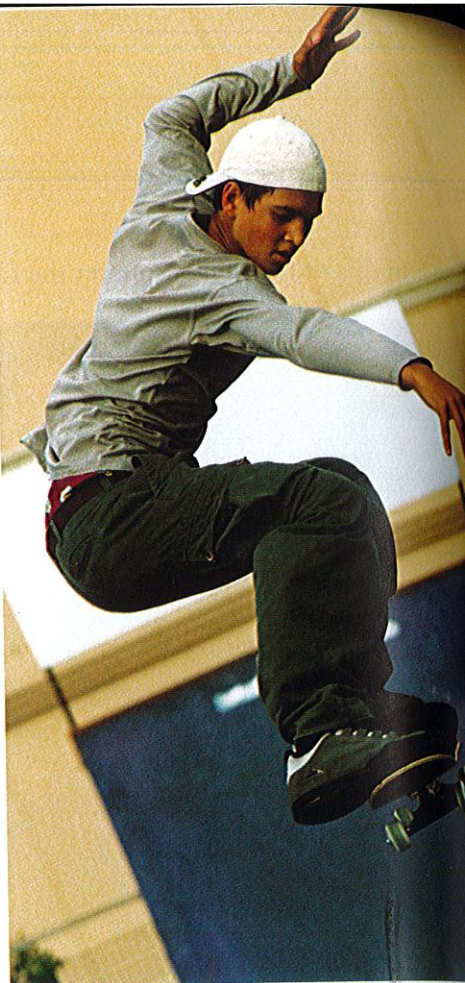


Apart from work, the other things our society worships are leisure and entertainment. A vast leisure industry has grown to help us fill our free time, with activities ranging from yoga to ceramics. Moreover, as more and more people work in sedentary occupations, they increasingly turn to fitness clubs both for exercise and cosmetic reasons. With the exception of young adults, people are also going out less these days as new digital media and games technologies offer them the chance to create their own entertainment at home.

How do you spend your free time?

Paul, 16, Philadelphia ▶

'I like hanging out* with friends and skating, but most of the time I do what my teachers call "screen time", which means TV, Internet or PlayStation. I think life without a computer would be pretty boring. I like to chat, swap* mp3s, that kind of thing. It's better than TV, which mostly sucks,* although there are a few good shows like "24" or "The Sopranos".'



◀ Kerry, 18, Cape Town

'As soon as I wake up in the morning, I turn on my radio to listen to music and I continue to listen to music in the car with my dad on my way to school. Public transport in South Africa is not very reliable. After a long day at school, I often go to fast food places like McDonald's and Steers with my school friends. But I also do more healthy things. I play volleyball and I'm in a girls' soccer* team. When I'm not playing sports or listening to music, I chat with my friends. We generally hang out at each other's houses and watch MTV. We are always interested in what sports and pop stars are doing.'

hanging out: (colloquial) going out, spending time
swap: exchange
sucks: (colloquial) is really bad
soccer: (American) football

Pre-Reading – Vocabulary

1. Look at the freetime activities in the box and group them under the headings:

- a Socialising
- b Home entertainment
- c Sports
- d Hobbies

reading books going to concerts skating
 watching TV surfing the net
 volleyball video games drinking chatting
 clubbing swapping music files
 reading magazines listening to music
 snacking football gardening DIY
 painting golf bridge pet care

