**18. Hobbies, leisure time and lifestyles**

1. What is leisure time?
2. How do most young people in Slovakia spend their leisure time?
3. How can the people spend their leisure time at home?
4. Give the names of some traditional hobbies.
5. Why do you think the keeping of pets is an interesting hobby?
6. Explain the slogan „An Englishman’s home is his castle“.
7. Name some creative hobbies.
8. Which hobby do you practise to develop your talent for arts?
9. What are typical teenage hobbies?
10. Which hobbies can be dangerous?

Free time after work or study is called **leisure time** (voľný čas). It is the time for fun and entertainment (zábavu), such as watching TV or going out (ísť von zabaviť sa). Many people spend (tráviť) their leisure time practising (vykonávaním) their hobbies. There are many types of hobbies. One of the traditional hobbies is the **COLLECTING** of objects (predmetov) – stamps, postcards, badges (odznakov), flags, coins (mincí), model cars or ships... Collecting can become a lifelong (celoživotné) hobby for many people. It is an international hobby too. There are collector’s clubs all over the world. They often meet to exchange (vymieňať si) the things they collect. However, this hobby is gradually (postupne) becoming old‑fashioned (staromódnym).

Teenagers have their own special leisure interests which form part of their youth culture. These include **playing team sports, dancing at a favourite disco, going to parties, cinema or joining some clubs**. They like to spend their leisure time actively in groups, in good company (v dobrej spoločnosti). Those who prefer staying at home usually **WATCH DVDs, LISTEN TO MUSIC, BROWSE THE INTERNET** or **CHAT** (rozprávajú sa) on the Internet. Typical teenage sports are **roller‑skating** and **skateboarding**. Skateboard parks have opened up in big cities for the safe enjoyment (potešenie) of this hobby. Slovak skate‑boarders, roller skaters (korčuliari na kolieskových korčuliach) and cyclists often complain about (stažujú sa, že) not having enough (dosť) places to practise their hobbies, although (hoci) in the last few years new cycle paths (cyklistické chodníky) have been built. Many children and young people join different clubs where they practise their hobbies. The most popular are football, tennis, dance or horse riding clubs.

Sometimes, it is not their choice (voľba) but the choice of their parents, who want them to have interesting hobbies. Some parents want their children to **play an instrument** or **do some sports** because they think it will prevent (zabráni im to) them from taking drugs or drinking alcohol. Others failed (zlyhali, neboli úspešní) to become musicians or sportsmen themselves, so they want their children to achieve (dosiahnuť) these aims (ciele).

Older people prefer gardening, fishing, reading, going to the theatre, concerts or art exhibitions (umelecké výstavy). Retired (dôchodci) people in Slovakia are quite traditional and prefer staying at home and do not travel as much as Americans.

A lot of people, both children and adults, **KEEP A PET** – a dog, a cat, a gold fish, a hamster, a canary, a parrot, a guinea pig (morča) or other exotic animals. To care for (starať sa) a pet requires (si vyžaduje) a good knowledge (znalosti) of its habits (zvykov) and behaviour (správania). The British love animals and many families have a pet, usually a cat or a dog which becomes part of the family. In Slovakia dogs and cats are also popular. However, it is still not easy to find a hotel where you can stay with a dog.

Many British people also love **GARDENING**. It is still one of the most popular hobbies. They prefer living in small houses rather than flats. The slogan “An Englishman’s home is his castle” is true for many British people. Do-it-yourself or just **DIY**, doing practical jobs around the house, has become a very popular hobby. People like to redecorate (vymaľovať) their houses or to repair (opravovať) pieces of furniture (nábytok) and household appliances (domáce spotrebiče). There are people who like to repair their cars by themselves, others do some **cookery (cooking)** (varenie) etc. In Britain a large number of books are published every year giving step-by-step instructions on how to make or repair things. We can say that Slovaks also like gardening and they do jobs around the house themselves. However, we do not have as many evening classes (večerné kurzy) that are organised for those who want to learn the basics (základy) of these activities as they have in Britain.

