport on TV to actually playing it. The average time spent doing sport, playing games, or going swimming or hiking doesn't change much with age. If they are not sporty, what does the average UK citizen do in his or her free time? The answer might surprise you. He or she **watches TV**. Statistics show that British people watch TV between two and three hours daily, and men watch more than women. Fewer and fewer teenagers are playing games outside with their friends: 85% prefer **playing computer games** on their own. In general, boys are more interested in computers than girls.



The other great British hobby, especially among women, is **shopping**. Every Saturday afternoon, you can spot her, the great British housewife, dragging a reluctant partner round the supermarkets and department store. In the past, he would have gone to see his local football team, but wives no longer put up with that sort of thing nowadays. People do have normal hobbies, of course. If we look at household expenditure statistics we can see that gardening and photography are still popular. In spite of TV, young people still go to the cinema, but very few people visit museums or art galleries. Magazines and newspapers are read a lot, too. But more often than not, the average British person with some free time stretches out a hand for the TV remote control.

### An unusual Australian pastime

Stick throwing may not sound like a great hobby. But when the stick is a returning boomerang, it can provide interesting entertainment!

Boomerang throwing is an Australian pastime commonly associated with the Aborigines (the original people of Australia). They discovered that flat, curved sticks sometimes traveled in fascinating ways when thrown – and could even return to the thrower.

The flight of a returning boomerang is amazing and mysterious. The boomerang spins forward and then rises and begins a curved path back to the thrower. It seems to stop and hang in the air before it glides down. Most boomerangs have a bend near the middle that forms two wings shaped like airplane wings. Each wing has a flat bottom and a curved top.



For Australians, the making and throwing of returning boomerangs is now a nationwide hobby – and there are national and international throwing competitions.

To throw a boomerang properly requires a lot of practice. A skilful thrower can make a returning boomerang travel about 45 m before it begins its return. However, if used carelessly or improperly, a boomerang could cause injury or damage.

Several games can be played with a boomerang. One of these is to see who can make the boomerang land closest to its launching point. Another game is to count how many consecutive catches can be made. (When a returning boomerang is thrown correctly, the thrower can catch it without moving from the starting point.)

Even though boomerangs are traditionally thought of as Australian, they can now be bought in many countries around the world. If you ever have a chance, why not to try this truly Australian hobby?

## INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

### Unconventional American hobbies

#### Mall walking

This sport is very popular among senior citizens. Every morning a group of them gathers at the local indoor shopping mall dressed in sweats and sneakers. They then walk from one end of the mall to the other, at varying speeds. While they are walking, they look at the shops, making plans to come back later and buy things in the windows. Each trip through the mall seems like the very first time: each lap is a journey full of surprises and new discoveries. It's hip-breaking fun!

#### Golf

Golf provides the athlete with a lot of movement – without moving your feet. First, you drive your car to the golf course, rent a golf cart, drive the cart up to the tee, and then tee off. Once again you get in the cart and then drive to where your ball lies. Repeat this several times, and you're a true golfer. After playing 18 holes, you might want to head to the 19<sup>th</sup> hole (the golf club bar) to grab something to drink. It's there that another sport takes over: elbow aerobics. Place your drink on the bar, and lift it slowly to your mouth with either the left or right hand. Repeat this several times. Visiting the 19<sup>th</sup> hole before the

#### Treadmilling

Imagine the perfect summer day. It's 27 degrees Celsius, the sun is shining, the birds are singing, and the sky is a wonderful shade of blue. Why ruin it all by going outside when you can go for a walk in your own living room: on a treadmill. Each year, more and more Americans are discovering the advantages of the treadmill. You don't have to worry about getting sunburned, boring conversations with neighbors, or stepping in doggie-do (unless you keep a dog in your house, of course). And you can't watch TV while walking outside.

other 18 holes may result in injuries to you, or to others – and the balls become almost impossible to find.



Some people can't afford a treadmill, so they go to a health club. There they pay to tread the mill for hours, surrounded by others doing the same thing. Doesn't that sound exciting?



As you can see, there are activities in the US to fit every age and lifestyle. There's no need to fret about those extra pounds. Get on your feet, and get moving. Oh, and don't eat so much!

### Vocabulary

duty	povinnost
commuting	dojíždění
devote	věnovat se
confinement	uvěznění
coin	mince
connoisseur	znalec
require	vyžadovat
opinion	názor
needlework	ruční práce
tinkering	kutílství
effort	snaha, úsilí
performance	výkon
gain	získat
attend	navštěvovat
involve	zahrnovat

pottery	keramika
at ease	v pohodě
hedge	živý plot
lawn	trávník
daffodils	narcisy
darts	šipky
target	terč
contrary to	na rozdíl od
drag	táhnout
reluctant	neochotný
expenditure	výdaj
curved	zahnutý
spin	rotace
glide	klouzání
throw	házet



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## INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

<b>bend</b>	ohyb	<b>elbow</b>	loket
<b>consecutive</b>	po sobě jdoucí	<b>treadmill</b>	běžecský pás
<b>shopping mall</b>	nákupní středisko	<b>doggie-do</b>	psí výkaly
<b>sweats</b>	tílka	<b>afford</b>	dovolit si
<b>sneakers</b>	tenisky	<b>fret about</b>	užírat se, trápit se
<b>tee</b>	místo, kde začíná hra		
<b>cart</b>	vozik		
<b>grab</b>	uchopit		

### Tasks

1. Describe your hobbies
2. What can people collect (name at least 5 things)
3. What are traditional British free time activities?
4. What are modern American hobbies?
5. What do British teenagers do in their free time?

### Sources of information

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### Solutions

1. Students' own answers
2. Napkins, beer cans, butterflies, stamps, fairy-tale figures,.....
3. Bingo, darts, amateur theatre, gardening,...
4. Treadmilling, golf, mall walking.
5. Watch TV, play computer games