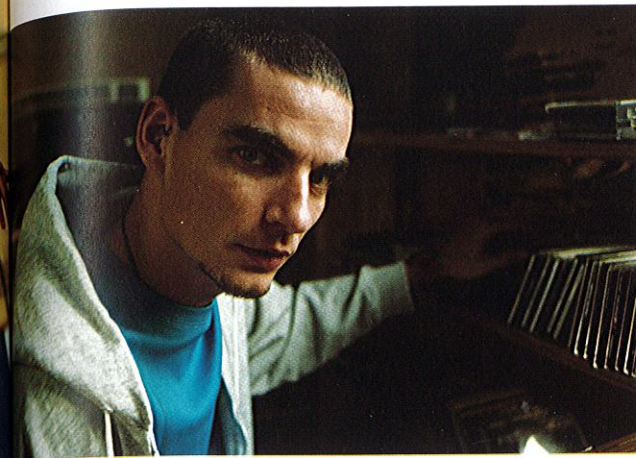
Reading

2. Now read the extracts and match each activity with the people who mention it. What do they say exactly?



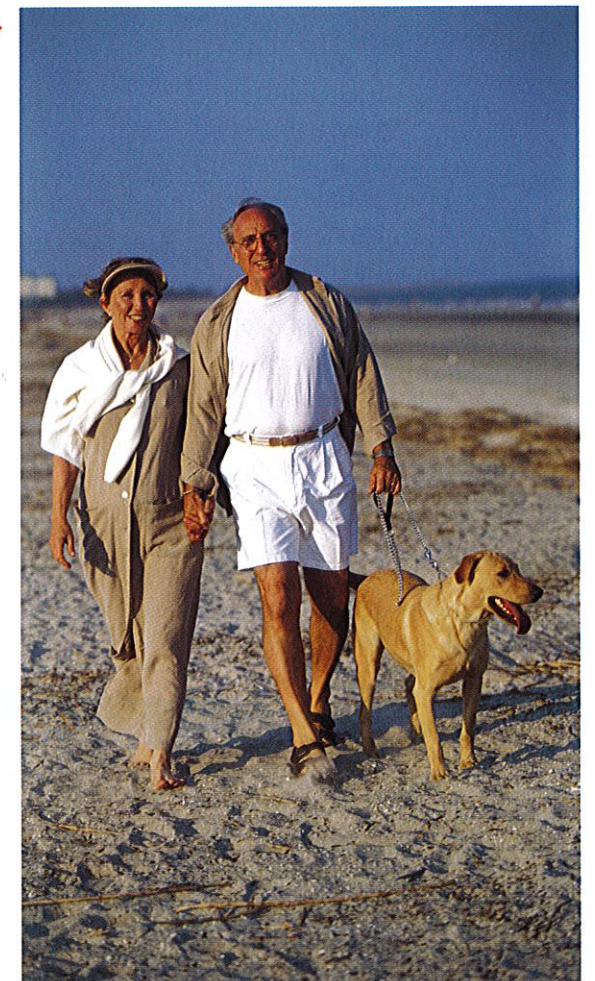
◀ Douglas, 30, Manchester

'I used to go out drinking a lot with my mates* but after university I lost touch* with a lot of them. I still have a few good old friends, of course, but it's a bit difficult when you're single and you get older because most of the people who go out are really young and they look at you like you should be at home changing nappies* or something. Luckily there's a good music scene here and we get amazing bands coming to play from places like Japan, so you can discover great music and it seems to attract people more in my age group. However, I do spend a lot of time at home, not in front of the TV because there's absolutely nothing on, but mainly listening to records or reading a book or a magazine.'



Dave and Greta, 68, Brisbane ▶

'With the kids having flown the nest,* it can get quite lonely around the house. It's just my wife, Greta, and I now... But fortunately we have a lot of hobbies and now that I've retired I have a lot of free time. My three great passions are gardening, DIY* and bridge but I also like playing golf. Greta loves painting and meets up with her best friend Susan once a week to paint together. We also love taking our dog, Oscar, for long walks and it gives us a chance to get some exercise. In the evening we usually watch TV. Getting the satellite was such a great idea. Greta adores old black and white movies!'



Number Crunching

Time spent on free-time activities of full-time workers in the UK

(Hours and minutes per day)	Males		Females	
	Weekday	Weekend	Weekday	Weekend
TV, video and radio	2:02	2:52	1:39	2:13
Socialising	0:32	1:19	0:44	1:30
Games and hobbies	0:18	0:29	0:09	0:16
Reading	0:15	0:24	0:16	0:27
Sports and exercise	0:11	0:26	0:09	0:15
Shows and cultural events	0:03	0:15	0:05	0:12

Source: UK Time Use Survey, Office for National Statistics

mates: (colloquial) friends
touch: contact
nappies: babies' underwear
flown the nest: left home
DIY: do it yourself; home improvements

- In what way does their attitude towards TV differ?
- Who do you think has the most interesting life? Why?

Speaking

- How do you spend your free time? Which of the activities mentioned on these pages do you like doing?
- Look at the Number Crunching. What are the most common activities among people who work in the UK? Is there a difference between men and women?