Many people have **creative hobbies**, such as **acting** (hranie), **choir singing** (spievanie v zbore), **folk dancing** and **playing pop-music in amateur groups**. **Photography, painting** and **drawing** are also popular hobbies. There are many opportunities (príležitostí, možností) for people to develop (rozvíjať) their talents in these areas.

At present, more and more people of all ages are concerned with (zaoberajú sa) their health (zdravie) and spend some of their leisure time doing exercises to keep fit. For this reason (z tohto dôvodu) many sports and games are practised as hobbies. Running, jogging, hiking (turistika), cycling, playing golf or tennis are enjoyed by many people all over the world. A lot of people spend their weekends outdoors camping. For those who prefer physical exercises indoors, there are bodybuilding and fitness centres. People do sports because they want to keep fit, lose weight, for their own enjoyment, relax, have a perfect figure, and live a healthy lifestyle and to be with other people. These activities help people stay healthy and fit. This can also be achieved (môže byť dosiahnuté) by walking, jogging, swimming, and doing aerobics, which are also useful (užitočné) effective (účinné) and very popular ways of spending leisure time.

Finally, there is a group of exclusive sports which are practised as hobbies by a limited number (obmedzeným počtom) of people such as hot-air ballooning, skydiving (parašutizmus), hang-gliding (lietanie na rogale), scuba diving (ponáranie s kyslíkovou bombou).

In winter many people go skiing and snow-boarding. Snowboarding combines sever sports – skiing, surfing and skate-boarding. It is becoming increasingly popular in our country.

Some people like expensive sports that are not so common in our country and some cannot be practised here so they often travel abroad to practise them, e.g. playing golf, yachting, and scuba-diving.

Hobbies are connected to lifestyles. Some people like to be on their own and learn new things by reading books or participating (zúčastňovaním sa) at cultural events. (kultúrne udalosti). Others enjoy company and often go out or do collective sports. It is important to choose hobbies that fit (sedia) our character and complement (dopĺňajú) our work or study. We do them because we need to relax and want to have a good time. But nowadays there are more and more workaholics who gave up (vzdali sa) their hobbies to be able to work all the time. Psycholologists consider (považujú) this to be a very negative phenomenon (fenomén).

Frázy:

I am keen on sport, I am interested in football, I am fond of skiing – zaujímam sa, mám rád, niečo rád robím, sledujem

I like watching films

Films (movies) – sci-fi, horrors, romantic, thrillers, adventurous (dobrodružné); cinema, I like going to cinema, films of American production, subtitles (titulky), dubbed films (dabované filmy), 2D, 3D (three-dimensional films), Palace Cinemas

TV programmes – weather forecast, news, talk shows, sit-coms, soap operas, documentaries, TV series

To browse the Internet – prezerať si stránky na internete, surfovať po nete

To chat on the Internet – rozprávať sa prostredníctvom sociálnych sietí

Art exhibitions – galleries, museums, Fine Arts (výtvarné umenie), my favourite painter, sculptor, photographer is

Cultural events (kultúrne podujatia) – rock concert, folk festivals (folklórne festivaly), theatre performance, ballet, opera, musical, drama, puppet show (divadelná hra v bábkovom divadle)

Galleries – Slovak National Gallery, City of Bratislava Gallery, Danubiana in Čuňovo

Museums – Slovak National Museum, Bratislava City Museum – Old Town Hall (Stará radnica), Museum of arms (zbraní) in St. Michael’s Tower, Bratislava Castle, Arts and Crafts (múzeum remesiel), Devín Castle, Museums of pharmaceuticals

Theatres – Slovak National Theatre, The New Scene Theatre, The Small Scene Theatre, The Arena Theatre, The Hviezdoslav Theatre – now Bratislava Municipal Theatre, theatre-goer, drama, tragedy, comedy, farce, musical, opera, ballet

Music – rock music, chamber music (komorná), folk music, pop music