Activity 2. Listen to the recording and fill in the blanks. Track 02

Nowadays, (1) ..... seem to be too busy with their study to afford a hobby. However, if you have a little spare time, it is advisable to have a (2) ..... because of the emotional, mental and physical benefits it brings. Focusing on an activity that you like will help you relieve (3) ..... and pressure from your schoolwork. Additionally, spending time with people of similar interests will enable you to make (4) ..... more easily. This helps improve your communication skills and promote teamwork. Taking up a hobby can be a real (5) ....., but it is not the type of stressful challenge coming from school. Instead, challenging yourself to do a skill that you like will bring satisfaction and pride.

Activity 3. Listen to the recording and number the conversation. Track 03

Number	Conversation
	A. Mark: How much time do you spend on your hobby?
	B. Mark: What benefits do you get from it?
	C. Mark: What is your hobby?
	D. Jenny: Swimming is a really good workout. It helps me keep fit and chill out after a long day working. Swimming is interesting and pleasant, it is a good choice for a hobby.
	E. Jenny: I like playing sports, especially swimming. I was fond of swimming when I was a little girl.
	F. Mark: When did you start practicing that hobby?
	G. Mark: Is there anybody in your family who you share your hobby with?
	H. Mark: Is your hobby common in your country?
	I. Jenny: I go to the swimming pool four or five times a week. I practice a lot to improve my swimming skills.
	J. Jenny: I started swimming when I was 5 years old.
	K. Jenny: My brother taught me how to swim.
	L. Jenny: Yes, kids and adults all like swimming in my country.

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