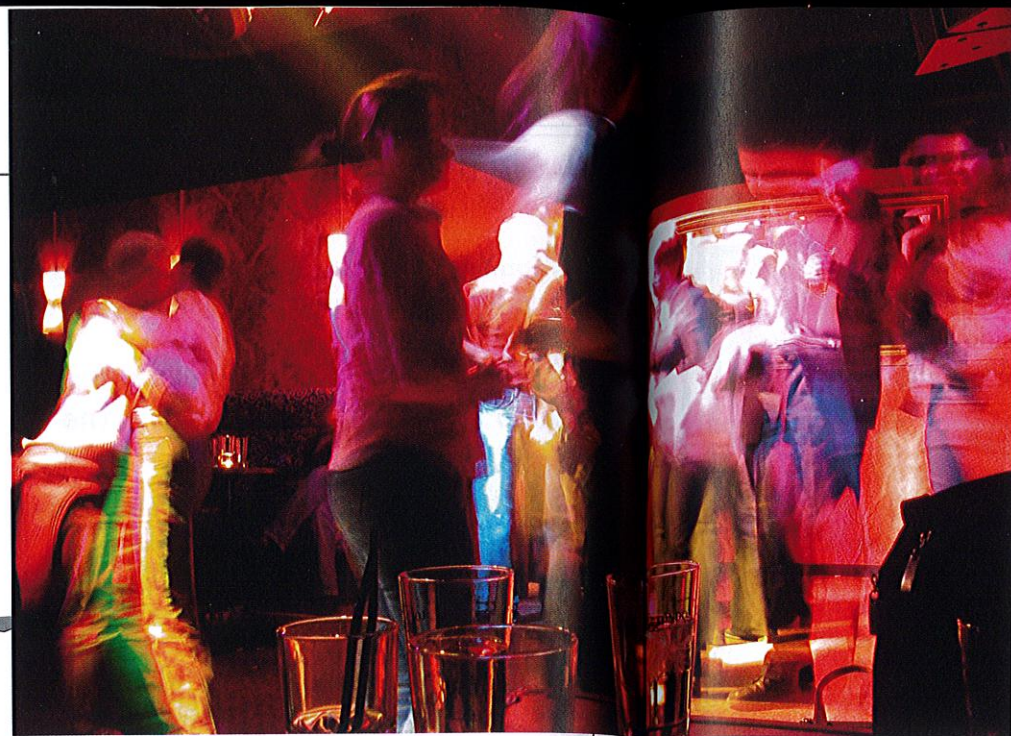
Writing

- Work in pairs. Interview your partner about what s/he likes doing in her/his free time. Summarise the results in a short presentation.

LINKS United States p. 12 – South Africa p. 16 – United Kingdom p. 8 – Australia p. 14

6 c Time out

While pub and drinking culture continue to play an important role in the social life of young people in Britain, the last twenty years have seen a decisive change in the way people go out. As a development of the rise of 'rave culture' in the 80s and 90s, numerous bars and clubs now offer alternative nights out, where people can drink and dance into the morning. However, traditional pubs are still a fundamental part of British life.



LEISURE & SPORT UNIT 6

The influence of technology on everyday life is growing. Mobile phones in particular have changed our way of socialising, and not necessarily for the better. A recent survey carried out in England for the Department for Education showed that nearly 70% of young people aged 14 to 18 own a mobile phone, using it to organise their social life.

Hi Mrk
Whn cn we
meet IRL
PLZ
Im dspr8 2CU.
LUV
Suzn

Hi Shar
Wan2go shping
aftr
skUL. Saw a gr8
Nu Bg
in Bneton.
TME
HelN



Hi DIZ
dont 4get the part 2nite
Timz brngng iz CDz =
Muzikll B gr8. Need +
grlz tho.
CUL8R
ROB

BAR RUMBA

London's premier Latin night featuring the latest International Salsa, Techno Merengue & Latin Grooves from Colombia, Miami & New York. Admission - £3 Latin dance class from 6.30pm - 8.30am - £4

THE SOCIAL

London's foremost DJ bar, combining the red velvet ambience of a local pub with an open kitchen and, crucially, a jukebox that you actually feel like playing. Our DJ nights offer an eclectic mix of tunes from hip-hop to garage while soft lighting and wood panelling add to the atmosphere.

