

### Overview

Watch the video podcast. Do you spend your free time doing similar things to Pasha?

1 Read the paragraph below about what Pasha likes to do in his free time. Then watch the video podcast from 0:12-0:27 and complete the text.

I <sup>1</sup> \_\_\_\_\_ doing a lot of different things in my <sup>2</sup> \_\_\_\_\_ time. Most of them are to do with <sup>3</sup> \_\_\_\_\_: I DJ both in London and <sup>4</sup> \_\_\_\_\_ and I try to go to <sup>5</sup> \_\_\_\_\_ and festivals whenever I can. How about you? How do you spend your <sup>6</sup> \_\_\_\_\_ time?



**Glossary:** downtime = (informal) a period of time when you have finished what you were doing, and you can relax or do something that you had not originally planned to do

2 Look at the people below and read about how they spend their free time 1-8. Then watch the video podcast from 0:28-1:28 and match the people to the correct activity/activities.



A  
Winston



B  
Dee



C  
Rachel



D  
Nick



E  
Florence



F  
Charlie



G  
Elena



H  
Tracey

- 1 I play football. I play table tennis. I go bowling.
- 2 I spend a lot of time walking, running and boxing.
- 3 I go out with my friends.
- 4 playing golf
- 5 I like to watch films.
- 6 I like to read a lot and I like to draw and make clothes.
- 7 I run an amateur opera company.
- 8 going to exhibitions, travelling, going to the theatre

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**3** How would you spend your free time differently if you had more time, more money or more opportunity? Watch the video podcast from 1:35-3:24 and write true (T) or false (F) next to each statement.



**A** Winston

He would learn a new sport. \_\_\_



**B** Tracey

She would become more creative. \_\_\_



**C** Charlie

He would learn about his family and its history. \_\_\_



**D** Rachel

She would go to more concerts. \_\_\_



**E** Florence

She would see more of the world. \_\_\_



**E** Elena

She would go out to more parties. \_\_\_

**4** What are the benefits to society of giving people more downtime or more holidays? Watch the video podcast from 2:21-3:24 and tick (✓) the things the speakers mention.

- 1 people would learn more about themselves
- 2 it would reduce stress and pressure on people
- 3 people could travel more
- 4 people would be able to spend more time with their families
- 5 people would be healthier because they would do more exercise and sport
- 6 people would become more educated, more intelligent
- 7 people could learn to become more creative
- 8 people would be able to develop new interests
- 9 people would have more friends

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### The way we speak

5 The people below talk about things they like doing in their free time. Read the sentences and fill in the gaps with words and phrases from the podcast that mean the same as the phrases in the brackets. Then watch the video podcast from 0:27-1:55 and check your answers.



Winston

1 I discovered golf eight years ago and I'm \_\_\_\_\_. (I want to play golf all the time because I like it so much)



Dee

2 I like to watch films; \_\_\_\_\_ music. (I like music very, very much).



Florence

3 I \_\_\_\_\_. (I do a lot of physical exercise)



Elena

4 During my free time I read, \_\_\_\_\_. (I watch the news on my computer)



Tracey

5 I spend most of my free time with my friends, just \_\_\_\_\_ (meeting up) and watching films, listening to music.

**Personalisation**

**6** Write *your* answers to the questions.

1 How do you spend your free time?

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2 How would you spend your free time differently if you had more time, money or opportunity?

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3 In your opinion, what are the benefits to society of giving people more free time or more holidays?

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**BBC LINK**

A study suggests that British housewives spend more of their leisure time on the internet than any other nationality.

<http://news.bbc.co.uk/1/hi/technology/7789494.stm>



BBC

