

## Shadowing IELTS speaking conversations is a great way to prepare for the exam.

The shadowing method is a language learning technique where students listen to a recording and simultaneously repeat what they hear, trying to match the speaker's pronunciation, intonation, and rhythm. It helps improve listening comprehension, speaking fluency, and pronunciation—especially when using authentic audio materials like podcasts, dialogues, or videos.

### Now, let's do some practice exercises!

- **Leisure time** – бос уақыт / свободное время
- **Outdoor activities** – ашық ауадағы әрекеттер / занятия на свежем воздухе
- **Socialising with friends and family** – достармен және отбасымен араласу / общение с друзьями и семьёй
- **Digital entertainment** – цифрлық ойын-сауық / цифровые развлечения
- **Free time** – бос уақыт / свободное время
- **Fast-paced life** – жылдам өмір қарқыны / стремительный ритм жизни
- **Blurred boundaries** – бұлыңғыр шекаралар / размытые границы
- **Stress reliever** – күйзелісті жеңілдететін нәрсе / способ снять стресс
- **Enhance creativity** – шығармашылықты арттыру / развивать креативность
- **Burnout** – шаршау / эмоциональное выгорание

## Transcript

### How do people in your country usually spend their leisure time?

In my country, people engage in a variety of leisure activities. Many enjoy outdoor activities like hiking, cycling and team sports, especially on weekends. Others prefer socialising with friends and family. Digital entertainment, such as watching Netflix or scrolling through social media, has also become increasingly popular.

### Do you think people have more or less free time now compared to the past?

I believe people generally have less free time today compared to previous generations. Modern life has become significantly more fast-paced. Moreover, technology, while offering convenience, has blurred the boundaries between work and personal life.

### What are the benefits of having hobbies and leisure activities?

There are numerous mental and physical benefits. Hobbies serve as a stress reliever, allowing people to unwind and disconnect from their daily responsibilities. Also, hobbies such as reading or playing a musical instrument can enhance creativity, while physical activities promote overall health. Having enjoyable pastimes contributes to a more balanced, fulfilling life.

### Do you think leisure activities should always be productive?

Not necessarily. While some leisure activities can be productive, such as learning a new skill, the primary purpose of free time should be relaxation and enjoyment. Constantly striving for productivity can lead to burnout. Activities like watching movies and listening to music can be just as valuable, as they allow the mind and body to recharge.

Thank you. That is the end of the exam.