O' DONOGHUE'S

Legendary Irish Pub. Live Irish music 4 nights a week, plus our TVs show all the Gaelic Games. Meanwhile you can enjoy a vast assortment of traditional pub food. You can't get more Irish than that outside of the Island itself.

HAMMERSMITH PALAIS

HAMMERSMITH PALAIS

London's ultimate party night with hits from 70s, 80s and 90s. Las Vegas disco superstars live on stage. Entrance £5 before 11.30 pm, £8 thereafter.

WORD WATCH

Texting: the NU lingo

Texting has become one of the most popular ways of communication. Since the maximum number of characters in a message is 160, people have found ways of shortening words in order to say more.

- Removing vowels, apostrophes and dashes
- Replacing words or parts of words with symbols, numbers and sounds
- Removing the end 'E' and changing 'O' to 'U' in some words (GIV = GIVE, LUV = LOVE)
- Replacing hard 's' with 'z'

Abbreviations and acronyms are used too. The most common are:

PPL = PEOPLE	CUL8R = SEE YOU LATER
STR8 = STRAIGHT	BCZ/COZ = BECAUSE
THX = THANKS	BTW = BY THE WAY
PLZ/S = PLEASE	TMB = TEXT ME BACK
IRL = IN REAL LIFE	IMO = IN MY OPINION
MSG = MESSAGE	KNO = KNOW

Pre-Reading

1. Do you have a mobile phone? What do you use it for?

Reading & Speaking

2. Work in pairs and read the text messages. Try to decipher them with the help of the Word Watch.
3. What are the main conventions used in the messages you have just deciphered? Are there any conventions in the Word Watch that haven't been used?
4. Do you have similar conventions in your own language?
5. Do you think mobile phone technology makes communication easier or more difficult? Discuss with other students.

Writing

6. Now write your own text message in English. In pairs, write a message to invite a friend to go out with you tonight.

THE TRADITIONAL BRITISH PUB

The traditional British pub is changing. Once the exclusive domain of male drinkers, pubs are now trying to create a more family-friendly atmosphere, allowing children to play in the garden. Traditional pub entertainments such as darts and billiards are now joined by other activities such as quiz nights and collective sports viewing on large-screen TVs. But for many the main attractions remain the variety of beers on offer and the pub lunch. Closing time is still normally 11 p.m. although new licensing laws have led to extended opening times.

Pre-Reading

1. What are the most popular places to go to in the evening where you live?

Reading & Speaking

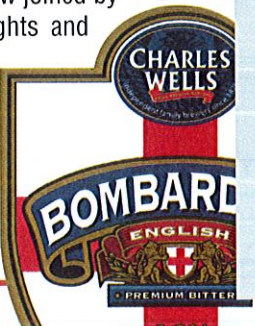
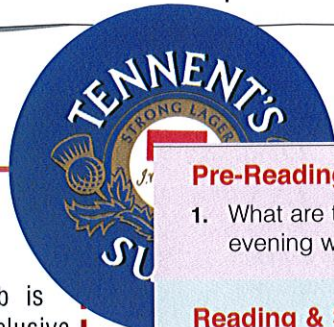
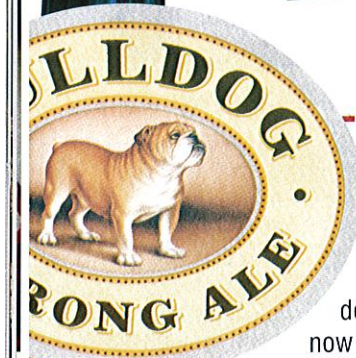
2. Do the social trends described in the introduction apply to your country? Why/Why not?
3. In pairs read the advertisements. Which place/s seem most

trendy	boring	chic	exciting	traditional
formal	informal	lively	touristy	
dangerous	young	expensive		

4. Underline all the types of music mentioned. What type of people do you think go to each place?
5. Now read the box on traditional British pubs. What are their main features? What has changed?

Listening 17

8. Listen to Amanda, Kevin and Zanthia talking about how they spend their free time. Who
 - a does a lot of fitness training?
 - b spends time with colleagues after work?
 - c goes to ethnic restaurants?
 - d wants to try new sports?
 - e spends all their time chatting on the Internet?
 - f goes to pubs and DJ bars?
 - g likes to invent new identities and play tricks?
 - h likes gossiping about their boss?





6 d This sporting life

According to recent statistics, participation in sports in Britain and the US is high among people of school-age group but falls as they get older. In England, around 85% of teenagers regularly participate in sports activities outside class during term time. Swimming and cycling are the most common sports for young people. Swimming is the most common sport among girls, while boys' favourite sport remains football.

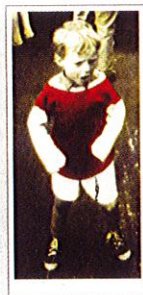
Sport is also a spectator activity. In *Fever Pitch** football is represented as one of the most important aspects of working-class culture in Britain. Here, as a life-long fan of Arsenal, he reflects on the sport's role in creating identity in Britain.

By the early seventies I had become an Englishman – that is to say, I hated England* just as much as half my compatriots seemed to do. I was alienated by the manager's ignorance, prejudice and fear, positive* that my own choices would destroy any team in the world, and I had a deep antipathy towards players from Tottenham, Leeds, Liverpool and Manchester United. I began to squirm* when watching England games on TV, and to feel, as many of us feel, that I had no connection whatsoever with what I saw; I might as well have been Welsh, or Scottish, or Dutch. Is it like this everywhere? I know that in the past the Italians have greeted their boys with rotten* tomatoes

at the airport when they return from overseas* humiliations, but even that sort of commitment* is beyond my comprehension. 'I hope they get stuffed,*' I have heard Englishmen say on numerous occasions in reference to the England team. Is there an Italian or Brazilian or Spanish version of that sentence? It is difficult to imagine.

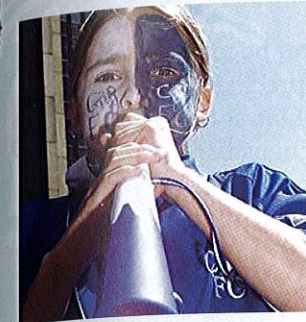
FEVER PITCH

Nick Hornby



'Plenty, wise and true'
RODDY DODD

Born in 1957, Nick Hornby lives with his family in London. *Fever Pitch* was published in 1992.



TEAM TALK

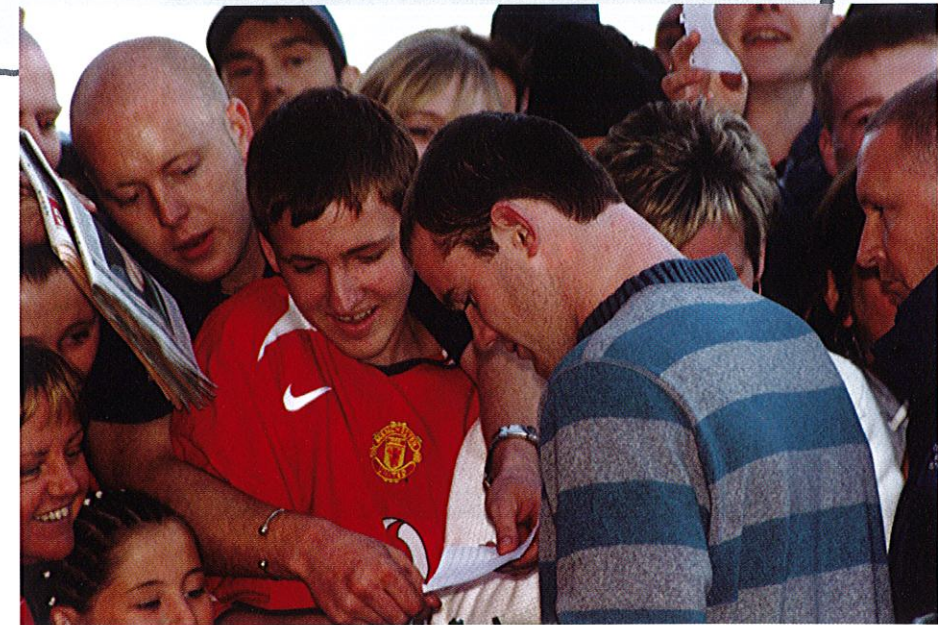
Brother and sister, Brian and Natasha Trevis are both football fans. The only problem is that they support different teams and have a strong dislike for each other's team. We talked to both of them to find out some of the reasons behind their particular loyalties.

NATASHA

Although we live in Liverpool, Mum's originally from London and I've always supported Chelsea, the Blues. I suppose what attracts me is the glamour and arrogance. They're a very undisciplined team because they all think they're stars and they like showing off their skills. Sometimes this selfishness* can work brilliantly, like when a player ignores his team mates and scores an amazing goal all on his own. But other times it's just a disaster. At least they're never boring or predictable. A real rock 'n' roll team in other words.

BRIAN

For me it's always been Liverpool. There is no other team as far as I'm concerned, even if things haven't been exactly great at Anfield* lately. You see the thing about Liverpool is that they really are a team, and when they're on form they're like a well-oiled machine with every part working in perfect synchrony. Dad and I have got season tickets. There's nothing like the energy on the terraces during a home game. You feel you're part of this enormous red sea that goes from being calm one minute to this huge wave the next.



- fever pitch:** an extremely high level of excitement or tension. The phrase plays on the other meaning of pitch (a football field)
- England:** here refers to the English national team
- positive:** convinced
- squirm:** move with embarrassment, or uncomfortably
- rotten:** gone bad
- overseas:** abroad
- commitment:** dedication
- get stuffed:** (colloquial) lose heavily
- selfishness:** egotism, self-interest
- Anfield:** Liverpool's home ground

Pre-Reading – Vocabulary

1. The following words all refer to football. Match them to their definitions:

a pitch	1 player who plays in a lateral position
b manager	2 player who defends the goal
c goalkeeper	3 person who builds, trains and organises a team
d winger	4 area in front of the goal
e striker	5 playing field
f penalty area	6 forward player; his role is to score goals

Reading

2. How does Nick Hornby define the idea of an 'Englishman'?
3. What things does he dislike about his national team? Does he feel represented by it? Why/Why not?
4. What comparison does he make with the behaviour of Italian fans?
5. What is the sentence that Hornby has heard about the English national team? Would you say this about your national team? What would the equivalent in your language be?

Reading & Speaking

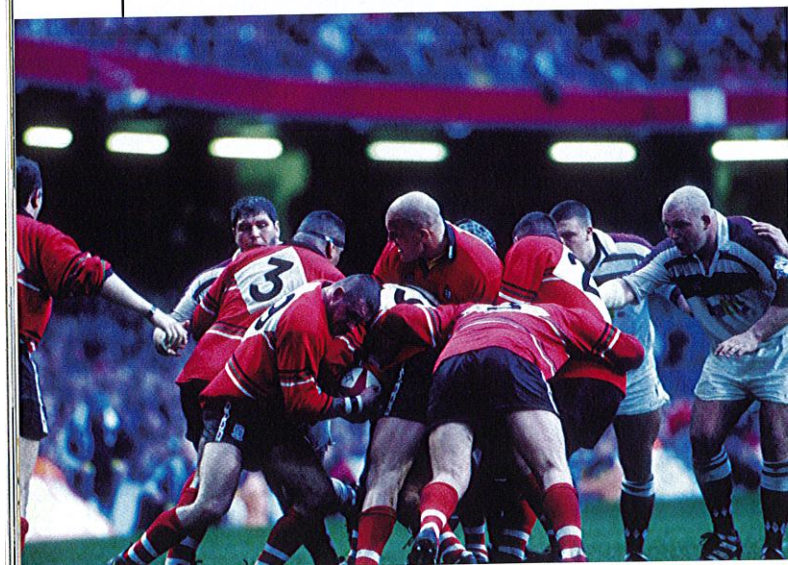
6. Now look at what Natasha and Brian Trevis say about their favourite teams. What are the differences?
7. Do you support a particular football team? Why/Why not?
8. Hornby speaks of the football fan's life as being more one of suffering than pleasure. Is this true of your own experience?

LINKS [United Kingdom](#) p. 8



Ice Hockey ▲

Although played in many countries around the world, ice hockey is most often associated with Canada, where it is the most popular spectator sport.



Rugby ▲

An important sport in Britain and in some of its former colonies, especially Australia, New Zealand, and South Africa, rugby is a highly aggressive sport played with an oval-shaped ball. The team with the greatest reputation are New Zealand's All Blacks, who begin every match with a Maori war dance.

Why is it that some sports become universally popular while others are only practised in their native country? Here we take a look at some of the main sports that originated in the English-speaking world, and their place in the world today.

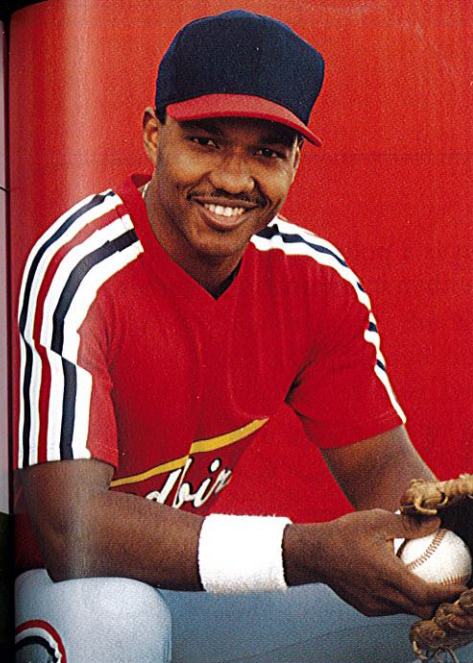
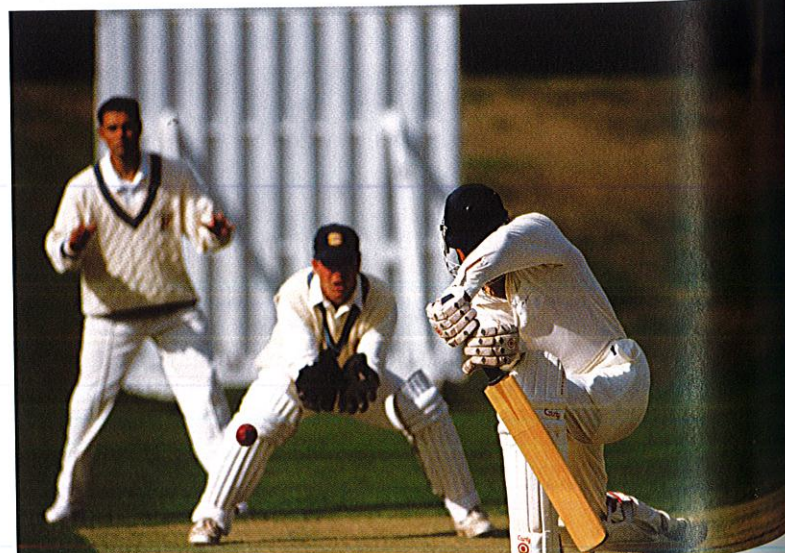
Golf ▶

Originating in Scotland, golf is now an international sport, although in many places club membership is expensive and therefore quite exclusive. The most important tournaments in the golf calendar are the British Open, the US Open and the US Masters.



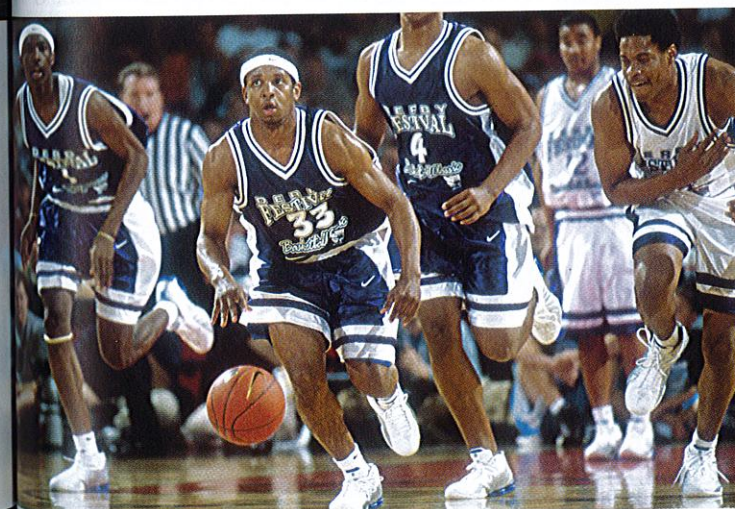
Cricket ▼

A sport with rules and terminology that are a mystery to many, cricket was one of the British empire's major cultural exports. Apart from England, the top national teams remain those of former colonies such as the West Indies, India, Pakistan, Australia, New Zealand and South Africa, who battle for honours in the World Cup every four years.



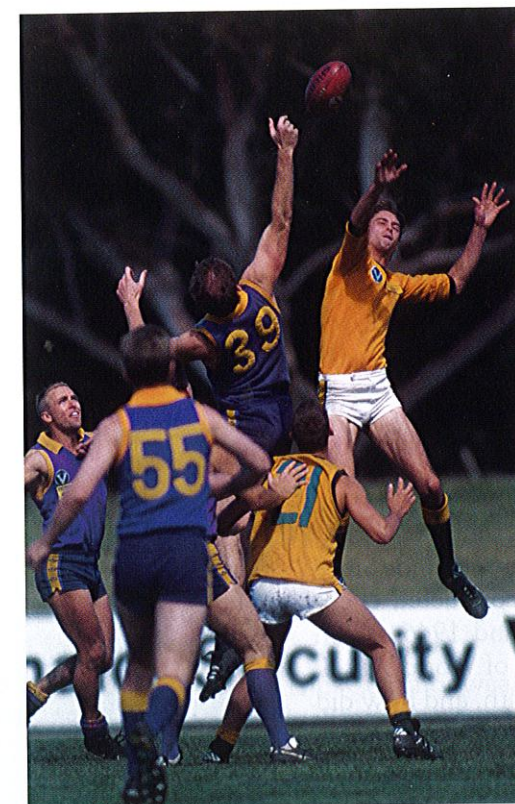
Baseball ▲

Baseball is the US national sport, but unlike some of the sports that originated in Britain, baseball has never really become widely popular outside America and Japan. However, baseball is known overseas for its American image, popularised in films such as *Field of Dreams*.



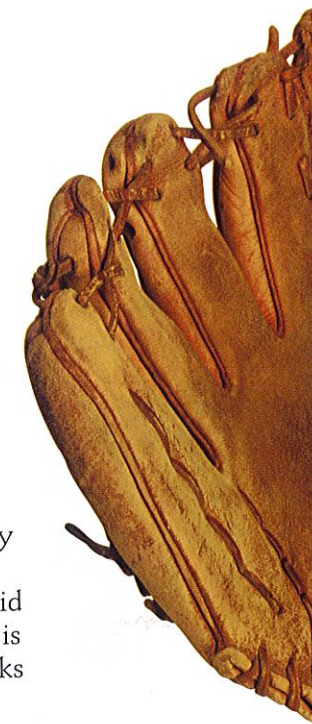
Basketball

Wholly American in origin, basketball was invented in 1891. The first official game was actually played with a soccer ball; the ball used today came a little later, as did the metal hoop. Today basketball is a globally popular sport and, thanks in part to advertising, its stars are internationally recognisable media figures.



Australian Rules Football

Derived from both rugby and football, Australian Rules Football is played only in its native land. If you don't know the game it's difficult to determine exactly what the rules are; they seem completely arbitrary, if not non-existent. But that, as Australians will tell you, is what makes them Australian rules.



Pre-Reading

1. What sports do you play? Why did you decide to take them up?

Reading & Speaking

2. In pairs, look at the pictures above. What do you know about each sport? Are they popular in your country?
3. Now read the descriptions. Where did the sports originate? Where are they played?
4. Which of these sports would you like to try? Which do you like watching on TV?

5. Are there any other sports not mentioned here which are played in your country?

Research

6. Choose a sport that you don't know but which seems interesting. Look for more information about it using the Internet or an encyclopaedia. Share your findings with other students.

LINKS [United Kingdom](#) p. 8 – [United States](#) p. 12 – [Canada](#) p. 11 – [New Zealand](#) p. 15 – [Australia](#) p. 14 – [South Africa](#) p. 16